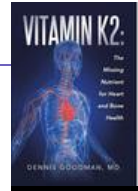




NUTRITION / FOOD



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Vitamin K2: The Missing Nutrient for Heart and Bone Health

Dr. Dennis Goodman is Director of
Integrative Medicine at NYU



"The four keys to good health for everyone is nutrition, exercise, stress management and sleep. Pills alone are not a panacea."

Dennis Goodman

About Writer:

Dr. Dennis Goodman is Director of Integrative Medicine at NYU Langone Medical Center in New York, where he also serves as Clinical Associate Professor and Cardiologist in the Department of Cardiology and Preventative Medicine. Dr. Goodman graduated Cum Laude with distinction from the University of Cape Town Medical School in Cape Town, South Africa.

He did his internship at Grootte Schuur Hospital in Cape Town, South Africa (where the first heart transplant was performed by Professor Christian Barnard in 1969).

Dr. Goodman is Board Certified in internal medicine, cardiology, interventional cardiology, critical care, clinical lipidology, integrative medicine and Cardiac CT imaging. www.dennishgoodmanmd.com



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EVENTS



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HOMECARE



MONEY



HUMOR/FUNNY



RELATIONSHIPS

Many studies have been conducted proving vitamin K2's effectiveness in three areas of health: cardiovascular, bone and children; and more research is being conducted to support its benefits in these crucial areas.

One exciting clinical study recently published in the journal Thrombosis and Haemostasis, shows a specific vitamin K2 called MenaQ7 not only inhibited age-related stiffening of the artery walls, but also made significant improvements in artery flexibility. This breakthrough study adds further evidence proving vitamin K2's benefits for cardiovascular health.

Studies like this were the motivation behind my new book, "Vitamin K2: The Missing Nutrient for Heart and Bone Health." It's important that patients as well as health professionals understand the benefit of this important nutrient and the scientific evidence supporting it.

Why is vitamin K2 so valuable? Simply put, vitamin K2 is the body's light switch. It activates or "turns on" important proteins in the body such as osteocalcin for strong bones and the matrix Gla protein (MGP). By "turning on" these K-dependent proteins, vitamin K2 helps guide calcium, a crucial bone-building nutrient, away from your arteries so they don't harden, which can lead to cardiovascular disease. Vitamin K2 supplements should be taken along with vitamin D and calcium, and it's best to look for one supplement that contains all three ingredients combined, especially the MenaQ7 form of vitamin K2 that can be found listed on the nutritional label.

The four keys to good health for everyone is nutrition, exercise, stress management and sleep. Pills alone are not a panacea. You must be proactive with your and I encourage all patients to make their doctor a partner in their pursuit of well-being.

Dr. Goodman's book "Vitamin K2: The Missing Nutrient for Heart and Bone Health," can be purchased at www.amazon.com and www.barnesandnoble.com.

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