SUN TIMES
Sunshine Natural Foods
Sunshine... Where an educated consumer is always our best customer.
August 2026

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 plethora of 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 much 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 didnt 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 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 tendencies – I did not, 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 bleeding, no excessive bruising after bumps or hits, no nose bleeds, and no blood in the toilet. The dentist saw no 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 many other blood thinning herbs and low dose aspirin. The vein has stayed clear and free flowing for the last 5 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 sharing a bowl of natto.

See page 2 for more information on nattokinase

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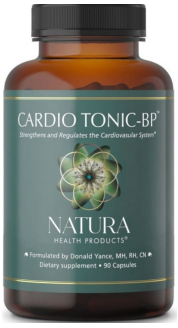
Paula's Success Story

Eighty-one-year-old Paula Sepolpo from Williams was feeling great but unfortunately her blood pressure had risen and was regularly in the 140s. She tried 2 different pharmaceuticals prescribed by her doctor and both produced a very uncomfortable cough.

Then she thought to ask us for natural help and was shown **Cardio Tonic-BP** from Natura, an Ashland company.

The Results: Taking only 2-a-day (most people take 3 or 4) for 2 months gave her the results Paula and her doctor wanted – blood pressure down 20 points and no side-effects! She's thrilled.

Cardio Tonic-BP an exceptionally well researched formula that contains one ingredient I haven't seen anywhere else, Rauwolfia. From the 1930s thru the 50s this herb became extremely popular, especially in India for treating high BP and nervous conditions. Over 100 scientific articles were written supporting its use. It fell out of popularity when reports of adverse side effects surfaced (that were later proven to be erroneous). Kudos to Natura for including Rauwolfia in this highly effective formula.



Cardio Tonic-BP maintains healthy BP, strengthens heart muscle function, and promotes cardiovascular health. It features: **Hawthorn,** the most valuable tonic herb for maintaining a healthy heart, **Arjuna,** an herb that Ayurvedic physicians have used to support cardiovascular health for centuries, **Rauwolfia,** valued for centuries in India and Nepal to support cardiovascular health by influencing nerve impulses acting on the heart and blood vessels, **L-Citrulline,** a precursor to **L-Arginine**, the amino acid essential for nitric oxide production which relaxes blood vessels to enhance healthy blood flow, **Magnesium** helps keep heart rhythm steady, **Olive Leaf, Forskolin, Grape Seed extract, Ginger, L-Carnitine** and a lot more.

Natura Health Products, is highly respected among integrative and functional medicine practitioners for its unwavering commitment to excellence in dietary supplements. Stringent third-party testing guarantees the highest quality and safety of each formula.

Natura founder and master formulator, Donnie Yance, is considered one of the world's foremost herbalists.



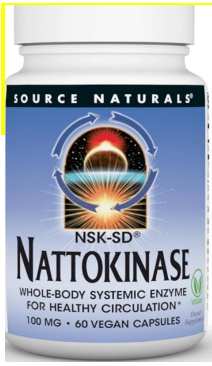
Concerned With Summer Smoke?

Lung & Bronchial Tonic from Natura continues to provide relief to hundreds of our customers who suffer impaired breathing from COPD, asthma, coughing, irritation from smokey skies, and of course colds and flu.

One woman diagnosed with COPD and asthma was able to give up all her prescription inhalers after using Lung & Bronchial Tonic. She said that even smoke-filled skies no longer cause her to stay indoors.

We've even had a report from a career firefighter that Lung & Bronchial Tonic provided MAJOR relief after years of daily coughing caused by smoke inhalation lung damage sustained during his career.

15% Off For Fire Season … You Can Breathe Easy



Highest Quality Nattokinase Is On Sale At Sunshine

(See Page One Article For More Info)

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 show NSK-SD nattokinase decreases hypertension, improves circulation, decreases inflammation, & more.**

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.

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 clots dissolve 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 NSK-SD Nattokinase Thru August 22nd



Longevity Multi-Vitamin

The Most Complete Multivitamin We've Ever Offered!

A multiple's primary purpose is to provide the macro-nutrients you need but may not get enough of from food. For decades, most multis have focused almost exclusively on vitamins and minerals. Yet, other factors (called phytonutrients) are just as important and harder to get.

Phytonutrients are substances that are produced by plants that provide our bodies with anti-inflammatory and immune-boosting benefits. Often, the most colorful fruits and vegetables provide the highest concentrations of phytonutrients.

Both Longevity Multi-Vitamins contain significant amounts of lutein, astaxanthin, & zeaxanthin to help **prevent vision loss.** Both also pack 200 mgs of immune enhancing, **cancer-fighting** medicinal mushrooms and additional phytonutrients to help maintain **brain health**.

Women's Longevity formula contains female support factors to support bone, blood, and breast health, and hormonal balance.

Men's Longevity formula contains male support factors to promote virility and prostate health.

25% Off Thru August 22nd

Smart Chicken - Order By The Case - Save 10%

Keep Your Freezer Well-Stocked For Summer Grilling: Whole Birds, Breasts, Thighs, Drumsticks, Wings, bone-in or boneless, with or without skin. **The juiciest, best-tasting, healthiest chicken ever!**