

[VITAMIN K2 AND THE CALCIUM PARADOX BOOK](#)



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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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Well it s true, and author Kate Rh aume-Bleue has the data to prove it in her very informative book Vitamin K2 and the Calcium Paradox. Why is vitamin K2 (not to be confused with vitamin K1) so important? Well for one thing it helps get calcium to your bones.

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And you probably have never heard about the role of Vitamin K in the regulation of calcium processes in the body. Well, you re in luck, because a great, informative book is available now, called Vitamin K2 and the Calcium Paradox by Dr. Kate Rheume-Bleue.

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Fortunately, Vitamin K2 and the Calcium Paradox includes practical advice to help counteract this widespread deficiency providing a detailed chart with food sources for vitamin K2, as well as important information on supplementation and dosages.

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Vitamin K2 directs Calcium to bones and away from soft tissues such as arteries, kidney, etc. Thorne's Vitamin K2 Liquid supplies 1 mg of vitamin K2 per drop. Research shows doses up to 15 mg three times daily may be used.

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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.

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Vitamin K2 and the Calcium Paradox Books Radiant Life

Vitamin K2 and the Calcium Paradox by Kate Rheume-Bleue, BSc., ND is a great read! How a Little-Known Vitamin Could Save Your Life! Millions of people take calcium and vitamin D supplements for bone health.

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Vitamin K2 And The Calcium Paradox Kate Rheume Bleue

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.

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Dr Kate Rheume Bleue The Power of Vitamin K2 Bulletproof

She wrote this book called Vitamin K2 and the Calcium Paradox: How a Little-Known Vitamin Could Save Your Life. She s also a naturopath, at least a graduate of a college of naturopathic medicine, and has worked with a supplement company called Natural Factors Nutritional Products as an educational spokesperson.

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