

[K2 AND THE CALCIUM PARADOX](#)



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Vitamin K2 and the Calcium Paradox How a Little Known

Die Autorin erkl rt hervorragend, weshalb Calcium einen Paradox darstellt f r die Gesundheit, und weshalb das Vitamin K2 eigentlich in keiner Supplementensammlung fehlen sollte, in der auch das Calcium einen Platz hat. Ich kann das Buch w rmstens Laien und Aerzten empfehlen.

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Vitamin K2 and the Calcium Paradox How a Little Known

I had never heard of Vitamin K2. She purchased Rheamue-Bleue's book for me and I am so glad she did. I didn't realize that without Vitamin K2 calcium goes directly into the bloodstream and ultimately clogs the arteries. Vitamin K2 directs calcium to the bones, where it belongs. Also, Vitamin K2 requires Vitamin A and Vitamin D to work properly.

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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 absence of Vitamin K2 poses.

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Vitamin K2 and the Calcium Paradox How a Little Known

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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Book Review Vitamin K2 and the Calcium Paradox Vitality

It is unlikely however, that Vitamin K, specifically K2, is mentioned. In fact, most people are probably not even aware of what it is or does. According to naturopathic doctor, Kate Rh aume-Bleue, in her book Vitamin K2 and the Calcium Paradox, ensuring that you are getting enough of this overlooked supernutrient could save your life.

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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.

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Book Review Vitamin K2 and the Calcium Paradox Laura

Vitamin K2 and the Calcium Paradox By Dr. Kate Rheame-Bleue. When I say Vitamin K , what s the first thing that comes to your mind? If you ve taken any basic anatomy and physiology class, you might think Koagulation! (well, that was my first thought at least).

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