



# Vitamin K2 and the Calcium Paradox: How a Little-Known Vitamin Could Save Your Life

By Kate Rheaume-Bleue

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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 transfats--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.



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### **Bibliography**

- Sales Rank: #17379 in Books
- Brand: imusti
- Published on: 2013-08-27
- Released on: 2013-08-27
- Original language: English
- Number of items: 1
- Dimensions: 8.25" h x 5.50" w x .75" l, .61 pounds
- Binding: Paperback
- 288 pages

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### Editorial Review

From the Back Cover

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.

### About the Author

Dr Kate Rheaume-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.

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