



VITAMIN K2

AN OVER-LOOKED ESSENTIAL

There are five essential vitamins I recommend to everyone: The Fab Five. Vitamin K2 is one of those five. Its significance in health has become clearer with new studies.

Don't get vitamin K2 confused with vitamin K1, the clotting factor. Vitamin K2, also known as menaquinone, is a fat-soluble vitamin with multiple subtypes that have variable fat solubility and bio-availability. Vitamin K2 comes in different subtypes; studies show that MK-7 to MK-13 subtypes are the best because they are more fat soluble and more bioavailable. They are found mainly in cheese, cheese curds, and fermented soy.

Vitamin K2 works by affecting the protein osteocalcin, which helps strengthen bones. We also know vitamin K2 activates the protein MGP (a potent modulator of arterial calcification). If vitamin K2 levels are deficient, then the MGP protein cannot prevent arteries from becoming stiff with calcium deposits.

Research trials prove that vitamin K2 keeps bones stronger and keeps hearts, brains, and other organs from excess calcium build up. Studies show that those who take calcium supplements have an increased risk for coronary heart disease because of low vitamin K2. For this reason, I advise patients to quit taking calcium supplements, and instead take optimal forms of vitamin D and K2. Over 90% of the population is vitamin K2 deficient.

The body needs vitamin D to transport calcium in food from the stomach into the blood system. If vitamin D is low, then regardless of calcium levels, calcium cannot be absorbed. A deficiency of vitamin D causes your body to take excess calcium from bones or teeth, thus causing weak and brittle bones and increasing dental issues. As vitamin K2 intake increases, arteries become more flexible and collagen content increases in the bones, which is necessary to bone health. The lower the K2 the higher the bone fracture risk, up to 75% higher than normal.

Taking 200mcg of vitamin K2 daily also reverses arterial plaque, which if left untreated, can harden the arteries because of excess calcium. Studies show that those with high vitamin K2 concentration have a 30% lower possibility of cancer; this is because vitamin K2 inhibits cancer cell growth.

In 1930, Dr. Weston Price traveled the world investigating how western diets affect the oral arch development. He found that narrow mouth arches occurred with vitamin K2 deficiency, therefore causing narrow faces and more tooth decay. Those with sufficient vitamin K2 had full faces and little to no cavities or decay.

Vitamin K2 is also found in high concentrations in the pancreas and brain. Adequate levels of vitamin K2 help decrease blood sugar, diabetes, and dementia. It also increases sperm counts in men; protects the gums, teeth, saliva and mouth; helps increase myelin sheaths that protect nerves; and decreases the risk of varicose veins, skin wrinkles, and rheumatoid arthritis.

In summary, vitamin K2 works in conjunction with vitamin D to maintain adequate calcium levels in the blood and organs. Vitamin D helps absorb calcium from the stomach into the blood system. Vitamin K2 helps carry the calcium into the bones and teeth. Vitamin K2 removes calcium build up in soft tissues and places it into the hard tissues of bone and teeth. The current recommended dose is 200mcg daily. So, start taking it now and stay on it for the brain, bone, and heart benefits. And while you are at it, ask about the Fab Five (other essential nutrients you should be taking).

