Vitamin K: The Missing Link for Strong Bones and Healthy Arteries Transcript

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Introduction to Vitamin K

But at the 50,000-foot view for starters, K1, per the research of Canada, the Canadian government, prevents Alzheimer's. Pretty cool, huh? Hi, welcome back to the Healthy by Dr.

Jenn podcast. Today, you are going to learn more than you would ever want to know about vitamin K, so stay tuned. and just so impressed. So impressed with his knowledge and intelligence.

He has a PhD in leadership area of concentration coaching, an MS in biochemical engineering, and MBA at Carlson School Executive Program, a master's. An undergrad was pre-med.

So he does everything from coaching, hockey, boxing, swimming, a lot of cross-country coaching for endurance athletes. And he launched Ultra K in 2024 for the athlete that's just under age 40. He also likes to hunt and fish and be healthy.

I love it. Love to read. So I'm a learnaholic. Yeah. Yes. Can never know enough. Keeps you humble. I am so humbled when I speak with you and just soak it all up like a sponge.

I could probably just listen to you all day. So excited that the listeners get a taste of it. What's the deal with vitamin K? Because it's a little confusing and some people don't even know it exists.

Vitamin K Forms and Brain Health

Okay, the Reader's Digest version of the 50,000-foot view of K is today, K as where vitamin D was in terms of knowledge and understanding 25 years ago with D.

For instance, 25-years ago, a high level of D in the blood was 30 nanograms per milliliter. We've kind of exceeded that just slightly. But the knowledge and understanding has evolved.

And K is where D was 25 years ago. K comes in 13 flavors, and the most common one is K1, which is in broccoli. And then you've got other common ones called MK7 and MK4.

And the MK stands for menaquinone and K1 is phyloquinone. and without getting into all the biochemistry hooey, that's basically what it is. But there's other Ks also that are out there, but we're not going to, That's a rabbit hole.

We don't really want to go down. but at the 50,000 foot view for starters, K one per the research of Canada, The Canadian government prevents Alzheimer's.

Pretty cool, huh? But what about all the drugs that they're developing for Alzheimer? That's their problem. So how it works is this. K1, let's say you eat your broccoli, the liver will take the K-1 and hook it up like this to your LDL particle and send the LDl particle to our brain.

The brain, if it's making new neurons, which the brain makes about 400 neurons a day, needs sheathing material. K is part of the sheating material, so the to an enzyme called the SXR, Sam X-Ray Robert enzyme.

And that enzyme, when it's activated, we'll see the K1 come by in the LDL particle, grab onto the k1, pull it through the blood-brain barrier, and rejigger it into MK4.

That MK 4 is in turn incorporated into an enzymes that's selenium-based to make the sheathing material for your neurons. In fact, I think that's way cool.

That's really cool, yeah. Dr. Follon did all that work with her team at the University of Montreal. So Montreal Canada, the study, and they're showing that that slows down progression?

It'll stop and prevent it. Okay. You can't reverse it at this point in time, but you can stop it and you're sure as the devil can prevent it. And when Furlan was telling me the story that she talked to Health Canada about it in a private meeting, she's French Canadian and French-Canadian people are French Canadians.

I love them, played a lot of hockey there. Rather, I'll just say forthright. Yeah. And she said to Health Canada, just eat your broccoli. Health Canadians didn't like that because they were expecting some exotic chemical.

It was just that simple. Without getting boring you into the details. Now, something else. Mk4, Menaquinone 4, is the only K actually made in your intestine.

And it's made out of those available chemicals, such as K1. Your body will take K-1, and I call it rejigger into MK4. So why is that important? Well, when the body does that, the MK-4 that's generated goes to your liver, which is, again, attached to the LDL or HDL, or VLDL particle, I called them the UPS trucks of bringing your stuff around.

But more importantly, it's put into your lymph system. So why is that important? Well, the body has a backup system for lack of K1. The MK4 bypasses the blood brain barrier and goes right to the brain and is rejiggered into the sheathing material for your neurons.

