Removing Scar Tissue

and

Cleaning Out Arteries

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- **Plaque** is made from various substances that circulate in the blood. These include fat, cellular waste, "bad" cholesterol, calcium, and fibrin.
- **Fibrin** is the main component that is responsible for the unhealthy build-up of scar tissue, arterial plaque, and thrombus formation (blood clots).

Scar Tissue

Scar tissue is fibrous, connective tissue – made primarily of fibrin – which the body uses to replace previously healthy tissue that has been destroyed by injury or disease.

Systemic enzymes

1. Two primary systemic enzymes – serrapeptase and nattokinase – are proving to be very beneficial in conditions related to chronic inflammation.
2. While both have demonstrated to be fibrinolytic (remove fibrin), they have different functions in the body.
3. Understanding the differences in serrapeptase and nattokinase is important in determining which form of systemic enzyme therapy will be most beneficial.

Serrapeptase

1. Studies show that serrapeptase induces fibrinolytic, anti-inflammatory, and anti-edemic (preventing swelling and fluid retention) activity.
2. Its anti-inflammatory effects are believed superior to other proteolytic enzymes.
3. Another primary benefit of serrapeptase is the reduction of pain attributed to the enzyme's ability to block the release of pain-inducing amines from inflamed tissues.

Serrapeptase

Serrapeptase can break down fibrin, a blood clotting molecule, in dead tissue without damaging the surrounding healthy tissue.

Serrapeptase

Physicians in Europe and Asia use serrapeptase as an alternative to aspirin, ibuprofen, and other NSAIDs.

Serrapeptase has been very therapeutic in the treatment of fibroids, scar tissue, systemic inflammation, and related pain.

Serrapeptase

- As excess unhealthy tissue is removed, proper blood flow is restored, promoting better circulation.
- After previous scar tissue and other necrotic tissues have been eliminated, continued use of enzymes continue to keep the inflammatory response in balance so that further excess fibrin does not build up again.

Serrapeptase

Resolving issues of excess fibrin and scar tissue may have a tremendous impact on:

- pain and discomfort related to cysts, fibroids and fibrocystic issues
- joint pain
- gastrointestinal conditions
- cardiovascular health
- any chronic condition related to inflammation
- Scar tissue in lungs, kidneys, etc.

Nattokinase

Nattokinase was shown in studies to break down fibrin and its precursor, *fibrinogen*, both of which are involved in red blood cell-induced clot formation

When nattokinase was given to dogs with experimentally-induced blood clots, researchers were literally able to watch the clots break down in real time using a type of X-ray technology called angiography.

https://www.lifeextension.com/Magazine/2017/1/Natural-Prevention-Of-Deep-Vein-Thrombosis/Page-01

In a published randomized study from China, 76 patients with carotid atherosclerosis were treated with either nattokinase (NK) 6,000 FU or simvastatin 20 mg. In both groups cholesterol fell. In the NK group HDL rose.

But reversal of atherosclerosis was accomplished with NK. In 26 weeks plaque volume fell by 37%.

A clinical study on the effect of nattokinase on carotid artery atherosclerosis and hyperlipidaemia
Zhonghua Yi Xue Za Zhi. 2017 Jul 11;97(26):2038-2042. doi: 10.3760/cma.j.issn.0376-2491.2017.26.005.
https://www.ncbi.nlm.nih.gov/pubmed/28763875

- The same way serrapeptase successfully targets excess tissue in the form of fibroids and scar tissue, nattokinase is especially therapeutic when targeting thrombi (blood clots) in the cardiovascular system. (Thrombosis is the formation of a blood clot)
- Nattokinase is also a blood thinner and is very successful at improving blood flow and volume. Nattokinase has shown to be one of the strongest fibrinolytic activity systemically for reversing the formation of blood clots.
- It should not be used by persons currently taking a prescription blood thinner, unless under the supervision of a healthcare provider.

