

JOEL FUHRMAN, MD

## What is vitamin K2?

Vitamin K is essential for the process of blood clotting. In fact, vitamin K was named for this important function; the scientists who discovered the vitamin named it using the first letter of the German word "koagulation."

In addition, we now know that vitamin K also promotes bone health and heart health via interactions with calcium.

Vitamin K allows the body to utilize the calcium needed for bone and tooth formation. Many studies have associated low vitamin K status with a higher risk of hip fracture or low bone mineral density.

There are two forms of vitamin K; vitamin K1 is easy to obtain when following a high-nutrient (nutritarian) diet, since it is abundant in leafy green vegetables. Kale, collards, spinach and mustard greens are some of the richest sources of K1.

Vitamin K2, on the other hand, is produced by microorganisms and scarce in plant foods; high K2 foods include dark meat chicken, pork and

fermented foods like cheese, so K2 is more difficult to get from a Nutritarian diet. The human body can synthesize some K2 from K1, and intestinal bacteria can produce some K2, but these are very small amounts.

Studies report that a causative factor of the low hip fracture incidence in Japan was natto, a fermented soy food, rich in K2.

Following this observation, several studies found supplementation with vitamin K2 to be particularly effective at improving bone health.

A review of randomized controlled trials found that vitamin K2 reduced bone loss and reduced the risk of fractures; vertebral fracture by 60 percent, hip fracture by 77 percent and all non-vertebral fractures by 81 percent.

In women who already had osteoporosis, Vitamin K2 supplementation was also shown to reduce the risk of fracture, reduce bone loss and increase bone mineral density.

A vitamin K-dependent protein binds up calcium to protect

the soft tissues-including the arteries-from calcification.

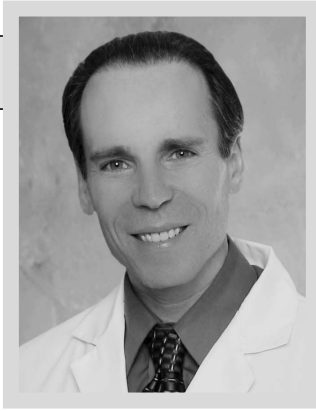
Vitamin K2 in particular helps to prevent the artery wall from stiffening and maintain elasticity. Coronary artery calcification is a predictor of cardiovascular events, as is arterial stiffness.

Higher vitamin K2 intake has been linked with a lower likelihood of coronary calcification, however the same association was not found for K1.

In 2004, the Rotterdam Study revealed that increased dietary intake specifically of vitamin K2 significantly reduced the risk of coronary heart disease by 50 percent as compared to low dietary vitamin K2 intake. In this study, vitamin K1 had no effect.

Similar results were found in another study conducted in 2009. Furthermore, a systematic review of several studies in 2010 also found no association between vitamin K1 intake and coronary heart disease, but higher K2 intake was associated with lower risk.

Therefore taking in vitamin



K2 in addition to K1 is likely beneficial to help protect against vascular calcification.

Ongoing research on vitamin K is revealing new ways that vitamin K acts to maintain good health. There is some evidence that vitamin K is involved in insulin metabolism, and higher intake of vitamins K1 and K2 are associated with lower risk of type 2 diabetes.

Remember, leafy green vegetables provide generous amounts of vitamin K1, and getting K2 from a supplement is likely beneficial if your diet is low in K2.

*Dr. Fuhrman is a New York Times best-selling author and board certified family physician specializing in lifestyle and nutritional medicine.*

*Visit his website at DrFuhrman.com, or submit questions and comments to newsquestions@drfuhrman.com.*

## Yachats Music Festival to rock this weekend

YACHATS — Classical music singers, pianists and instrumentalists will be featured in the 35th annual Yachats Music Festival in concerts today, July 11, at 8 p.m.; and tomorrow, Sunday, July 12, at 2 and 8 p.m.