K1, Clotting, and Newborn Health

Okay. Isn't that cool? That's why when people say MK 4 has short half-life, It has the short-half- life because they're not measuring where it went. Right.

So that's kind of cool, you know? What about fatty liver? Is that caused by lack of vitamin K? Fatty liver is primarily caused my fructose. Too much fru…

But I mean, I'll have patients that they don't have frucose, they eat really well. But do you think vitamin k plays a role because you said it attaches to the LDL?

No. Okay. Now what happens is the K comes through the paddock portal, the liver sees it, it makes LDL, HDL and VLDL insufficient amounts to coat the particle with not only the case, but CoQ10 and then sends it out.

Well, what if they're on statins and they don't have a lot of Coq10, and the don' have LDl? Then what happened to the brain? You're screwed. How do you make cheese?

You can't, and that's the problem. And that is primarily the problems. So, to make matters worse, when you have low LDL, your hormone levels drop off because all of your hormones are made from LDl.

Yes. Again, I'm an engineer, so I look at a system. Typically, conventional medicine looks at point source. Oh, yeah. That's what we're taught, because we need to memorize and pass the test.

Yeah. Right. So now we all just, that's why we love these talks, is we were like, we didn't learn about that. All right. Getting back to K1, this was at a prestigious medical school when they were talking, they had their one-hour lecture on nutrition.

This was about five years ago. As the professor walked out of the room and he said, do not have your patients take K-1 because it'll clot their blood.

Well, K1 will stabilize your clotting and non-clotting factors. And once those cloting and not clotning factors are stabilized, which is very important, then what's ever left over is put on the LDL and sent out to do other things in your body.

So when you talk to most professors at medical schools and you say, if I magically took out all the K out of your, what would happen? Well, you'd bleed out.

You clot up your whole body, Which is, now, this can be kind of controversial, but we've all heard of the shaken baby syndrome, which is tragic, you wouldn't wish that on anybody.

All of a sudden, the baby starts to bruise and everybody goes, well, somebody hit the babies. Well, they're finding they don't have enough K. That's why when babies are born, what do they give them?

A jibby-jabby of K? Duh! So K plays a lot of very subtle roles in your body. Now MK4 is good for your brain. Also, when you have enough MK 4 plus enough D and enough magnesium, it gives you unbelievably strong bones and it prevents osteoporosis and reverses it.

Well, so let's get to the reversing in a second. But what about the people that are so convinced that they need calcium for strong bones, but it's really the balance of DK and magnesium, correct?

That's correct.

Vitamin K, Bone Strength, and Calcium

When you take exogenous calcium, that means the stuff that, as I say to people, don't chew on limestone. That is really bad. Just saying. Well your body, controls the pH of your serum using calcium, okay?

Don't want to mess with that. God, no, you don't want to mess with that. So when the body all of a sudden sees this load of calcium in your system, typically calcium carbonate, but it's a calcium ion and a carbonated ion.

The body goes, whiskey, tango, Foxtrot, what do we do with this? And the bottom goes. And so what does it do? What it does, puts it in joints for rheumatoid arthritis, gives you kidney stones, and it really exacerbates or accelerates heartache of the arteries.

Other than that, it doesn't do a thing. Right. Not for the bones. No, not for bones, because bone, strong bones they have the DEXA scan, but that is only a surrogate marker.

The actual, they don't really have a good marker for bone health. But bone flexibility, yeah, bend my femur and see how long it takes for it to break.

That's the last thing you want to do. But the matrix inside the bone or the structural member, I think the inside of the bones as all the gussets on a bridge, all of cables and all, the other structure, that's made with D.

K, magnesium, C, and boron. And that builds the matrix to give you a strong bone. They infer that bone density translates into bone strength. Not true.

So when you load the system with calcium, that whole matrix manufacturing system is completely cowball-like stuff, and you end up with basically stuff where it doesn't belong, so your bone gets weaker, it does get stronger.

