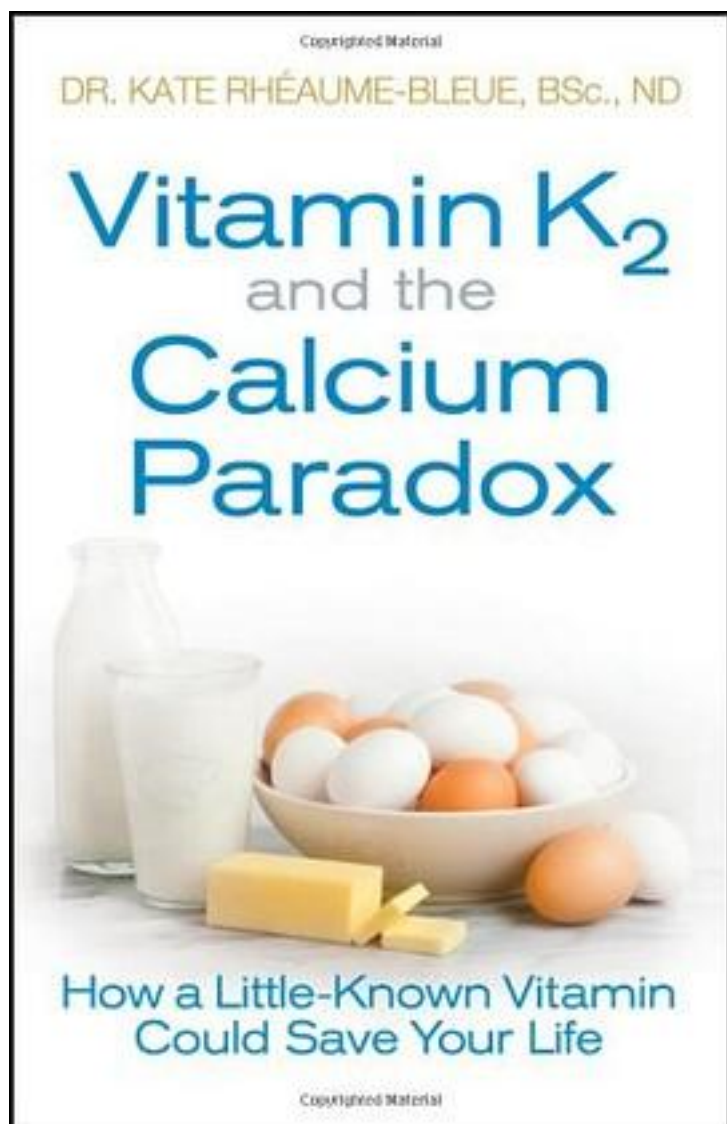


Vitamin K₂ and the Calcium Paradox



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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 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.

作者介绍:

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标签

营养学

维生素K2

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评论

去中国城屯了1个月的纳豆....

脂溶性维他命A，D，K对现代人的重要性，它们相互之间的密切关联。作者文笔不错，把各种维他命对人体健康的影响解释的很明白。营养学里有很多针锋相对的说法。比如饮食油脂，胆固醇与心血管疾病是否真有因果关系，等。低油素食与低碳高蛋白饮食方式之间的争锋相对，都说明了人体的复杂, 营养学还有很多未知的地方。

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