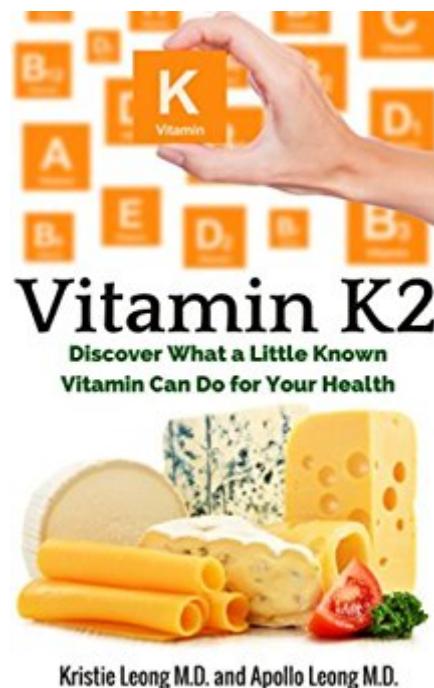


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Vitamin K2: Understanding How A Little Known Vitamin Impacts Your Health



Kristie Leong M.D. and Apollo Leong M.D.



Synopsis

With so much focus on vitamin D, itâ™s surprising you donâ™t hear more about vitamin K2. A number of studies show a link between vitamin K2, bone health and heart health. Is vitamin K2 a nutrient you need more of in your diet? As physicians, we feel everyone needs to be aware of the role this vitamin plays in health and wellness. This concise ebook explores the link between vitamin K2 and how it may protect against some of the most common diseases youâ™re at risk for as you age. Here are some of the questions this book will answer:

The Role of Vitamin K in Your Body
How Vitamin K2 Differs from Vitamin K1 and Why Most People Donâ™t Get Enough of It
The Various Isoforms of Vitamin K2 and Which Ones Are Most Important for Health
The Role Vitamin K2 Plays in Bone Health and Osteoporosis Prevention
Vitamin K2 and Heart Disease: Can It Lower Your Risk or Even Reverse Atherosclerosis?
Do You Need a Vitamin K2 Supplement?
Vitamin K2 and Cancer: Is There a Link?
The Role Vitamin K2 Plays in Dental Health
Are You at Risk for Vitamin K Deficiency?
Can You Get Enough Vitamin K2 Through Diet Alone?
The Best Dietary Source of Vitamin K
Why You Must Have Vitamin K2 if You Take a Vitamin D Supplement
Are There Risks to Taking a Vitamin K2 Supplement?
One Type of Vitamin K2 Supplement Source You Should Avoid
You should have a better understanding of the health benefits of vitamin K2 once you finish.

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Customer Reviews

Like other books/articles on Vitamin K/K2, this book IGNORES an exploration of the 'elephant in the room', and arguably the most important aspect, namely, WHAT EXACTLY IS THE RISK OF BLOOD CLOTTING/THROMBOSIS from taking K2 (and/or K1)? Is it because Vitamin K makes the blood more sticky? It is clearly a REAL possibility, from the WARNING given that those on Warfarin or other blood thinning drugs should NOT take these vitamins. This aspect is glossed over in my opinion, because it is not fully explored. This then begs the question WHAT CAN BE DONE in advance of such a decision? What about the possibility of an emergency operation? What, if anything, can doctors do to obviate the danger of thrombosis in such an event? Shouldn't one indicate this on hospital admission forms? What about this danger on long haul airplane journeys? How long before such a journey would one need to stop taking this vitamin? Does this then also mean that those taking a small dose of Aspirin daily are throwing their money away if they also take a Vitamin K supplement? What about first having a Carotid scan done to see if there is or is not a build up of plaque or Calcium in one's arteries, and thus whether or not one needs to take Vitamin K? Even without a history of stroke or heart disease, is it possible that a PI test might be able to say if certain individuals have a greater tendency to "sticky" blood than others? In other words, I have a distinct uneasiness when the dangers are not as fully explored as the benefits whenever a "new" drug or Vitamin suddenly becomes the "flavour of the month" in the published texts. Suddenly one is being told that taking Vitamin D plus Calcium without Vitamin K2 might have put us at great risk for heart disease.

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