And it's also, from what I gather, I don't have this in writing, but if it walks like a duck, you know, Did you notice you don't see any ads for calcium containing drinks on TV anymore?

My, my, My. Oh, what happened? Well, the word has gotten out that calcium will kill you. So it'll start screwing up your pH and your body can't have that.

Now you say, well, What if I need calcium? It's a valid question. Your body will send a signal to your gut bacteria to liberate the calcium that you need from the food that your eating.

And if not, sends it right out the vent. Isn't that neat? Yeah. Well, let's talk about the bone and osteoclast,

osteoblast and like, you know, building and breaking down bone, how that happens and how bisphosphonates fail.

They basically, without getting into all of the freaking crazy biochemistry, doesn't allow the matrix to be built. And that's in a nutshell. That's why, in addition to the calcium, don't take strontium.

You don' like stronium? No, it'll cause your bones to break. Because the strony molecule doesn' allow itself to incorporated into that matrix, to give you a strong bone.

Cause there's still some supplement companies that use it. But all they need is KD and… The molecule will not be incorporated. Because when the osteoblastanoster cluster doing its chunky chunking chunk and chunk through, it doesn't know what to do with strontium.

That's the problem. What do you do? The body is, I don't what it's doing here. And that's a big problem So vitamin K, though, can, you said, reverse osteopenia and osteoporosis?

Yeah, that's the standard of care in Japan. Okay, and like just high doses or what? In round numbers, the literature says 45 milligrams, 50 milligrams is fine.

You can't take too much K of any kind. Okay, well, that's my okay. So you just said that because we can take too much. Well, you would say, I think you've told me before, or you can't take to much vitamin D either.

I mean, can their fat soluble vitamins? So that is how you define fat-soluble. It doesn't mean it's in your fat. That means it sucked up your LDL, HDL and VLDL.

Really how it was defined. We can really overdose on these two. No, as I tell people, you don't have enough money to overdose on it. And within reasonability, it can overdose some water, but you can't do it So, vitamin K, they are getting people off pharmaceuticals and helping women.

I mean, is the Dexa going to look different? No. The Dexas doesn't make any difference. A Dexus scan does not tell you bone health.

Vitamin D, Stress, and Athletic Performance

And that's the interesting thing, because we see people on, what, Fosamax, right, bisphosphonates, they're still breaking bones. Right. Yeah. In fact, that is one of the major causes of hip replacement surgery is people are on bisophosphinates.

And I have a very close friend who does hip replacements, and he says, once I get a hip, I know they'll be dead of heart disease within a year, starting in the arteries.

Oh, because the hip is almost like a warning sign that their heart is… Things are really screwed up. Because they don't have enough vitamin K. Or D.

D or a magnesium. Okay. So do you think conventional medicine is doing anything right with actually we're checking vitamin D levels and giving supplements of vitamin B with K?

Well, the whole KD thing is just a thing. It's a marketing ploy. You need to titrate your body to the D that your And how would you know what your body needs?

Test. You should test your D levels four times a year because the changing ceases and you adjust appropriately. The latest literature out there that was just freaking published eight weeks, maybe 12 weeks ago, was a, I'll just say a rejigger on what was called the definitive study in vitamin D in 2014. I looked at that study when it came out and I have a master's in statistics.

And I said, they did the study wrong. They analyzed stuff wrong and the doctors I talked to thought I was, well, not

on my game, which is okay. So just 12 weeks ago, I think it was JAMA or the American Medical Association, somebody in PubMed said we were off by a factor of 15. Recommended daily allowance is no longer 600 I use.

Now it's 10,000. Daily 10 thousand? Wow. Yeah, wow. A factor of 15 in my engineering world, that's just not amiss. That's a different solar system. Right.

But you said that something was off. So, but not everyone needs the same dose. No. What's your range that you like? Okay. People who are under a high stressed job, let's say an EMT, you will burn D, well, any stress job like an athlete, You burn as fast as you burn glucose.