- **Dr. Wong HATES nattokinase**. Of all the proteolytic enzymes it is the only one that does not have a feedback mechanism to let it know when to stop lysing, (i.e. eating) blood proteins.
- In nature nattokinase is always found with Vitamin K1 and that prevents the blood from becoming overly thin when eating the natto curd and taking in the nattokinase enzyme. When the nattokinase is extracted from that curd, the Vitamin K is left behind. So, of all the proteolytic enzymes it is the one most likely to create the danger of overly thin blood and cause hemorrhagic bleeding issues.
- We've spoken to two docs, one of whom is a very famous alternative doc, who got both themselves and their patients in bleeding trouble by using what were modest dosing levels of nattokinase.
  https://drwongsessentials.com/zymessence-compared/

- Though nattokinase is highly touted by health food industry hype, the Handbook of Proteolytic Enzymes tells us that nattokinase does not do anything that the serrapeptidase, trypsin, chymotrypsin or papain does not do, including clearing the excess fibrin and adhesion molecules as well as lysing away arterial plaque.
- In terms of fibrinolysis, nattokinase and serrapeptidase are nearly equal with the serrapeptidase having a slight advantage.
- Another advantage of using serrapeptidase and the other enzymes is they are considerably safer at doing that job than the nattokinase. https://drwongsessentials.com/zymessence-compared/

- **Inflammation** – Serrapeptase probably better
- **Blood clots** – Nattokinase probably better
- **Plaque** – both are good
- **Scar tissue** – both are good
- **More precautions** - Nattokinase

Pomegranate Juice

The Lord made it look like blood in arteries for a reason.

Published in Clinical Nutrition in 2004 and titled, "*Pomegranate juice consumption for 3 years by patients with **carotid artery stenosis** reduces common carotid intima-media thickness, blood pressure and LDL oxidation*," Israeli researchers discovered pomegranate, administered in juice form over the course of a year, reversed plaque accumulation in the carotid arteries of patients with severe, though symptomless, carotid artery stenosis (defined as 70–90% blockage in the internal carotid arteries).

DOI: https://doi.org/10.1016/j.clnu.2003.10.002
https://www.clinicalnutritionjournal.com/article/S0261-5614(03)00213-9/fulltext

The ten patients in the treatment group received 8.11 ounces (240 ml) of pomegranate juice per day, for a period of 1 year, and five out of them agreed to continue for up to 3 years.

The results were reported as follows:

"The mean intima media thickness (IMT) of the left and right common carotid arteries in severe carotid artery stenosis patients that consumed pomegranate juice for up to 1 year was reduced after 3, 6, 9 and 12 months of pomegranate juice consumption by 13%, 22%, 26% and 35%, respectively, in comparison to baseline values."

It should be pointed out that all the patients in this study were undergoing conventional care for cardiovascular disease with drugs to lower cholesterol and blood pressure.

Not only did the pomegranate treatment not appear to interfere with their drugs, making it a suitable therapy for those wanting to stay on pharmaceuticals; but it should be pointed out that the control group's condition got progressively worse (IMT increased 9% within 1 year).

In essence this shows how ineffective drugs were or that the drugs may have contributed to the acceleration of the disease process itself.

Cleaning Out Arteries

Garlic: Not only has garlic been found to reduce a multitude of risk factors associated with arteriosclerosis, the thickening and hardening of the arteries, but it also significantly reduces the risk of heart attack and stroke.[xi] In vitro research has confirmed that garlic inhibits arteriosclerotic plaque formation.[xii] Aged garlic extract has also been studied to inhibit the progression of coronary artery calcification in patients receiving statin therapy.[xiii]

- http://www.greenmedinfo.com/blog/7-ways-prevent-and-even-reverse-heart-disease-nutrition1
- [xi] G Siegel, A Walter, S Engel, A Walper, F Michel. **[Pleiotropic effects of garlic].** Wien Med Wochenschr. 1999;149(8-10):217-24. PMID: 10483684
- [xii] Günter Siegel, Frank Michel, Michael Ploch, Miguel Rodríguez, Martin Malmsten. **[Inhibition of arteriosclerotic plaque development by garlic].** Wien Med Wochenschr. 2004 Nov;154(21-22):515-22. PMID: 15638070
- [xiii] Matthew J Budoff, Junichiro Takasu, Ferdinand R Flores, Yutaka Niihara, Bin Lu, Benjamin H Lau, Robert T Rosen, Harunobu Amagase. **Inhibiting progression of coronary calcification using Aged Garlic Extract in patients receiving statin therapy: a preliminary study.** Prev Med. 2004 Nov;39(5):985-91. PMID: 15475033

