

Download Vitamin K2 The Missing Nutrient For Heart And Bone Health

With "Vitamin K2: The Missing Nutrient for Heart and Bone Health" Dr. Goodman presents the latest and most impressive research studies, as well as insights on diet, exercise, and stress reduction, as a conversation between doctor and patient. Providing clear and concise information, he puts readers on the path to learn more for themselves and continue the conversation with their own doctor.

The dose of vitamin K necessary to do this is far greater than that needed for bone and arterial health. [Link Between Vitamin K2 And Osteoporosis](#). It has been found that it is vitamin K2 that is the type of vitamin K most responsible for inducing the mineralization of bone and keeping it out of the arteries.

Vitamin K is a fat-soluble vitamin that activates the protein that clots our blood and nourishes our hearts and bones. One form of this vitamin, Vitamin K2, is being researched as the missing nutrient for heart and bone health.

Vitamin K2 is every bit as important as vitamin D for protecting your heart and bone health; it's essential for activating enzymes involved in transporting calcium from your arterial walls to your bone

Most people have heard about vitamin K but few know that it comes in two forms: Vitamin K1 and Vitamin K2. But did you know Vitamin K2 is the missing nutrients for your heart and bone health?

The discovery of this amazing body of research was the motivation behind my new book, "Vitamin K2: The Missing Nutrient for Heart and Bone Health." It is important that patients as well as health care professionals understand the benefit of this important nutrient and the scientific evidence supporting it.

Vitamin K2: The Missing Nutrient For Heart And Bone Health Most people have heard about vitamin K but few know that it comes in two forms: Vitamin K1 and Vitamin K2.

Vitamin K2 is produced by certain bacteria, so the primary food source of vitamin K2 is fermented foods such as natto, a fermented soy product typically sold in Asian grocery stores. Fermented vegetables can be a great source of vitamin K if you ferment your own using a specially-designed starter culture.

Most people have heard about vitamin K but few know that it comes in two forms: Vitamin K1 and Vitamin K2. Vitamin K2 is one of the vitamins that researchers are finding out are great for your bone health and for your heart.

I also recommend picking up one or both of Dr. Goodman's books: Vitamin K2: The Missing Nutrient for Heart and Bone Health, and Magnificent Magnesium: Your Essential Key to a Healthy Heart & More to learn more about these two underappreciated nutrients. While going into complex topics, Dr. Goodman's books are easy to read and understand for the layperson.

Other Files :

[Vitamin K2 The Missing Nutrient For Heart And Bone Health](#), [Vitamin K2 The Missing Nutrient For Heart And Bone Health Pdf](#),