

## Traditional Food That Appears To Prevent Blood Clots, Heart Attacks, and Strokes

Most Americans have never eaten or even heard of the traditional Japanese food, natto. Natto is a fermented soy food that has been a part of the Japanese diet for thousands of years. It has a very distinct, pungent, limburger cheese-like aroma. My wife loves eating natto. I can't get past the smell, which I find revolting! Very fortunately for me, there is another way to receive natto's many benefits.

High natto consumption has been linked to the Japanese population's longer lifespans. In particular, **studies show that people with diets rich in natto have lower rates of death from heart attack** and other cardiovascular diseases. When soybeans go through fermentation, the addition of one specific starter bacteria will activate an enzyme called nattokinase, which gives the newly created food, natto, its cheese-like smell, flavor and a range of scientifically-backed health benefits.



*Natto the food gives us  
nattokinase the supplement*

Animal and human **studies indicate that daily intake of a nattokinase supplement can help prevent & dissolve blood clots & reduce hardening of the arteries**, along with other health benefits. If you want to find out more about nattokinase, you will find many cautions and statements like: more

research needs to be done and consult a healthcare professional, etc. It's highly unlikely that any more extensive/expensive research will ever be done on nattokinase because there is no pot of gold waiting for any big-pharma financed research team who dares to confirm a natural supplement may have huge health benefits. Further, there are virtually zero mainstream American doctors who have any experience eating natto, personally using nattokinase, or prescribing it.

A common warning is not to combine nattokinase with prescription blood thinners. As a result people who have, or are at risk for, blood clots are usually forced to choose **between** a prescription or a natural supplement. It's important to note that prescription blood thinners do not dissolve existing clots. They thin the blood to allow blood to flow around clots and likely prevent clots from growing. Some thinners can cost hundreds of dollars a month even with medicare.

### Sharing My Own Story ... With A Warning

When faced with a massive blood clot, what I chose to personally do had definite serious risks. If you choose a similar path, you will not likely find a mainstream medical doctor who can guide you based on their first-hand experience, observation, or schooling.

In 2015 I had a hernia surgery. Even though I didn't know it before the procedure, it's documented that surgeries may cause your body to go into clot producing mode as a defense mechanism against excessive bleeding. After sensing a strange feeling in my leg a few days post surgery, a month later, a DVT (deep vein thrombosis - major clot - zero blood flow) in the femoral vein in my left leg was discovered mid calf to mid thigh. A vascular specialist thought the clot was very stable (his words were that it was almost "welded" in place) and recommended a prescription blood thinner. I can share how I chose which thinner if you ask. He said the clot would likely dissolve on its own, but that often they don't. He also said that regardless, many people stay on the thinners forever. A year and half later it was still

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**GP Man Improves Vision, Keeps His Driver's License**  
**Strength 24 Is On Sale**  
**Super Circulation Is Back In Stock**

there, totally solid, although some collateral blood vessels had begun to grow around the clot – a natural "bypass" mechanism. The doctor did a D-dimer test to see if I had any abnormal clotting issues – result negative, all systems appeared normal.

I asked the doctor about nattokinase but he knew nothing more than a google search brings up. I read the same studies he had access to and decided to take nattokinase in addition to my prescription thinner. I started with a low dose and was very careful as I slowly increased the the nattokinase over the next 6-12 months until I was taking 8-10x the recommended label dose. All along the way I carefully observed: no abnormal bruising after bumps or hits, no nose bleeds, and no blood in the toilet. I asked the dentist if I showed any abnormal or excessive bleeding during dental work and cleanings. There were no obvious reasons to discontinue the nattokinase.

It took a long time but as demonstrated by ultrasounds the clot was finally dissolving and blood was flowing thru the scarred & narrowed vein. Finally the vascular doctor gave me the green light to discontinue the prescription thinners if I wanted to – I definitely did (he never knew I was using the nattokinase). Within a week the clot came back and I went back on the prescription. The same sequence played out again 6 months later. Finally, the third time was the charm. When the vein cleared, I discontinued the prescription, continued the nattokinase, and added a plethora of other blood thinning herbs and low dose aspirin. The vein has stayed clear and free flowing for the last 2 years. I later added other enzymes to better address the residual scar tissue that have seemed to help reduce discomfort as well.

Unfortunately the valves in that vein were probably permanently damaged by the long-term clot, so circulation will likely always be somewhat compromised in that leg. As a result I will likely use moderate-dose nattokinase for the rest of my life because I'll never be able to join my wife enjoying a bowl of natto.

**See page 2 for more information on nattokinase**



## Strength 24 Is On Sale! Improved Bladder Control, More Energy, Better Sleep

**Strength 24** is a patented extract of Jasmine Flower combined with the natural amino acids L-arginine, taurine, and citrulline. It is a multi-functional healthy aging formula.

