

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. But new research shows that this actually increases the risk of heart attack and stroke because extra 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 consumed in abundance and that has been ignored by scientists for almost 70 years.

Inside this book, you'll find:

- How eating grass-fed animals traditionally provided us with ample quantities of vitamin K₂—while grain-based animal feed contributed to the eradication of vitamin K₂ from our modern diet
- How K₂ is the most important anti-aging nutrient for fighting wrinkles, Alzheimer's, heart disease, osteoporosis and more
- How K₂ promotes straight, cavity-free teeth and strong bones in children
- Which delicious foods are brimming with heart-healthy K₂
- Ways you can safely get the most benefit from your calcium and vitamin D supplements



Naturopathic doctor KATE RHÉAUME-BLEUE is an expert in natural health. A sought-after and engaging speaker, Dr. Kate is a frequent guest on radio and television and a leading authority on vitamin K₂. Visit her on Facebook or at www.doctorkatend.com, or follow her on Twitter @DoctorKateND.

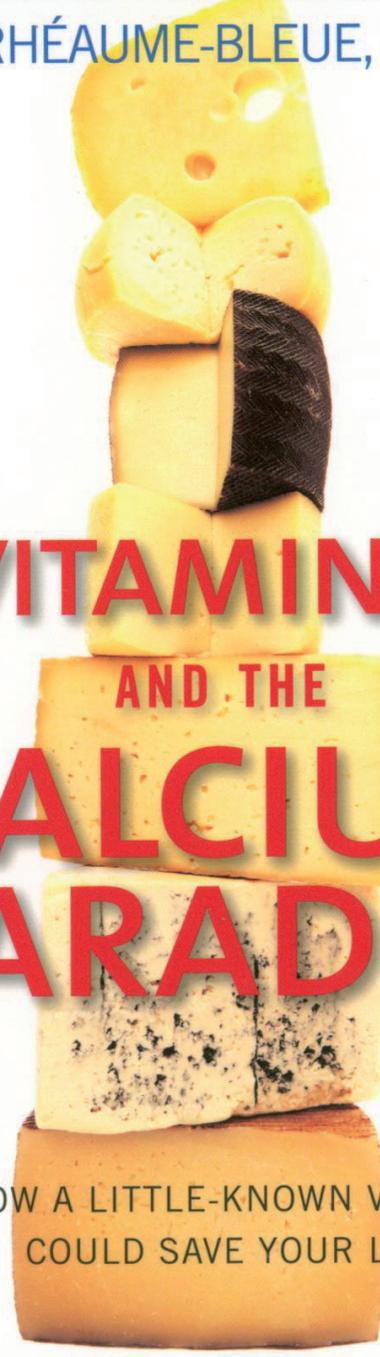
 **Collins**

WWW.HARPERCOLLINS.CA
WWW.AUTHORTRACKER.CA

Cover image: © aluxum / iStockphoto
Author photo: Shannon Eckstein



KATE RHÉAUME-BLEUE, B.Sc., N.D.



VITAMIN K₂ AND THE CALCIUM PARADOX

HOW A LITTLE-KNOWN VITAMIN
COULD SAVE YOUR LIFE

➔ mit ca. 250 Literaturquellen zu Vitamin K2

Contents

Acknowledgments	ix	The renovation of you	103
Chapter 1 – The Calcium Paradox	1	Calcium alone is not enough	104
Why you need to read this book, whether or not you take calcium supplements	4	Vitamin K ₂ : The missing link for bone health	106
Osteoporosis: Calcium deficiency	5	Testing for your vitamin K ₂ levels	109
Atherosclerosis: Calcium excess	8	Vitamin K ₂ for Alzheimer's disease	110
Why vitamin D won't save us from the Calcium Paradox	10	Vitamin K ₂ for wrinkle prevention	114
How vitamin K ₂ comes to the rescue	12	The way we were	115
The calcium cycle of life	18	Vitamin K ₂ for healthy veins	117
We all need more: Vitamin K ₂ deficiency is widespread	19	Aging well with vitamin K ₂	119
Chapter 2 – The Undiscovery and Rediscovery of Vitamin K₂	23	Chapter 5 – Even More Health Benefits of Vitamin K₂	121
A brief history of vitamin K: A tale of two nutrients	24	Vitamin K ₂ for diabetes	122
The mysterious activator X	27	Vitamin K ₂ for arthritis	126
Finally understanding vitamin K ₂ after 70 years: What it is and isn't	39	K ₂ for brain and neurologic health	127
Vitamin K ₁ : Greens and clotting	41	Vitamin K ₂ for cancer prevention	129
Vitamin K ₁ deficiency is rare and obvious	43	Vitamin K ₂ for kidney disease	137
Vitamin K ₂ : Animal fat and calcium metabolism	44	Vitamin K ₂ for fertility	138
Vitamin K ₂ deficiency is common and invisible	45	Vitamin K ₂ for normal facial development	140
Vitamin K ₂ : A new essential nutrient	47	Vitamin K ₂ for easier labor	147
Chapter 3 – How Much Vitamin K₂ Do We Need, and How Do We Get It?	49	Vitamin K ₂ for strong bones	150
The lack of vitamin K ₂ in our diet: What went wrong?	50	Vitamin K ₂ for dental health	151
The grass-fed vitamin	53	Anatomy of a tooth	152
The pastured egg hunt	56	Chapter 6 – Measuring Your Vitamin K₂ Levels	161
Ghee and butter oil from grass-fed cows	61	Undercarboxylated osteocalcin (ucOC) tests	163
Yet another reason to avoid trans fat	63	Bone density scanning	168
Two types of vitamin K ₂	65	Tracking your plaque	172
Natto, the slimy superfood	69	Chapter 7 – Vitamins K₂, A and D: Better Together	181
Recommended vitamin K ₂ intake	74	A, D and K ₂ : A balancing act	182
Vitamin K ₂ from supplements	76	Understanding vitamin A	185
Vitamin K ₂ : Friend or foe of blood-thinning medications?	80	Understanding vitamin D	204
Chapter 4 – Vitamin K₂: The Ultimate Antiaging Vitamin	85	Are vitamins A and D hormones?	219
The triage theory of aging	86	What about vitamin E?	221
Vitamin K ₂ for heart health	89	Chapter 8 – Toward a New Definition of Nutritious	225
Rethinking cholesterol	90	Defining a healthy diet	229
Atherosclerosis: Plaque accumulation	92	A whole grain of truth	230
What really causes heart disease?	95	Calcium and magnesium	233
Vitamin K ₂ trumps K ₁ for heart health	96	<i>Endnotes</i>	237
You <i>can</i> reverse heart disease	97	<i>Index</i>	267
How much is enough?	100		
Even more evidence for vitamin K ₂ and heart health	100		
Vitamin D deficiency: Another risk factor for cardiovascular disease	102		
Vitamin K ₂ : Building better bones	102		