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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Vitamin K, An Arthritis Preventative Home Remedy**

**By Rudy Silva**

Most all of us will have to deal with arthritis joint pain – joint inflammation and deterioration of cartilage – at some time. Arthritis occurs in the knees, elbow, fingers, and any where there is a bone joint. Where it occurs in your body will be determined by genetics, diet, and repetitive use of the joint.

As with most illness or body conditions there is always a home remedy that can help reduce, eliminate or even cure the condition. There are many natural cures for arthritis and many home remedies.

Here is one natural substance that reduces the severity of arthritis and provides a more natural balance and function of bone and chemicals at the bone joint – vitamin k.

Vitamin k also gives blood the ability to form blood clots, which prevent us from bleeding to death whenever we cut ourselves.

There has been recent activity in testing vitamin k for the prevention of arthritis and for reducing the severity of bone degeneration. In her studies, Tuhina Neogi, of Boston University School of Medicine found that low levels of vitamin k in individual activated bone and cartilage deterioration. And, those found with low vitamin k also had more severe arthritis.

So what does all of this mean? When you are deficient in vitamin k you are more susceptible to bone and cartilage degeneration and abnormalities. As you age and start to have arthritis and you are deficient in vitamin k your arthritis will be more severe.

Here's how to get more vitamin k in your diet. You can take vitamin k supplement in doses of 5 to 15 mg daily. Look for plant based vitamin k1 and k2 since these have no toxicity associated with them. Avoid using K3 which is the synthetic form, which can cause liver toxicity.

For those of you that are using blood thinning medication, coumadin, it best not to use vitamin k supplements. In some cases doctors also recommend not eating those foods that are high in vitamin k.

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But if you not taking blood thinning medication and have no major cardiovascular conditions then supplementing with vitamin k should not be a problem.

Here are some foods that you should be eating daily to get natural organic vitamin k:

Dark green leafy vegetables of all kinds, chestnut leaves, spinach leaves, kale, cabbage, cauliflower, broccoli, Brussels sprouts, endive, olive oil, avocados, meat, egg yolk, cheese, yogurt.

Start eating more dark green vegetables and add a small amount of vitamin k to your daily diet. This will help you offset the degradation of you bone joints and reduce the severity of arthritis as you use your joints more and more.

Rudy Silva is a natural Nutritionist. Check out his site for more natural arthritis pain relief at:

<http://www.arthritis-remedies.for--you.info>

To get more natural remedy tips and information sign up for his newsletter at:

<http://www.natural-remedies-thatwork.com>

## **Vitamin E and Lung Cancer Prevention**

### **By News Canada**

(NC)–Lung cancer, the most preventative of all human cancers, remains the leading cause of cancer death for both men and women. Several studies have shown that vitamin E supplementation is associated with a lower risk of developing lung cancer in non-smokers. Unfortunately, the same benefit was not seen in smokers. The most effective health action for smokers is still to stop smoking.

It is believed that the beneficial effect of vitamin E is a consequence of its antioxidant role, which may be enhanced when taken in combination with

other antioxidants such as vitamin C, beta-carotene and selenium. All of these nutrients are available in a quality multivitamin such as Centrum®, available in your local pharmacy. For more information on supplementation, visit [www.centrumvitamins.ca](http://www.centrumvitamins.ca).

– News Canada

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