

The *U.S. Government* proves that a substance, commonly found in Asian grocery stores, dissolves those normal blood clots which cause recurring mini-strokes and major strokes. Most of us have micro-clots flowing throughout our bloodstreams. This Asian food ingredient can save you from mini-stroke senility, paralysis, heart attack, and from becoming comatose, as happened to my mother. Her unnoticed mini-strokes became more frequent, leading her first into a nursing home, and then into a hospital where she lay comatose until her death. You have probably had similar cases in your family. We are not informed that millions of people die in nursing homes due to recurring, yet preventable, multiple strokes! The life-saving substance to which I refer is an enzyme called nattokinase. I also recommend serrapeptase capsules, sold in health stores. The enzyme, nattokinase, is in that sticky substance mixed with fermented beans, which are stocked in the freezer cabinets of Chinese, Japanese, and Korean grocery stores. Notice the words "natto" and "fermented beans" on the package. Every morning, I put a spoonful of Japanese or Chinese fermented beans into a glassful of water, along with a scoop of L-Arginine Plus [thanks to Col. Craig Roberts, who dissolved plaque from his arteries and preempted a stent insertion operation]. Stir the sticky beans and L-Arginine Plus mixture for a whole minute so that all the sticky stuff dissolves along with the L-Arginine Plus. Drink the water mix, but leave the beans, because it is essential that you have no food in your stomach for at least one hour thereafter. JD

<http://www.ncbi.nlm.nih.gov/pubmed/19358933>

"Finnish Research shows that moderate coffee consumption may reduce the risk of stroke, and limit the deleterious consequences of suffering a stroke."

<http://coffeeandhealth.org/topic-overview/coffee-and-stroke/>