



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

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 Rheume-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.

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