

Week 24 (2017)

Worse Than We Thought

I am sure that everyone knows that taking Pharma drugs on a daily basis is bad for your health. Doctors will tell you it is a risk: benefit ratio where the risks are low compared to the benefits of avoiding premature death.

Daily Aspirin is the most common drug other than prescribed statin drugs where your doctor will likely tell you the risk of a stroke far outweighs the risk of the side effects of taking such Pharma drugs. It all sounds so safe and simple. The story is that aspirin is fairly harmless so why not risk taking one every day to get the benefits of being stroke free?

What is Aspirin?

This is an anti-inflammatory Pharma drug commonly used to reduce inflammation in the body. It has been around for over 100 years and even I have taken it (on very rare occasions). Commonly taken for relieving: Pain, headaches, fever, and preventing strokes. Less commonly, but increasingly, it's used for preventing certain cancers caused by inflammation.

Side Effects Include: Stomach bleeds, more commonly in older people, Ulcers, and since it is a synthetic form of salicylic acid (found in Willow leaves and many foods) it can also cause or worsen asthma attacks, especially in adults and children intolerant to salicylic acid.

Worse Than We Thought – Deaths in the Many Thousands

New studies this week from Oxford University in the UK show that the number of deaths from taking aspirin has been seriously under-reported in the past and that many thousands are dying from stomach bleeds and many more are put at serious risk.

The advice now from researchers at Oxford University is to seriously reconsider the taking of Aspirin.

So How Do I Avoid A Stroke and Heart Attack?

Let's consider what benefits Aspirin brings. Firstly it is an anti-inflammatory and secondly it is an anti-platelet (anti-coagulant). Since most diseases are made worse by inflammation and Aspirin has no side effects it would be wonderful for humanity but it is not true.

Living an anti-inflammatory lifestyle is the best prevention.

You can change your lifestyle and all of the things you need to do whether to prevent a stroke or recover from a stroke are covered in my eBook that you can [download here](#).



Simple Things to Avoid a Stroke:

- Drink Water – 6 x 500ml (16oz) glasses of water with a pinch of bicarbonate of soda in each glass over the day.
- Walk – 3-5 miles every day.
- Don't sit for more than 3 hours per day, alternate between standing, walking or have a lie down.
- Cut out carbs and high sugar foods/drinks and eat fresh food in small meals.
- Learn relaxed breathing to clear CO2 from the bloodstream.
- Take [BlockBuster AllClear](#) or [Nattokinase](#)

BlockBuster AllClear

The powerful BlockBuster AllClear is a **unique formula combining X16 carefully selected nutrients** and is, by any measure, the best and most powerful enzyme solution available – perfect for the long-term healthy maintenance of your bloodstream, heart and arteries and it is completely safe.

Blockbuster has been specially formulated for inflammation and is an anti-coagulant for added strength for those who need the greatest help with their health. It is a careful blend of the important enzymes Serrapeptase (The 'Miracle' Enzyme), Nattokinase, Protease, Lipase, Amylase, Cellulase and Lactase, along with antioxidants, trace minerals and Proanthocyanidins, such as Grape seed Extract and Pycnogenol®.

The ingredients have numerous studies and can also help in relation to blood pressure reduction and arterial cleansing.

As a recap:

- 80,000IU Serrapeptase per serving
- Powerful Support For Normal Arterial & Cardiovascular Health
- x16 carefully selected ingredients in One Cap
- Safe For Long-Term Maintenance

Nattokinase Capsules

These are another safe and natural alternative to Aspirin and only contain Nattokinase, (a higher amount than is in BlockBuster), along with Rutin – a powerful antithrombic substance.

Nattokinase is a potent fibrinolytic enzyme extracted and highly purified from a traditional Japanese food called Natto. Research has shown Nattokinase to support the body in breaking up and dissolving the unhealthy coagulation of blood and to support fibrinolytic activity and may help to lower blood pressure. According to Dr. Martin Milner, from the Center for Natural Medicine in Portland, Oregon, what makes Nattokinase a particularly potent enzyme, is that it enhances the body's natural ability to fight blood clots in several different ways; Because it so closely resembles plasmin, it dissolves fibrin directly. In



addition, it also enhances the body's production of both plasmin and other clot-dissolving agents, including urokinase (endogenous).

Nattokinase has been used for Blood/Cardio Health support for over 30 years and has over 50 studies published on PubMed.

I recommend making Blockbuster AllClear your Number 1 choice as an alternative to Aspirin, or for anyone seeking long term healthy maintenance of Heart, Cardiovascular & Arteries – or otherwise consider Nattokinase Capsules.

Listen to Oxford University and their studies and look for a safer alternative to aspirin!!

If you wish to order **Blockbuster** or **Nattokinase** through Good Health Naturally, there is **10%** off when you use code **BBNAT10**, which runs till next Thursday, this can be used off Buy 1 or Buy 3 Get 1 Free.

[Shop here](#) for Blockbuster AllClear

[Shop here](#) for Nattokinase

Combining a healthier lifestyle with powerful enzyme formulas is the better way to ensure you and your family are protected against strokes and heart diseases.

The good news – You will live healthier and longer.