B-Complex: One of the few vitamin categories that has been confirmed in human studies to not only reduce the progression of plaque buildup in the arteries but actually reverse it is B-complex. A 2009 study published in the journal *Stroke* found that high dose B-complex vitamin supplementation significantly reduces the progression of early-stage subclinical atherosclerosis in healthy individuals.[xiv] More remarkably, a 2005 study published in the journal *Atherosclerosis* found a B-vitamin formula decreased the carotid artery thickness in patients at risk for cerebral ischemia.[xv] Another possible explanation for these positive effects is the role B-vitamins have in reducing the production of homocysteine, an artery and otherwise blood vessel scarring amino acid.[xvi]

- http://www.greenmedinfo.com/blog/7-ways-prevent-and-even-reverse-heart-disease-nutrition1
- [xiv] Howard N Hodis, Wendy J Mack, Laurie Dustin, Peter R Mahrer, Stanley P Azen, Robert Detrano, Jacob Selhub, Petar Alaupovic, Chao-ran Liu, Ci-hua Liu, Juliana Hwang, Alison G Wilcox, Robert H Selzer,. **High-dose B vitamin supplementation and progression of subclinical atherosclerosis: a randomized controlled trial.** Stroke. 2009 Mar;40(3):730-6. Epub 2008 Dec 31. PMID: 19118243
- [xv] Uwe Till, Peter Röhl, Almut Jentsch, Heiko Till, Andreas Müller, Klaus Bellstedt, Dietmar Plonné, Horst S Fink, Rüdiger Vollandt, Ulrich Sliwka, Falko H Herrmann, Henning Petermann, Reiner Riezler. **Decrease of carotid intima-media thickness in patients at risk to cerebral ischemia after supplementation with folic acid, Vitamins B6 and B12.** Atherosclerosis. 2005 Jul;181(1):131-5. Epub 2005 Feb 16. PMID: 15939064
- [xvi] Claudio Maldonado, Chirag V Soni, Nathan D Todnem, Sathnur Pushpakumar, Dorothea Rosenberger, Srikanth Givvimani, Juan Villafane, Suresh C Tyagi. **Hyperhomocysteinemia and sudden cardiac death: potential arrhythmogenic mechanisms.** Curr Vasc Pharmacol. 2010 Jan;8(1):64-74. PMID: 19485933

The consumption of **Virgin Olive Oils** rich in phenolic compounds seems to favorably modulate inflammation, which contributes to the development and progression of CAD. In vitro and animal model studies have suggested mechanisms of action of these compounds in inflammatory activity at the cardiovascular level, including effects on the arachidonic acid cascade and on signaling pathways and receptors, improvement of vascular function, and reduction of adhesion molecules and chemokines.

Effects of Olive Oil Phenolic Compounds on Inflammation in the Prevention and Treatment of Coronary Artery Disease https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5691704/

1. Not all arterial plaque is the same. There is hard (calcified) plaque and soft (non-calcified) plaque.
2. Although both pose a risk, the soft kind is the “vulnerable” kind that is a ticking time bomb. When soft plaque suddenly breaks loose, it can trigger a clot blockage large enough to cause acute heart attack or stroke.
3. Soft plaque is unstable and causes no symptoms until it pops without warning causing a stroke or heart attack.

Depending upon your type of plaque and the amount of build-up…

Suggest first reduce vulnerable plaque levels with aged garlic extract and/or pomegranate juice or pomegranate extract while reducing inflammation with B-vitamins and olive oil.

Then lyse away fibrin and scar tissue with Serrapeptase or with Nattokinase, knowing it is a blood thinner

Dissolve arterial calcifications with one of the following:

- Chanca Piedra
- Stoneroot
- Gravel root
- Hydrangea
- EDTA