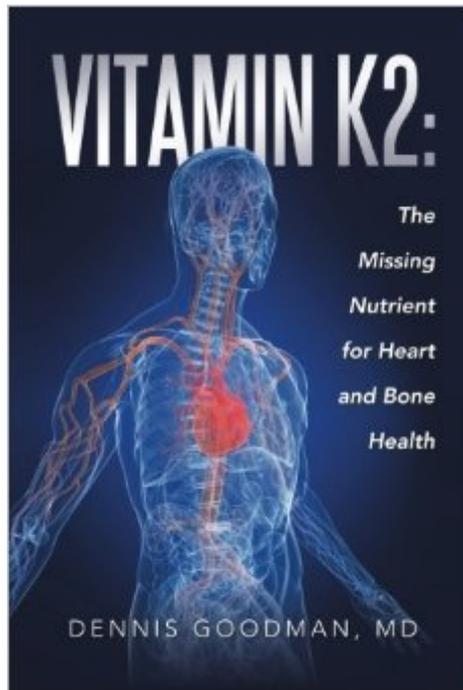


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# Vitamin K2: The Missing Nutrient For Heart And Bone Health



## Synopsis

Some people are aware that Vitamin K1 is important for blood clotting, but relatively few are aware of Vitamin K2 and its essential role in bone and heart health. There is now an impressive body of research showing that Vitamin K2 plays an integral role ensuring that our bones grow strong and our hearts and blood vessels remain healthy. Dr. Dennis Goodman has dedicated himself to researching vitamins and minerals so that he can educate his patients on which supplements to take-who needs them, how much, and why. If you care about your bones and heart health-and no doubt you do-this book is a must read. 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.

## Book Information

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## Customer Reviews

Great introduction to get information we need. It,s my cure in joints problem. K2 and magnesium, both together I,ve been taking for last 7 months. I had no possibility to even lift a glass of water with my left hand because of calcification problem and bone spur fracture in elbow. Calcifications are lost now, fractured bone spur in elbow is fully absorbed. I was climbing on a hillside using chains mounted in the rock in beautiful polish Tatra mountains a week ago. I thought it was no longer possible but I found a cure. The only souvenir of my illness is not optimistic x-ray picture. My doctor

said that there was nothing to be done with my problem except of ultrasound treatment. His method has no possibility to remove the real cause. Human body need a way to balance. Fighting with a secondary symptoms is a waste of time. We need a doctor who is able to find a cause and treat it.

Easy to read and with sufficient technical explanations in layman's language. Such an important information for half the price of a NYC subway fare (Kindle Edition) to understand the critical role of Vitamin K2 on your own health & wellness. Will definitely recommend this book to my friends and family.

A useful little booklet for the general public. It describes vitamin K2 in most of its known details (we know very little about it!) and is nicely structured with summaries for each chapter. My only complaint is that it, like many books, gives the impression that a simple supplement of K2, and perhaps magnesium and vitamin D, is sufficient and that calcium is mostly detrimental. The evidence is that we are borderline deficient in most vitamins and minerals and taking single vitamins may actually increase the need for others.

Invaluable Information presented by leading cardiologist and integrative medical specialist in a format that is interesting and easy to understand. I am immediately going to following his recommendations. This should be required reading for all doctors. My own doc and the specialists he has sent me to in the Kaiser System are still uninformed about the importance of vitamin k2 in bone and heart health.

This book is crucial to my managing my osteoporosis, and, thus, I have it on my Kindle app and in hard copy. This is the second time I've ordered it - this time, for my sister, who also loves and needs it! Of all the research I've done on reversing osteoporosis, this book has all the information I need, in a concise, short (80 pages) book, written by a cardiologist and Integrative physician, Dr. Dennis Goodman. Thanks, , for carrying such an important book!

It's a new thing, the importance of K2 for the heart and bone health. I've read the information on [www.vitamink2.org](http://www.vitamink2.org) website and then found Dr. Goodman's books. It shed more light on the research so far on the subject and it came at the right time. I have kids, I am a woman in my thirtirs and a relative of mine has calcific vessels and aorta, a serious health issue that makes me research anything that can help. There has to be more research and studies about K2 but what we have so

far is very promising, especially to those who prefer to prevent or are in a state where they really need a solution fast for their bone or cardiovascular problems.

Dennis was a very good job in delineating the benefits of K2 for everyone and how we can best use K2 in helping up get healthy and stay healthy. Also, the use of Vit A and Vit D as partners with K2 in bringing our body the nutrients it needs to stay healthy.

good book well written. all the facts where out there to the reader. k2 d3 vitamin A and magnesium, get them but take only whats needed.

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Dr. Lani's No-Nonsense Bone Health Guide: The Truth About Density Testing, Osteoporosis Drugs, and Building Bone Quality at Any Age by Lani Simpson (2014-08-12)  
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