All concerts take place at the Yachats Community Presbyterian Church, 360 West Seventh St., in Yachats.

Tickets are \$20. Concerts will feature solo and ensemble performances by:

- Pianists Leon Bates, Chiao-Wen Cheng, Gerry Hecht, Dennis Helmrich, Joseph Kubera, Betty Woo and Jeongeun Yom.

- Singers: Ilya Martinez and

Kimberly Jones, sopranos; Thomas Buckner, Rafael LeBron, Autris Paige and Anthony Turner, baritones.

- Instrumentalists: Ayn Balija, viola; Portia Diwa, Celtic harp; Marco Granados, flute; Elaine Kreston, cello; Tom Rose, clarinet; David Wong, guzheng and guqin; David Burnett and Anyango Yarbo-Davenport, violins.

Tickets can be purchased at the Adobe Resort by calling 541-547-3141, at the Yachats Visitor's Center by calling 541-547-3530, or online at [www.brownpapertickets.com/event/1295037](http://www.brownpapertickets.com/event/1295037).

Member (\$85) and Patron (\$140) packages are also available by calling 541-961-8374.

## Community Chorus seeks singers, musicians

The Community Chorus of Florence Oregon (CCFO) will begin recruiting singers and instrumentalists next month for its fall session.

Registration for the Dec. 12 concert will begin on Monday, Aug. 24, from 6:30 to 7:30 p.m., at Cross Roads Church on 10th and Maple streets. It will be immediately followed by the first rehearsal from 7:30 to 8:30 p.m.

The December concert will include a 40-minute sacred work, "Appalachian Winter," by Joseph Martin and includes recent and centuries old folk music from Appalachia.

Other sacred and secular pieces will be performed, such as, "Oh, Shenandoah," "I Wonder as I Wander," "Down in the Valley to Pray," "In the Bleak Mid-Winter" and a few Moravian folk tunes as well.

Interim director Dr. Paul Guthmuller will again wield the baton for the chorus.

Folk instrumentalists are being sought for many of the pieces. Instruments of interest include flute, violin, cello, mandolin, guitar, piano, percussion and dulcimer.

Interested musicians can contact Laura Merz at 541-902-8567.

Voices in all sections — soprano, alto, tenor and bass — are invited to join the chorus. Registration fee is \$60.

Singers of high-school age and older are welcome.

Membership scholarships are available with additional information provided upon registration or by calling membership chairwoman Beth Johnston at 541-991-3585.

Registration forms for returning chorus members and those wishing to join can be found on the CCFO website at [www.communitychorusflorenceor.org](http://www.communitychorusflorenceor.org).

## FRAA hosts reception for featured artist today

Florence Regional Arts Alliance (FRAA) is featuring award-winning artist Minn Depweg as its Artist for the Month for July.

The public is invited to an artist's reception today, July 11, from 3 to 5 p.m., at the FRAA Art Center, 4969 Highway 101, Munsel Lake Plaza No. 4.

Refreshments will be served and attendees will have a chance to meet Depweg and view works depicting her varied skills in the arts.

Depweg is a versatile artist who paints in oils, watercolors, pencil crayon, oil pastels and acrylics. She also does several kinds of needlework, embroidery, crewel, counted threads,

pulled threads, needlepoint and quilting.

She has been honored with many awards during her artistic career and currently has two quilts on display at the Siuslaw Public Library.

Depweg has taken painting classes from several artists in California, as well as the Republic of Ireland.

She lived in Chico, Calif., on an almond farm after her husband Bob retired, and taught arts and crafts classes there for many years.

After moving to Florence, Depweg became an active member of FRAA, volunteering her time at the Art Center and exhibiting her artwork.



FRAA artist Minn Depweg stands with her artwork on display at FRAA and awards she has won.

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OR AVAILABLE AT [WWW.FLORENCESOS.ORG](http://WWW.FLORENCESOS.ORG)

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