Dissolution of Spike Protein by Nattokinase

PETER A. MCCULLOUGH, MD, MPH** FEB 21

Holy Grail of COVID-19 Vaccine Detoxification

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51 Comments

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Colleen Huber NMD Writes The Defeat Of COVID Feb 21

I have asked my covid-vaccinated patients to take nattokinase 2000 units per day, while running these labs every 3 months: D-dimer, CBC/platelets, fibrinogen, PT/INR. Naturopathic physicians have recommended nattokinase and similar for decades for our cardiovascular patients, and I have never known it to cause new problems. It seems to be generally well-tolerated.

193 Reply Collapse ···

chemjen Feb 21

Dr Huber, can I ask, how long would they need to take nattokinase to get this crap out of me? I only got the initial 2 doses of Pfizer vaccines in 2021 and thank God have not had major reactions (the one major concern was that my white blood cell count was below normal and in the low-normal range for about a year, that has now seemed to recover after using Turkey Tail for awhile).

12 Reply Collapse ···

Colleen Huber NMD Writes The Defeat Of COVID Feb 22 · *edited Feb 22*

I would like to be able to give a definitive answer. There are still varying estimates as to how long spike proteins are being generated. I have to say though that nattokinase is not my favorite for blocking or neutralizing effects of spike proteins. Rather, I think that is best done by ivermectin. I wrote about those specific mechanisms here: https://colleenhuber.substack.com/p/ivermectin-is-safe-and-effective

And as far as how long to take ivermectin, let's be guided by historical example of ivermectin use. As an anti-parasitic, which effect it also has, it has been used in equatorial Africa for weekly dosing for half a century. So I have been prescribing that. It attacks 2.3 times better than most. My COVID-vaccinated patients have reported best, strongest symptomatic relief of a variety of post-vaccine conditions from ivermectin, rather than other recommendations.

20 Reply Collapse ···

Arrow Writes Arrow's Newsletter Feb 22

Many people are trying to battle the ill effects of spike proteins and although that is essential to assure a longer life, the battle will not be won until the mRNA programing injected into the DNA strands are eliminated. This doctor claims to know how to do it and he's asking our other physicians who want to learn https://arrowd.substack.com/p/the-cure-for-genetically-damaged?utm=ios&d

1 Reply Collapse ···

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Reply Collapse ···

DocDee Winter Feb 21

It is with DEEP GRATITUDE that I say "Thank You" for each and every article you send out and with the same gratitude that I thank God for your life and my introduction to you at the Tyler symposium in 2021.

10 Reply Collapse ···

Ed Quinn-Renaissance Man Writes Ed's Substack Feb 21

Thank you for your brilliant, stellar work Dr. McCullough. I hope some day I get to shake your hand. Dysmorphically, life as I knew it and the man I was ended when I followed my Dr's advise and took 2 shots of Pfizer, which was supposed to prevent what it caused. 18 months of intensive research follows, as I felt like I was slowly, incrementally dying, to figure out what was wrong with me. That landed me on the doorstep of your colleague, Dr. Kory, and his practice, treating vaccine injury Thank God. At least I have hope. Nattokinase is in the mix of my extensive, prescribed protocol, consisting of 12 components. Tracking challenges my brain fog to the max so they help me with spreadsheets. Along my research path I found you quoted by Bobby Kennedy, Jr. in "The Real Anthony Fauci" thusly, "the pandemic could have been over in the Spring of 2020." As I dug deeper, I became the poster child for a lyric from "Against The Wind" by Bob Seager, "I wish I didn't know now what I didn't know then". May God sustain you as you continue to sustain us.

41 Reply Collapse ···

DaughteroftheKing Feb 21

VERY SORRY that you are injured by the shots. IMMENSELY GRATEFUL to God that Dr. Kory is your doctor now and you follow Dr. McCullough! They are both using their BRILLIANT skills to help all of us!

3 Reply Collapse ···

Ed Quinn-Renaissance Man Writes Ed's Substack Feb 21

Tho so much for commiserating.

