



**Holistic
Medical Centre**
Best of both worlds

www.holisticmedicalcentre.co.nz

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Latest research - Cardiovascular Health

The next newsletter in our series of nutrients for the heart focuses on vitamin K2

Vitamin K₂ was first reported to promote fracture healing in 1960. Vitamin K is an essential nutrient and there are two types; K1 and K2. Vitamin K1 is well known for its essential role in proper clotting of the blood as a deficiency causes bleeding conditions. Recent studies have demonstrated new roles for vitamin K, specifically vitamin K2 (menatetrenone). These beneficial functions include: supporting cardiovascular health, calcium metabolism, healthy bone density and overall brain health.

Vitamin K₂ supplementation increases bone density and is used clinically in the management of osteoporosis along with vitamin D3, especially in Japan. Low levels of dietary vitamin K are associated with increased risk

of fractures.

Vitamin K2 appears to be involved in a complex process whereby it is able to facilitate the removal of calcium from the arteries and promote its deposition into bone. This has tremendous implications as an adjunct in the treatment of atherosclerosis as well as in the prevention of both osteoporosis and atherosclerosis.

One study of 564 postmenopausal women showed that a high dietary intake of vitamin K2 (menaquinone) but not K1 is associated with reduced coronary calcification. One study from September 2009 involving 16,057 women discovered that a high intake of vitamin K2 could protect against coronary heart disease. The vitamin K research unit of St Thomas's Hospital in London

has found that vitamin K2 is necessary for the production of a certain protein that is a powerful inhibitor of calcification of the arteries and cartilage.

Vitamin K2 is present in some meats however the majority of vitamin K in the diet is in the form of vitamin K1. K1 is converted to K2 by the normal bacteria in the intestine. This is yet another great reason to insure you replace the healthy bacteria with probiotics as needed. Things that deplete the normal bacterial flora of the intestine include antibiotics, gastrointestinal infection and the contraceptive pill. For a preventative approach, ensure good amounts of K1 in the diet and good bowel flora. Excellent dietary sources of vitamin K1 include: kale, parsley, brussels sprout, cabbage and spinach.

Our favourite quote

Never wear anything that panics the cat.
P.J. O'Rourke

Health tips

For a great start to the day that provides protein, good amounts of iodine, vitamin B2 and B12, omega 3 oil, omega 6 oil and Co enzyme Q10, try sardines on whole-grain toast with salt, pepper and a squeeze of lemon. The fish flake easily in half so the bones can be removed and it is very quick to prepare.

Happy Patient File

A lovely woman in her 50's came to us after being diagnosed with a condition involving progressive scarring of the liver. We did a whole treatment plan for her and she has been steadily improving since September last year. She is feeling much better and her latest blood result revealed normal liver enzymes to her surprise and delight.

News and tips

Our lovely Dr Donald Palmer is leaving us at the end of March as he is moving down to Christchurch. We are sorry to see him go but wish him all the very best with his new beginning. Dr Ted Walford from Tauranga is the lovely doctor who will be replacing him. We are sure you will be happy with our choice for a replacement to look after all you and your family.

Our nurse Karin will be doing a talk on immunisations at the clinic on This is only open to patients of Holistic Medical Centre so please call reception and reserve a space as this will fill up fast.

Recipe: In keeping with our theme of nutrition for the heart, we have a great dip for you that is rich in Omega 3 fish oil and tasty as well.

Anchovy and olive tapenade

2 cups pitted kalamata olives
2 tablespoons capers
2 anchovies
1 clove garlic
2 tablespoons olive oil
1 tablespoon lemon juice
Pepper
1 tablespoon chopped parsley or thyme (optional)
Put olives, capers, ancho-

vies, garlic and herbs in a food processor and blend coarsely. Slowly pour in olive oil with the processor still running at the last minute. Add lemon juice. Use as a dip or spread.

Another tip to increase your nutrition; if you have a dinner with little or no vegetables, catch up on the lost nutrients with a raw vegetable juice after dinner.