

VITAMIN K2 AND CALCIUM PARADOX%0A

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[Vitamin K2 And The Calcium Paradox: Kate Rheaume-Bleue ...](#)

The secret to avoiding calcium-related osteoporosis and atherosclerosis. While millions of people take calcium and Vitamin D supplements thinking they're helping their bones, the truth is, without the addition of Vitamin K2, such a health regimen could prove dangerous.

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Without Vitamin K2, the body cannot direct calcium to the bones where it's needed; instead, the calcium resides in soft tissue (like the arteries)--leading to a combination of osteoporosis and atherosclerosis, or the dreaded "calcium paradox." This is the first book to reveal how universal a Vitamin K2 deficiency is, and the risk (in the form of cancer and diabetes, among other ailments) the [Book Review: Vitamin K2 and the Calcium Paradox - Vitality ...](#)

[Vitamin K2 and the Calcium Paradox](#) includes the story of the discovery and rediscovery of this long misunderstood vitamin, particularly the role played by Canadian-born dentist Weston Price. In the second edition of his book, *Nutrition and Physical Degeneration* (1945), Price presented evidence of an unrecognized fat-soluble substance that played a fundamental role in the utilization of

[Vitamin K2 and the calcium paradox - optimyz.com](#) Deficiency in K2, an under-appreciated vitamin we used to get from grass-fed animals, puts many people at risk of silent killers like heart disease, osteoporosis, cancer and diabetes even infertility.

[Vitamin K2 And The Calcium Paradox - harpercollins.ca](#)

About the Book. The secret to avoiding calcium-related osteoporosis and atherosclerosis While millions of people take calcium and Vitamin D supplements thinking they're helping their bones, the truth is, without the addition of Vitamin K2, such a health regimen could prove dangerous. [Dr. Kate Rheaume-Bleue: The Power of Vitamin K2 - Bulletproof](#)

You have a food that's high in calcium, like cheese or

milk, and Mother Nature protects your body from the ill effects of that by providing you with some vitamin K2 in that food to make sure the calcium doesn't get into the wrong places. It just all fits.

Vitamin K2, Vitamin D, and Calcium: A Winning Combo

Vitamin K2 deficiency is actually what produces the symptoms of vitamin D toxicity, which includes inappropriate calcification that can lead to hardening of your arteries. If you take a calcium supplement, it's important to maintain the proper balance between calcium, vitamin K2, vitamin D, and magnesium. Lack of balance between these nutrients is why calcium supplements have become associated with increased risk of heart attack and stroke.

The benefits of Vitamin D3 with Vitamin K2 and Calcium ...

The benefits of Vitamin D3 with Vitamin K2 and Calcium February 06, 2018 There is substantial scientific evidence on how and why we benefit from a variety of vitamins, but ongoing research continues to help us understand the advantages associated with consuming certain vitamins.

Amazon.com: Customer reviews: Vitamin K2 and the Calcium ...

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Vitamin K2: Everything You Need to Know - Healthline

Vitamin K activates proteins that play a role in blood clotting, calcium metabolism and heart health. One of its most important functions is to regulate calcium deposition.

Vitamin K2: 9 Uses and Benefits | Wellness Mama

Vitamin K2: 9 Uses and Benefits Katie Wells 73

Comments Updated: January 23, 2019 This post contains affiliate links Vitamin K2 is an essential vitamin that many people never hear of until they have their first child and the nurse administers a Vitamin K injection.

Vitamin K2 Benefits: The Missing Nutrient for Heart and Bone

The quartet of calcium, vitamin D, K2, and magnesium all work together synergistically, and should ideally be taken in combination ; By Dr. Mercola. Most everyone, including many conventional physicians, have begun to appreciate the importance and value of vitamin D. Few, however, recognize the importance of vitamin K2, which is nearly as important as vitamin D. Dr. Dennis Goodman,

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The calcium paradox: Linking bone and cardiovascular health. Vitamin K2 deficiency can explain why high intakes of dietary calcium can still lead to poor bone mineral density, as well as cause arterial calcification.