4 Reply Collapse ···

Vikram Deep Feb 21

As a primary care physician I appreciate the courage and your God-given brilliance in addressing these difficult issues at a time of crisis like this. It's sad to see the mindless group think in organized medicine

Like the security agencies, the military even

Medicine at the Top levels has become an adjunct to the Deep State !

As such Dr McCullough has sacrificed so much personally for the sake of medical autonomy

God Bless you Sir ! Bravo

3 Reply Collapse ···

ChicNotCeek Writes Whisky Tango Foxtrot Feb 21

While 100% true, I hope I can still get my nattokinase and Serra after the panic buying starts. 😉

2 Reply Collapse ···

jeffrey p kubina Writes jeffrey p kubina's Substack Feb 21

Great point. There are two other enzymes to consider as well, which Dr. Mercola explains here on his Substack and also with at https://www.nattokinase-enzyme.com/ Lumbrokinase & Serrapeptase Enzymes. But you probably already knew that. Thanks for reminding me to order now rather than later.

3 Reply Collapse ···

ChicNotCeek Writes Whisky Tango Foxtrot Feb 21

Nip I take Serra also, but read that adding lumbro probably would be overkill, through not necessarily toxic or harmful. I have a subscription/auto ship program; so my supply should be safe 😉

Same thing happened with NAC when Kia tried to stop that.

2 Reply Collapse ···

jeffrey p kubina Writes jeffrey p kubina's Substack Feb 21

I didn't get any of the vaccines, but yeah, I do tend to overkill on the enzymes and vitamin D in cycles.

1 Reply Collapse ···

ChicNotCeek Writes Whisky Tango Foxtrot Feb 21

I didn't get it either, but take for hereditary Hell.

1 Reply Collapse ···

ChicNotCeek Writes Whisky Tango Foxtrot Feb 21

Adding dandelion detoxes the liver I put in it my oatmeal every time. Then zeolite the next day to flush out toxins.

11 Reply Collapse ···

Don Midwest Feb 21

Another natural supplement that I had never heard of, Robert Malone just wrote a substack on berberine following the coverage on NYoC net and Dr. Been. I went out and bought it and put it in my regular daily pills. Should I do the same with nattokinase? Since my allopathic GP does not know about any of these supplements, my first shot is to go to the web.

And I recently had an incident and my neurologist put me on blood thinner so this material from the web seems to say that I should not take nattokinase. From the web

"What is nattokinase good for?

Studies show that nattokinase dissolves blood clots — which helps maintain good blood vessel structure, improves blood flow, and lowers the risk of heart disease. It can also help lower your blood pressure, reducing strain on the heart that can lead to heart attacks. Nov 26, 2022"

"Who should not take nattokinase?

Patients with a history of deep vein thrombosis should avoid of use nattokinase. You have coagulation disorders or are currently using an anticoagulant drug. You take aspirin daily. Nattokinase may increase its effects and lead to excessive bleeding. Apr 14, 2022"

But because I am taking atenolol, a beta blocker, maybe if I had an MD or herbal doctor who could determine what is best for me, maybe I could take this instead of allopathic medicines. Next from the web

"What are the negative side effects of nattokinase?

Severe Side Effects

Serious allergic reaction. A severe allergic reaction is a possible serious side effect of any medication. ...

Clot relocation. Nattokinase may work by breaking up a clot. ...

Excessively low blood pressure: Since nattokinase may lower your blood pressure, this side effect may become excessive and severe.

More items...Feb 3, 2023"

So, I am in a pickle. No longer trust the health bureaucracy, sometimes trust what is on the web, where is a patient to turn?

2 Reply Collapse ···

SashaFox Feb 21

I am not a MD nor is this a medical recommendation. I use the Nattokinase for my BP support along with red beet root and several other supplements. It does seem to help. I have been taking it along with aspirin I take for a headache now and then and have not had any bruising issues. Again, not a recommendation but an observation on my part.

1 Reply Collapse ···

Don Midwest Feb 21

Thanks. Every observation helps

1 Reply Collapse ···

Garth Harris Feb 26

I am medical scientist consultant from Australia who has been prescribing nattokinase (NKCP) for the past 10-15 yrs, and have extensive experience with the compound, especially for helping reduce blood pressure, improving circulation, reducing risk of coagulation/clotting disorders like DVT's, and during the 'CV-19a' situation to reduce risk of blood clots, heart attacks and strokes for those taking the jabs.

