

**IMCJ Publishes Vitamin K2 Article by
Dr. Katarzyna Maresz**
Clinicians Receive Strong Overview of Research
Supporting Nutrient's Heart & Bone

Krakow, Poland - (March 3, 2015) The International Science and Health Foundation, an independent scientific community whose activities are intended to foster a healthy point of view that benefits society, proudly announces that *Integrative Medicine: A Clinician's Journal (IMCJ)* has published an article by Foundation President Katarzyna Maresz, PhD, in the February/March 2015 issue.

Launched as a peer-reviewed journal in 2002, *IMCJ* provides practitioners with a practical and comprehensive approach to integrating alternative therapies with conventional medicine. The journal is published 6 times per year under the leadership of Joseph Pizzorno, ND, editor in chief, a cofounder and former president of Bastyr University.

With her article, "Proper Calcium Use: Vitamin K2 as a Promoter of Bone and Cardiovascular Health," Dr. Maresz sought to give the journal's practitioner readers a clear overview of the most pertinent studies and latest scientific evidence confirming Vitamin K's bone and heart benefits. Highlighting some of the recent concerns brought to light regarding calcium and cardiovascular risk, Dr. Maresz also stressed the importance of calcium for the body to function properly. She explains how Vitamin K2, through its activation of K-dependent proteins osteocalcin and matrix Gla protein (MGP), ensures calcium is properly utilized by the body – binding it to the bone mineral matrix and inhibiting it from depositing in the arteries and blood vessels, respectively – helping to alleviate any cardiovascular concerns from calcium supplementation.

"I was truly honored to have an opportunity to address *IMCJ's* esteemed readers. This is an audience of learned professionals eager to enhance their knowledge so they can marry complementary and allopathic medicine," says Dr. Maresz. "As we have tried to convey with VitaminK2.org, we at the Foundation believe that Vitamin K2 is an essential nutrient in the pursuit of bone and cardiovascular health, for men and women, young and old. If I could assist just one clinician in achieving a firmer understanding of this amazing tool at their disposal so they can better serve their patients, then I consider my contribution a success."

For more information about *IMCJ* or to view Dr. Maresz's article (with subscription), visit imjournal.com.

Reference: Maresz K. Proper Calcium Use: Vitamin K2 as a Promoter of Bone and Cardiovascular Health. *IMCJ*. Vol. 14, No. 1. Feb 2015.



About the International Science and Health Foundation

Founded in 2009, the International Science and Health Foundation is inspired by passionate people who share a desire to explore new developments in the fields of health and science. It attains its socially and economically useful objectives through initiation and support of research programs and educational information; organization and funding of conferences and lectures with the participation of representatives of science, including the health and natural medicine; publishing books, magazines, and brochures; and running educational web services, such as its newest site, VitaminK2.org, and its most popular, Ciążowy.pl, a pregnancy portal that serves 300,000 visitors monthly. For more information, visit www.ishf.org.