Wow! So if you are, and I was just talking to an NFL nutritionist, he says, finally somebody recognizes athletes need D and Meg because they burn it so fast.

Well, you know, they're stressing their body. It's just a psychological stress. your serotonin gets burned up. What's seratonin made from? D. So if you don't have the D, you're going to be kind of bummed out.

And where I come from, we have seasonal affective disorder. Yeah, because of vitamin D You're right. black light posters and they play Led Zeppelin, I guess.

I don't know. And why didn't she just give him D? I had a kid in the town I'm from, he was having some issues. His mother came in, take him to the doctors, his vitamin D level was three nanograms per mole.

The doctor even called her up and said, oh my God. And so we got him up to about 60, 70 nanograms within six weeks. And he was a new kid. That's amazing.

It's fantastic. Mm-hmm. So the world-class athletes I work with, they burn D like you wouldn't believe, and an egg. Wow. I had one situation where this one young lady, I'm not going to say which country she was from, but she given a basically, if you don't perform, you're gone, kind of thing.

Her coach got ahold of me. Her D level was 11 or 12, and she's built very similar to you and got her D up to 60 or 70, along with K and magnesium. And she set a new country record.

Oh, wow. Now she is retired and married and has a baby and I'm really happy for her and all that stuff. Like gone off the team or like gone? Well, she walked away from it after she'd set the records and stuff, but if she didn't do well, she was gone.

She would have been a waitress, not that there's anything wrong with it, but she went from penthouse to outhouse. They gave her two weeks to get escorted away, and she'd been in the States for about six weeks.

I got her blood worked on, got a chemistry right, D and magnesium and K. And then her husband, Kim, he was also a 400 hurdler and he suffering something similar, but not quite as bad.

So his wife said, you're going to do what Pat says. He got third in the country. Oh, wow. Then the guy who won it, all three of them know each other. Well, I'm going do it.

Pat still did it and won the thing. They're all now retired and they're living happily ever after and all that business. Well, what do you say to people that are like, well, we shouldn't have to supplement with this.

We could just get it from our diet. Or, you know, vitamin D3 is rat poison. You know all these people saying this stuff on the internet. What do say you to them about supplementing?

It's very simple. Well we're not exactly outside all the time. And your body is designed to make vitamin B. Case in point, a study done by the Australian government about lifeguards and vitamin d.

Great sun to be out in the sun. Their levels were 110. And so they concluded, it's probably where you need to be.

Gut Health, Fermented Foods, and K2

Just saying, and as for Kay, what we've done over the years is we have kind of screwed up our gut bacteria. Yeah, just a bit through vaccinations and through antibiotics and all that other stuff.

And Cipro, familiar with it? Yes. Do you know why they have rejiggered Cepro? Cipro selectively kills the gut bacteria that liberate K. My, my, mine. Now, how many people have been given Cepro since the early 1950s?

Oh, yeah. Probably everyone. Right. And so also the foods that we eat today. Fermented foods were a big deal up until recently. I remember my great-grandparents and all the fermented foods that they had, and it makes it, fermented food like sauerkraut gives you a tremendous amount of vitamin MK7.

Tremendous amount. Plus all of the roughage and the bacteria to go with it and yadda yaddda. In addition to that, you have people who have increasing number of C-sections.

And the babies are born without the proper gut microbiota from their mother. So now they're giving them fecal samples to the baby to help the, baby move along.

And all that makes a difference. A good friend from college had rheumatoid arthritis all his life. He was not morbidly obese, not having a good time and he was suicidal.

We've tried everything. I'm sick and tired of being sick. And tired. So the doctor said, and this is no, whatever, let's do a fecal transplant. Mm-hmm.

We got a Fecal transplant unbeknownst to me. He tells me the story after I see him, I'll call him Ron. and I hadn't seen Ron in a couple of years, And I was hoping he was still alive and hadn' heard that he'd died.

so I knocked on the door and the guy answered the. Door and i go, who are you? He says, Hey Toy, what do you think? I said. You look pretty damn good, dude.