Jasmine flower extracts have been used for centuries in Chinese medicine and by people all over the world to restore and promote health.

**Strength 24** was originally created as an anti-aging muscle and vitality enhancer. It was discovered quite by accident that it had a substantial effect on the smooth muscles lining the bladder walls, **significantly enhancing bladder control in men and women.**

The **Strength 24** formula increases enzymes that naturally begin to decline in people after the age of 40. These enzymes are critical for optimum muscle function and repair.

**Hundreds of Sunshine customers are absolutely thrilled with the extraordinary results they get using Strength 24.** The number 1 reason they take it is improved bladder control which leads to restful uninterrupted full night's sleep. Many others appreciate more energy and increased physical strength and stamina. Strength 24 is a truly amazing product!

**On Sale Thru June 22<sup>nd</sup> ... Save \$10 Off Msrp**

## Highest Quality Nattokinase Is On Sale At Sunshine (See Page One Article For More On Nattokinase)

In 1980 the enzyme nattokinase was discovered in the fermented soy food natto. Subsequently, **NSK-SD nattokinase from Japan Bio Science Laboratory** became the first nattokinase isolate made available to the public and is the only nattokinase with its own published clinical trials demonstrating safety and efficacy.

There are now 7 human clinical and 7 non-human studies showing the fibrinolytic (clot dissolving) and anti-coagulation properties of NSK-SD. **It has also demonstrated its effectiveness in preventing clot recurrence.** Other studies have also shown NSK-SD decreasing hypertension, improving circulation, decreasing inflammation, and more.

**What separates many plant-derived natural supplements from synthetic pharmaceuticals** is that the natural products often demonstrate an innate intelligence, the ability to work in 2 directions to balance and normalize depending on the body's needs. So like some clot dissolving or blood thinning pharmaceuticals nattokinase can help dissolve clots and provide some measure of anti-coagulation. Amazingly however, unlike pharmaceuticals, NSK-SD nattokinase has shown it **does not inhibit appropriate wound clotting.** With artificial clot-busters and anticoagulants an injured patient could hemorrhage uncontrollably if not given an emergency antidote. NSK-SD nattokinase appears to pose no such risks - the miracle of nature!

**25% Off All Sizes Of NSK-SD Nattokinase  
Thru June 22<sup>nd</sup>**



## Improved Vision Saved His Driver's License And His Job

### Bill's Success Story

Bill Becker, a 63 year old truck driver from Grants Pass had this to say about **Vision Optimizer.**

**"Vision Optimizer saved my job and kept me behind the wheel!** I've been a truck driver for 45 years. Last year I realized that my night vision was failing. Glare from oncoming headlights became unmanageable and I dreaded driving in the rain. Reading street signs from a distance was impossible. **I told my boss I was going to have to retire.** Then I went to Sunshine and spoke with Rob. He suggested a formula called Vision Optimizer. It's been an absolute miracle for me. In 4 or 5 months my eyes improved 80%. I can see the highway with headlights coming at me and my night vision problems are gone. **I now plan on working at least 6 or 7 more years."**

**Vision Optimizer** from Jarrow is a synergistic blend of 14 ingredients. **Lutein & Zeaxanthin** are antioxidant carotenoids that accumulate in the central retina to comprise macular pigment, which enhances visual performance and filtering damaging high-energy blue light emitted from all types of screens, LED/CFL lighting, and the sun. Full spectrum **Bilberry Extract, and Grape Seed Extracts** support blood flow to the eyes through fine capillary building. **R-Alpha Lipoic Acid, Selenium and Vitamin B2** support levels of the body's master antioxidant, glutathione, and cellular antioxidant defenses for the eyes' lenses. You will experience optimum results when using Vision Optimizer along with a high quality multivitamin.

Blood vessels inside the eye are very small so it takes a long time to deliver necessary nutrients to the critical structures. Adding to that challenge, your eyes and brain are made of fat and require a long time to change. **Results are usually experienced in 3 to 6 months.** It can take awhile to give Vision Optimizer a good, fair honest shot, but as Bill Becker discovered, it was worth the wait.

**On Sale Thru June 22<sup>nd</sup>**

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## Experience Invigorating Results

This comprehensive formula combines the power of 14 proven herbs with the addition of the amino acids L-Citrulline and L-Arginine for even more blood vessel support. **Super Circulation** was created to stimulate circulation, reduce inflammation, and heal the delicate endothelial linings of our blood vessels. This formula is slightly warming and may help relieve peripheral neuropathy especially if you sit or stand for extended periods each day, enhance mental focus and even libido.

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skinless, grilled  
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