

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



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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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### **Vitamin K2 Puts Calcium in Bones and Removes Side**

Whole Foods Magazine. February 2009 . Vitamin K2 Puts Calcium in Bones and Removes Calcium From Arteries, Part 1: An interview with Dr. Leon Schurgers

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### **Vitamin K2 Keeps Calcium Out of Your Arteries and In Your**

In one two year study, 92 postmenopausal women were assigned to one of four groups: K2, D3, a combination of K2 and D3, or calcium lactate. In the women receiving only calcium, lumbar BMD (lower spine bone mineral density) decreased.

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### **Vitamin K2 Wikipedia**

The mechanism of action of vitamin K 2 is similar to vitamin K 1. Traditionally, K vitamins were recognized as the factor required for coagulation, but the functions performed by this vitamin group were revealed to be much more complex.

<http://ebookslibrary.club/download/Vitamin-K2-Wikipedia.pdf>

### **About Dr Kate ND**

Kate Rh aume, N.D. graduated from McMaster University with an honors B.Sc. in Biology and completed her professional training at the Canadian College of Naturopathic Medicine in Toronto, class of 2002.

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### **Vitamin K2 What It Does How It Benefits You and Where**

The role K2 plays is still not entirely understood, but research suggests that a deficiency of this vitamin can have far-reaching consequences for your health.

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### **Avoiding Heart Disease with Vitamin D and Vitamin K2 by**

Award-winning author Susan Rex Ryan discusses how vitamin D and vitamin K2 partner to decrease the risk of heart disease.

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### **Vitamin K2 Foods Benefits Recipes More Dr Axe**

Vitamin K2 (menaquinone) is a fat-soluble vitamin that helps with calcium metabolism, bone and dental health, heart health, and hormone balance.

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### **Vitamin K Wikipedia**

Vitamin K is a group of structurally similar, fat-soluble vitamins that the human body requires for complete synthesis of certain proteins that are prerequisites for blood coagulation (K from Koagulation, German for "coagulation") and which the body also needs for controlling binding of calcium in bones and other tissues. The

vitamin K-related modification of the proteins allows them to bind

<http://ebookslibrary.club/download/Vitamin-K-Wikipedia.pdf>

### **Plant vs Cow Calcium NutritionFacts org**

Hi George, I am a volunteer for Dr. Greger. This is a very good question. Indeed, vitamin D and vitamin K help to increase the absorption of calcium and utilize that calcium for bone.

<http://ebookslibrary.club/download/Plant-vs--Cow-Calcium-NutritionFacts-org.pdf>

### **The Ultimate Vitamin K2 Resource Chris Masterjohn PhD**

Matrix Gla Protein (MGP) Regulation of Calcium Distribution. Vitamin K is necessary for the carboxylation of matrix Gla protein (MGP), which is made primarily in vascular smooth muscle cells and chondrocytes (cartilage cells) (Luo, 1997). Wherever there is a blood supply, there is MGP, so MGP is made throughout the body.

<http://ebookslibrary.club/download/The-Ultimate-Vitamin-K2-Resource-Chris-Masterjohn--PhD.pdf>

### **How to choose the right Vitamin K2 supplement OmegaVia**

Hi Mike menaquinone is the family of long chain Vitamin K2. It includes all K2. Menatetrenone is MK-4. Yes, very small quantities of K1 can technically be converted to K2.

<http://ebookslibrary.club/download/How-to-choose-the-right-Vitamin-K2-supplement-OmegaVia.pdf>

### **Eggshell Calcium Supplement Boost Your Thyroid with**

Hi Teresa, that s the calcium paradox, which is actually caused by calcium deficiency and the secretion of parathyroid hormone to raise blood calcium levels.

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### **Which Vitamin K2 Supplement is Best MK 4 or MK 7**

Getting enough Vitamin K2 is absolutely essential to vibrant health. Surprisingly, the vast majority of people are seriously deficient. Even those eating a completely whole food, organic diet, fail miserably in getting enough in either of the two major forms: MK-7 and MK-4.

<http://ebookslibrary.club/download/Which-Vitamin-K2-Supplement-is-Best-MK-4-or-MK-7-.pdf>

### **How to decalcify the Pineal Gland Decalcify Pineal Gland**

Hi Karl, you re right, your not actually trying to reach the pineal gland through your mouth, that would be very difficult instead you are trying to reach an area in your mouth that is supposed to be linked to your pineal gland.

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### **Vitamin D und Vitamin K Dr Schweikart**

Vitamin D und Vitamin K2: ein gutes Team. Eine wichtige Funktion von Vitamin D ist die Steuerung der Calciumaufnahme und der Synthese einiger wichtiger Proteine. Sowohl zur Verwertung des Calciums als auch zur Aktivierung der gebildeten Proteine jedoch ist Vitamin D auf einen wichtigen Partner angewiesen: das Vitamin K2.

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### **Magnesium for Depression A Cure for Depression using**

Forward: Although this depression treatment by magnesium essay was written originally to address the role of magnesium as a depression treatment, the role of magnesium deficiency as cause of vast other morbidity and mortality is also addressed.

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