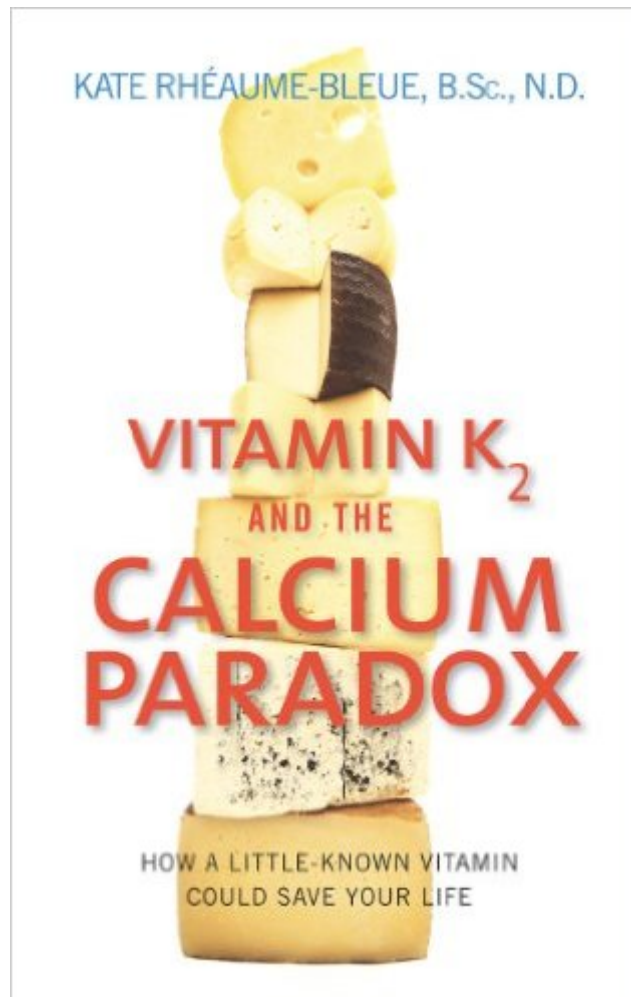


The book was found

# Vitamin K<sub>2</sub> And The Calcium Paradox: How A Little-Known Vitamin Could Save Your Life



## Synopsis

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. 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 absence of Vitamin K2 poses. Written by Dr. Kate Rheaume-Bleue, a popular health expert on Canadian television and radio, "Vitamin K2 and the Calcium Paradox" sounds a warning about the popularity of the calcium and Vitamin D craze, while illustrating the enormous health benefits of Vitamin K2 in making the body less susceptible to dental cavities, heart disease, prostate cancer, liver cancer, diabetes, wrinkles, obesity, varicose veins, and other ailments. The book demystifies this obscure supernutrient--a fat soluble vitamin that humans once thrived on, ignored by scientists for almost seventy years. Details how the consumption of grass-fed animals led to adequate Vitamin K2 intake--while grain-based animal feed helped eradicate Vitamin K2 from our diets. Describes how doctors are raising recommended doses of calcium and Vitamin D--without prescribing Vitamin K2. Details more damning facts about trans fats--and how the creation of a synthetic Vitamin K interfered with the body's Vitamin K metabolism. An essential book for anyone interested in bone health, or maintaining their overall health, "Vitamin K2 and the Calcium Paradox" is the guide to taking the right combination of supplements--and adding Vitamin K2 to a daily regimen.

## Book Information

Paperback: 288 pages

Publisher: Harper; Reprint edition (August 27, 2013)

Language: English

ISBN-10: 0062320041

ISBN-13: 978-0062320049

Product Dimensions: 0.8 x 5.5 x 8.2 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars Â Â See all reviews Â (368 customer reviews)

Best Sellers Rank: #14,168 in Books (See Top 100 in Books) #7 in Â Books > Health, Fitness & Dieting > Nutrition > Vitamins & Supplements #38 in Â Books > Medical Books > Basic Sciences >

## Customer Reviews

Are you taking calcium or vitamin D? This book could save your life! Learn the secret to avoiding osteoporosis and heart disease. Millions of people take vitamin D and calcium supplements for bone health. New research shows that this actually increases the risk of heart attack and stroke because the added calcium builds up in arteries--the calcium paradox. The secret to keeping bones strong and arteries clear is vitamin K2, a little-known supernutrient that humans once thrived on and that has been ignored by scientists for almost 70 years. Inside this book, you'll find: How consumption of grass-fed animals traditionally provided us with ample quantities of vitamin K2--while grain-based animal feed contributed to the eradication of vitamin K2 in our modern diet How K2 is the most important anti-aging nutrient for fighting wrinkles, Alzheimer's, heart disease, osteoporosis and more The health benefits K2 promotes for straight, cavity-free teeth and strong bones in children Which delicious "sinful" foods are brimming with heart-healthy K2 Ways you can safely get the most benefit from your calcium and vitamin D supplements Also available as an e-book through online retailers.