In regards your situation, I have prescribed it safely with a number of standard blood thinners, without seeing any issues. This was done by starting with a low dosage (250mg daily), then increasing dosage with appropriate testing, depending on the other blood thinner taken. Therefore, to do this 100% safely you need to check coagulation panels to be sure (INR/PT/APTT, d-dimer, CBC & Platelets, Fibrinogen) - you would do a baseline before starting NKCP, then after each dosage change.

As for Aspirin & NKCP, there are any interaction, nor would I be concerned with the beta blocker atenolol, except that your BP may reduce a bit further (a good thing). Regardless, this should all be monitored by someone locally who can assist professionally. Further, I have never seen NKCP dramatically reduce BP so that it is 'excessive and severe' - that is complete rubbish.

Anyway, I hope my comments are of some help. NKCP is well worth trying given the new information that has surfaced from Dr McCullough excellent summary. Anything that can safely remove the toxic spike protein will greatly help you.

1 Reply Collapse ···

Arrow Writes Arrow's Newsletter Feb 22

I know a naturopathic doctor who had e-fib. He was on lots of blood thinners for it. He told me that nattokinase will only break down clots. It does not prevent clots from forming when the body needs to clot for some reason. It does not affect the PT/INR... you might want to look into that aspect.

2 Reply Collapse ···

Jacqueline Jonora Schwitters Feb 21

So grateful for ongoing research by Tanikawa, Oba, Kunosawa and Dr. McCullough. Never give up and never be silent, always give the Truth. We have "the Hope".

14 Reply Collapse ···

Carol Taylor Feb 21

Yes, this is very important! COVID-19 A dangerous untested vaccine, as Bill Gates said, " We have to depopulate, and we will do it with a Vaccine." back in 2008 and 2012 at a Health Summit.

2 Reply Collapse ···

CorvanCitizen Feb 21

I have been taking nattokinase for a month now since I watched Dr. Been's video on Youtube. Prior to taking it, I experienced sharp chest pain on my left chest. I have never had this kind of pain prior to taking the vaccine. I read about D-dimers as an indicator of micro clots in your blood. Anyways, I feel better. I am only taking it once a day. Will increase the therapy to twice a day. Just a side note, I am not on any type of maintenance meds.

14 Reply Collapse ···

Sybil Feb 21

Love Dr. Been. I hope you get some relief with this.

3 Reply Collapse ···

Arrow Writes Arrow's Newsletter Feb 22

You do understand that Dr Been pushed the vaccines don't you? Every time I would comment on his youtube videos about how he is damaging people by doing this my post would be removed, of course. He was one of them, tries to act so smart but he was a fool for the system

4 Reply Collapse ···

Sybil Feb 23

Oh yes - I am aware.

1 Reply Collapse ···

Scott Bailey Feb 21

Vaccine injured here. I've been taking Nattokinase and Serrapeptase for about 16 months now. It has helped more than anything else. Not only does it dissolve SP from tissues. New studies show it also dissolves the SP from the live virus making it unable to enter cells. So the case could be made for taking it as a prophylactic.

5 Reply Collapse ···

Pamela Kyser Feb 21

This is a very important article. Thank you very much. The studies on Nattokinase are very encouraging for those of us who took the C-19 shots and boosters and have concerns or side effects from them. We must pressure our Congress to pressure our Govt. agencies to recall all C-19 shots and boosters. Many people follow the Govt's lec. and believe the false ads and the propaganda in media about taking the current C-19 shot/booster.

5 Reply Collapse ···

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Reply Collapse ···

Patricia Feb 21

Dr McCullough I read some time ago when doing a bit of investigation that there is some evidence that nattokinase can be detrimental to the liver but I haven't found any specific studies demonstrating this. Is this just a bit of scare mongering?

1 Reply Collapse ···

ujones Feb 24

Former practicing physician here, sir. I am THRILLED to be able to support you and your heroic work in this way.

I am greatly disappointed in the way our profession has conducted itself during these strange times. I thought we were better than this.

