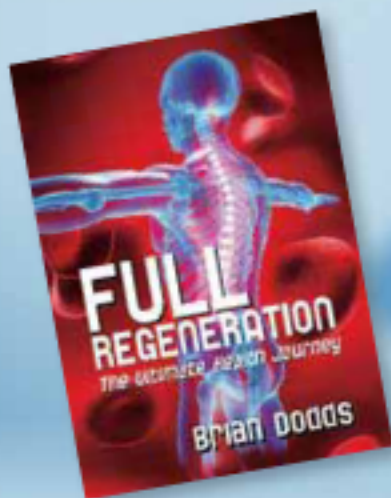




Practitioner Perspective



Natural health practitioner Brian Dodds talks about nattokinase for heart health



There is a belief that little can be done for heart disease where there is extensive build-up of plaque. Any New Zealander who's had a typical diet and lifestyle for 20+ years can be pretty sure there will be significant deposits of plaque in the heart and on artery walls. Exercise, dietary changes and addressing emotional trauma may, at best, halt further build-up, but the existing deposits will remain largely unchanged.

The conventional medical system's treatments for heart attack are cholesterol lowering drugs, blood thinners and beta-blockers. Three years ago however, I was happy to discover a totally natural alternative.

My preferred supplement distributor sent me information about a product for heart health based on natto, a traditional Japanese fermented soybean food. Natto is the centre of many jokes in Japan, especially for foreigners, because it has an acceptable taste but the repulsive smell of socks worn for three weeks. Most young Japanese cannot tolerate it; they say it's food for the older generation. It is, however, understood by the older generation to be very good for the heart.

In 1980 microbiologist Hiroyuki Sumi experimented with natural substances to discover if any would dissolve arterial plaque. He tried many substances but was unsuccessful ... until he dropped a little natto on top. It ate the plaque right up! He found that natto's beneficial bacteria produce an enzyme called nattokinase that "eats" the plaque away. Later, he linked up with researchers in America to produce a heart health supplement from the enzyme.

My Work

In my clinic I test for arterial plaque using a system I developed and have used successfully for over 15 years. It may not be accepted by conventional medicine, but it is recognised by practitioners of complementary medicine throughout the world.

The number scale on my equipment gives readings from 100 to 0. 100 is perfect - no sign of a problem; 60 - a definite problem; below 60 - progressively more serious, with conventional hospital readings kicking in at about 55.

I tested myself on my machine. My first shock: the reading for arterial plaque

was 58. I, who have lived on Japanese food for about 30 years! How could this be? I realise now that eating typical New Zealand food the first 25 years of my life was enough to clog my arteries to this extent. My 58-year-old sister's reading was 26. I was now beginning to understand how widespread and acute this problem is. I then tested her husband; his reading was 23. Two weeks later he had a heart attack!

What most people with serious arterial plaque don't realise is that there aren't always obvious symptoms such as high blood pressure.

In my experience, the nattokinase supplement (that I use) is as effective as the natto food but more pleasant to take. One month of treatment usually changes the readings about 5 to 7 points, so it can take about five months to do the full clean-up. Yet what is five months compared to a heart attack? Plus, of course, there is increased longevity once the heart is relieved of all that extra work.

Summarized from 'FULL REGENERATION: The Ultimate Health Journey' / Brian Dodds. For book sales and enquiries contact Brian Dodds doddsbr@nmb.quik.co.nz

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