Dr Kate Rheume-Bleue is a licensed Doctor of Naturopathic Medicine. She obtained her undergraduate degree in Biology from McMaster University, with an honors thesis that involved designing a clinical trial to evaluate natural medicine. Kate completed her professional training at the Canadian College of Naturopathic Medicine (class of '02), where she also pursued two additional years of residency training. As a member of both the Academic and Clinic faculties at CCNM for three years, Kate was a guest lecturer and teaching assistant for several courses. She was the supervising clinician at two different naturopathic public health clinics in Toronto and has held private practices in Toronto and Hamilton. Since 2006 Kate has been employed as an educator and spokesperson for Natural Factors Nutritional Products, Canada's largest manufacturer of nutritional supplements. She is also bilingual, lecturing in both official languages. Kate's articles have been featured in Alive magazine, as well as Life Peak and Vista. Television appearances include Breakfast Television Vancouver (three times), BT Winnipeg (five times), BT Toronto (twice), BT Calgary (twice), Canada AM, Live with Christine Williams, The Fanny Keifer Show (twice), CHCH News (three times), CTV Evening News Atlantic Canada, Live at 5 and the CTV Kitchener Noon Show (twice), to name a few. She has also appeared on the Discovery Channel's Daily Planet show. Kate is a regular guest on several radio shows including CHML's Just For The Health of It,

CJBK's It's Your Call, Talk 820's Lisa Live and others.

[Download to continue reading...](#)

Vitamin K2 and the Calcium Paradox: How a Little-Known Vitamin Could Save Your Life Lies My Doctor Told Me: Osteoporosis: How the Latest Medical Research on Bone Drugs and Calcium Could Save Your Bones, Your Heart, and Your Life Vitamin K2: Understanding How a Little Known Vitamin Impacts Your Health Power of Vitamin D: A Vitamin D Book That Contains The Most Scientific, Useful And Practical Information About Vitamin D - Hormone D The Waste Not, Want Not Cookbook: Save Food, Save Money and Save the Planet Show Me The Money, Honey: The Truth About Big Pharma's War On Salt, Chocolate, Cholesterol and the Natural Health Products That Could Save Your Life Ageism Activism: Deadly Secrets Revealed That Could Save Your Life The Vitamin Cure for Eye Disease: How to Prevent and Treat Eye Disease Using Nutrition and Vitamin Supplementation Fruit Infused Water: 80 Vitamin Water Recipes for Weight Loss, Health and Detox Cleanse (Vitamin Water, Fruit Infused Water, Natural Herbal Remedies, Detox Diet, Liver Cleanse) Life Coaching: Life Coaching Blueprint: Save A Life One Person At A Time (BONUS 30MINUTE Life Coaching Session- How To Motivate, Inspire, Change Your Life) Marriage: How To Save And Rebuild Your Connection, Trust, Communication And Intimacy (FREE Bonus Included) (Marriage Help, Save Your Marriage, Communication Skills, Marriage Advice) Fire Stick: The Complete User Manual To Starting With And Using Fire TV Stick, Plus Little-Known Tips And Tricks! (Streaming, How To Use Fire Stick, Fire TV Stick User Guide) Paperwhite Users Manual: The Complete Kindle Paperwhite User Guide - How To Get Started And Find Unlimited Free Books + Little Known Tips And Tricks! (Paperwhite Tablet, Paperwhite Manual) iPhone 6: Practical User Guide To Master Iphone 6, 6 S And 6 S Plus! Includes Little-Known Tips and Tricks (Iphone 6, IOS 9, Apple) Fire Stick: The Ultimate Fire Stick User Guide - Learn How To Start Using Fire Stick, Plus Little-Known Tips And Tricks! (Streaming ... TV Stick User Guide, How To Use Fire Stick) A Rose by Any Name: The Little-Known Lore and Deep-Rooted History of Rose Names Annotated Godfather: The Complete Screenplay with Commentary on Every Scene, Interviews, and Little-Known Facts How Audiobooks Make You Smarter: 7 Little Known Ways Audiobooks Can Boost Memory Capacity and Increase Intelligence Best Summit Hikes in Colorado: An Opinionated Guide to 50+ Ascents of Classic and Little-Known Peaks from 8,144 to 14,433 feet Transforming a College: The Story of a Little-Known College's Strategic Climb to National Distinction

[Dmca](#)