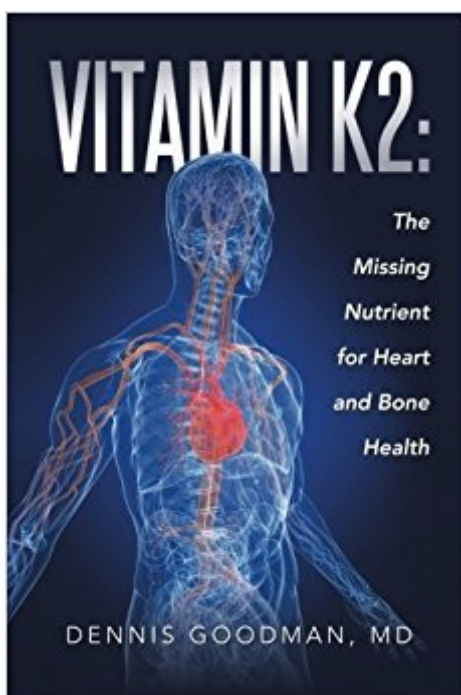


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# Vitamin K2: The Missing Nutrient For Heart And Bone Health



## 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

Dennis Goodman, MD, is Director of Integrative Medicine at New York University, where he also serves as Clinical Associate Professor and Cardiologist in the Department of Cardiology and Preventative Medicine. Board certified in Cardiology, Internal Medicine, Lipidology, Cardiac CT Imaging, and Integrative Medicine, he graduated Cum Laude with distinction from the University of Cape Town Medical School in Cape Town, South Africa. Dr. Goodman completed his Internal Medicine residency and was Chief Medical Resident at Montefiore Hospital in Pittsburgh, PA, and

completed his cardiology fellowship at Baylor College of Medicine in Houston TX. A sought-after speaker, he has been a visiting teaching professor throughout South Africa, Asia, and Europe, and has published many articles in addition to three books on heart health.

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.

Although parts of this book seemed geared towards doctors, with its technical descriptions, I garnered a lot of understanding about body & organ function. I read the entire book & jotted down highlights in a notebook. I intend skimming back through it & jotting down some more notes, now that I have a broader foundation to go by for relevance The Author's website [dennisgoodmanmd.com](http://dennisgoodmanmd.com) has good information too.

Great information for a heart healthy diet and general nutrition information.

This is a must read ~ Very understandable and all facts check out ~ I with all health information was this well presented ~

Critical missing nutrient not being discussed in any heart health focused conversations. The science is there to support we just need to get the word out. Read this short easy to read book and do more research base on the sources sited in this book. Also read the Calcium Paradox...

A very compelling case for Vitamin K2 and a good read for anyone interested in their health. Anyone with a Calcium Score above 0, which is likely almost everyone today, should read it.

Goodman provides a clear and concise explanation of the function and structure of Vitamin K2. His

documentation is credible (I am a retired Registered Dietitian) and convincingly presented.

Got to know more about the vitamin K

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Communication: From Theory to Practice (J-B Public Health/Health Services Text) - Key words:  
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