What did you do? Right. And so he told me about his fecal transplant. Wow, that's amazing. But that doubles back to what I told Dr. Bill Davis back in 2004. that heart disease is a gut bacteria problem.

And Dr. Davis, thank God, he's running with the gut bacterias stuff. It's great stuff, and his books are fantastic. But he was taking it back, well, this is 2004, And he looked at me, you know, really?

I says, oh, yeah, my background's in anaerobic bacteria, but that's another story. Because if you go through the logic, This has got to be the problem, So we have, we don't have the gut bacteria.

We don' have nutritional density in our food anymore. Think about it. I remember in my great grandparents' garden, I would pull out a carrot, pull it right out of the ground and just eat the carrot.

Well, like get my selenium that way. Get my zinc that, way I get gut only knows what else I got, but I had a healthy gut. Yeah. And that's why inferred, that what people like to go home, because that the bacteria environment that they grew up in, and their body says, hey, yeah, it's really where we should be.

Just a thought, don't know if there's any truth to it, but it intuitively makes sense. That's amazing. So keeping on the K thing now, the MK4 gives you good bones, helps you with your brain.

Now the Mk7, That's kind of a catch-all. MK7 keeps you from getting microclots from COVID. Minor problem. Yeah. So everyone should be on that. And that's either from the jab or from a combination of the virus.

How that works is the spike protein agitates what's called the protein S as in SAM. When it's agitated, the protein S is designed to be mechanically agitating so as to patch the crack in your artery.

Well, this is a chemical agitation which the body's not designed for. So it immediately starts storing all these microplots. There you get the myocarditis.

And there you got the mini-strokes. MK7 coats, I'll use the term coat, coats the S protein so that it's still active for a mechanical injury, but deactivated for spike protein agitation.

Isn't that neat? That's really kind of cool. A good friend. His wife died tragically. She got the fourth jab and they didn't believe in vitamins or anything else like that.

And I said, you better be careful. So what happened to her, as a physician, she'll find this amazing. she started bleeding arterial blood out her vent.

They rushed her to the hospital. they thought there was a tumor and there wasn't, and she's still bleeding.

MK7, Microclots, and Hormonal Support

Her prothrombin time was normal. Yeah. How do you explain that? And she was clotting up at the same time. Now, if you've never, you know, If you never see something like this before.

Yeah, like multi-system DIC. So when she finally passed, she died a tragic death. She stroked out and she blacked from the tips of her toes halfway up both shins and black from tips from her fingers up to each elbow.

And sometimes that happens with heparin too. They get a reaction that's… They tried all sorts of stuff like heprin and stuff, like that. And some of the snake anticoagulants didn't touch it.

Didn't phase it, she died a terrible death. But again, the protein S got agitated. And so what happens is the body, when it sees this virus, I'll just say a viral load.

Yeah. One of the things the buddy uses to kill virus is vitamin C. And the Buddy will also use MK7 to killed viruses. It's not as efficient, but not like C is.

So where does the Body get its reserve of vitamin c? from the elastin in your arteries. You pull the elastic out, your artery's cracked. But again, it's the triage management.

you gotta save the body somehow. So you'll, a short term, whatever, for a long term. Right, right. And if this goes on chronically and we're not paying attention, yeah.

Yeah. Like disease. That's that MK7, if you're an athlete, one milligram, which isn't much, boosts your VO2 max by 12%. Really. What if you're not an athlete?

What, if, you just want to increase your VO2 max? 12%. Okay. It takes about four to six weeks, but for 12%, that's the study from North Texas State. Oh, cool.

Let's go. I see that being helpful in perimenopause where, anyway. Well, okay. Also, I got something else on MK7. Yeah. When you have NK1, that combination, they don't know which is doing all the work.

But some ladies have very stout periods. Yes. stabilizes them. Hmm. Which one? They don't know if it's seven or K1 or both, but they know when you have sufficient K-1 for sure, your periods become very stabilized.