You are a doctor's doctor. You are also on the cutting edge of a new practice paradigm: righting the wrongs of decades of American medicine. Godspeed.

1 Reply Collapse ···

The Wellness Company Writes The's Substack Feb 21

Dr. Peter McCullough Thank you for your Three Bits of Advice for Those Who Took the COVID-19 Shots!

1) No more shots - the side effects are cumulative.

2) Be vigilant for symptoms of blood clots and heart damage.

3) Nattokinase - preclinical studies show it degrades the spike protein.

Nattokinase is featured in our jam-packed formula that provides immune and support for people concerned about the prolonged effects of spike proteins. https://bit.ly/wwsupport

1 Reply Collapse ···

Ajas the Great Mar 1

And don't forget the NAC as well. And plenty of Vitamin C and zeolites.

Reply Collapse ···

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Reply Collapse ···

jeffrey p kubina Writes jeffrey p kubina's Substack Feb 21

Great post!

1 Reply Collapse ···

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1 Reply Collapse ···

Ken and Sue Dykes Feb 21

thank you Dr McCullough, going to share this good info with any of our friends/family who will listen.

1 Reply Collapse ···

Richard Cardanez Feb 21

another attack on the spike protein product could be deployment of an antisense oligonucleotide (ASO)complementary to part of the mRNA sequence(of the "vax") which could quell PRODUCTION and this construct can reach INTRACELLULAR(?, another strategy is to develop an ANTIMER vs the spike protein itself and inactivate it...

1 Reply Collapse ···

dsimmo Feb 21

How can an enzyme work after oral administration? Isn't it degraded by digestive enzymes before being absorbed?

1 Reply Collapse ···

Scott Bailey Feb 21

Enteric coated so the capsule dissolves in your intestines.

4 Reply Collapse ···

Arrow Writes Arrow's Newsletter Feb 22

You can get enteric coated but I still would take it at least 40 minutes before eating. When I was on an intensive enzyme protocol when I had Lyme I would put my enzymes by the bedside and take them before I even got up. The main thing is that you don't want the enzymes working on food in your GI track , you want them to be absorbed on an empty stomach.

2 Reply Collapse ···

Scott Bailey Feb 22

Yeah take it at night before bed.

Reply Collapse ···

1 Reply Collapse •••

Old Guy Feb 24

It seems to me that this could be really helpful to someone who had to have multiple blood transfusions during surgery if spike is in the transfused blood.

Administration would have to be delayed until interference with blood clotting is no longer a risk. Risk / Benefit analysis would be useful.

2 Reply Collapse •••

Muris Feb 23

I used a product called natoserra which has natokinase and serrapeptase post vaccine and noticed dramatic improvements in symptoms. Im still using it post 14 months.

2 Reply Collapse •••

Arrow Writes Arrow's Newsletter Feb 22

Does anyone have an email address for Dr McCullough?

1 Reply Collapse •••

Arrow Writes Arrow's Newsletter Feb 22

Enzymes should be enteric coated. They will act on proteins to break them down therefore it is absolutely best to take them before eating a meal by about 40 minutes. You want these enzymes entering your blood, not working on your last meal.. I took a lot of enzymes when I had Lyme to help break open the Lyme cyst... and because it does that so well I had to follow up with my anti-mycrobial (I used colloidal silver) one hour after the enzymes as the lyme would spill out of the broken cysts. So if you also happen to have Lyme and you start taking enzymes you better pay attention to my recommendation.

1 Reply Collapse •••

Arrow Writes Arrow's Newsletter Feb 22

I will add to this that I took my enzymes even before I got out of bed. Place them by your bed at night and take them before you even get up. This way you can be sure they are getting into your blood.

2 Reply Collapse •••

Ajax the Great Mar 1 · *edited Mar 1*

Shout it from the rooftops, Dr. McCullough! And let's not forget NAC as well, which cleaves the disulfide linkage of the spike protein as well.

And also Vitamin C and zeolites as well.

Reply Collapse •••

Ed Quinn-Renaissance Man Writes Ed's Substack Feb 21

Dear Spaghetti Girl,

My name is Ed. When I was a kid, my nickname was Spaghetti Eddie.

Reply Collapse •••

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