Okay, so any hormonal intervention. The bleeding problem. And which drops your red blood cell count and all that stuff. Yeah. And the cramping is due to a serious lack of magnesium, which also occurs at about the same time.

So you get decaying mag and you know… What dose of… The world's expert told me if you're ever going to… Five milligrams is all you need. Daily, consistently.

Consistently. Well, I have one patient I want to use that on. I'm thinking of her. She's watching. And I'll be messaging you. But who, you know, is basically on something to help clot her blood during her cycle.

You know? And we, she's on Mag. she is optimized on D. and she has given the vitamin D with K2, right? But she hasn't given 7 in 1. So, MK7 in one. so I will also try that.

Thank you for that! Yeah, one of the things you can check is look at her prostatum time. And in Epifka 2, those are two really good tests. We don't really have a good test for K.

And then you got the K1 test, just check the k1 to see what it's doing. But yeah, that's just some of the things that are kind of neat. Well, thank you.

Thank you, Pat. Sure to help. We need to do a part two. I told them that we're going to want to talk longer, but I would love to a lightning round with you and just a few questions.

What is your favorite biohack that you do that actually works? Vitamin D is number one. Because you just can't do it without it. And I keep my vitamin D at 150 nanograms per milliliter.

Been doing that for a year and a half. I need to up my game. That's out there, but I know a number of people that are doing it, and they feel so much better.

Another one is a combination of Antibus, D, K, And C, stops or reverses breast cancer. Oh, yeah, we were going to touch on that. Yeah. I want to dig into that, I think we need to do a part two just going into.

That's fine.

Biohacks, Toxins, and Where to Find Pat

Because I would like to. that's really cool stuff and throw in some ivermectin for a good night. What? Now I lost my rapid fire. what is one toxin that you would.

Like to remove from the world? If you could remove one. Toxin today, what would it be? Oh good God. Well, this may sound a little strange, PFAS. Okay.

And the reason for it, I've worked with it for 40 some odd years. I know what it does, know it doesn't do and know why it's there. It's one of these things.

We, it is my version that I call it the high fructose corn syrup of the paper industry. Wow. Yeah. That makes sense. we need to kind of rethink, do we really want convenient food?

Yeah. It's nasty and it stays in the box. And there's four to seven hundred different versions and yadda yaddda and I can talk for hours because I'm an expert at it.

So it's kind like, so do I know of anybody killed by it? No, but again, Okay. When you fall off a building, you're not dead until you hit the ground. You're still alive on the way down.

That kind of stuff. I know that's a poor analogy, but it's very true. Yeah. No, it is toxic. Oh yeah. Cigarettes should be banned. Good Lord. Now, last one.

One word and one word only. Just one more for you to leave with our listeners this week. The movie The Graduate comes to mind. Plastic. Right? Okay. Microplastics?

Yeah, so we should get rid of them. Okay, I like it. I don't know. Oh, it is fantastic. And it really is. Because in this scene, you'll see the scene where Dustin Hoffman said, plastic.

And now with the latest thing with microplastics and all that stuff. He knew what he was talking about. Well, Pat, how could we find you and your company and get all the papers?

We have two sites, alterkvitamins.com. That's for the athletes. Everything there is all peer-reviewed literature by subject. The other one is K-vitamins.com.

And that's all the peer reviewed literature for like, I like to say the geezers out there that, you know, if you want to be healthy. Yeah. It's only peer-reviewed literature and no marketing.

None. it's kind of the Google of vitamin K and it is updated weekly by my business partner. Wow. That's amazing. She's a PhD clinical psychologist, and she was doing web design in the late 90s.

So she's very familiar with how to do it correctly. Yeah. It's Amazing. Well, thank you so much. I appreciate it. Thank you very much, happy to help. And again, you can email me at concentratedk at yahoo.com or alterkvitamins.

Just get ahold of me. Call me, 715-612-5858. People call me all the time. I love talking and shooting a breeze and helping people out. It is kind of fun, really.

You love what you do. God, yeah. Thank you.