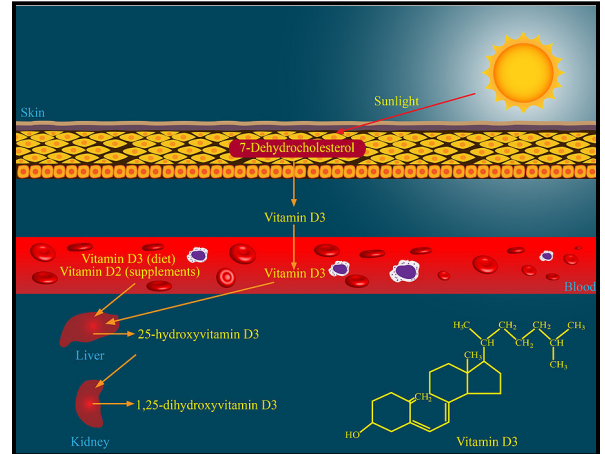


## Vit. D Deficiency

Vitamin D deficiency symptoms appear various disorders. These include:

- **Rickets** – It is the most frequent vitamin D deficiency symptom in children. As a result of vitamin D deficiency, the bones are weakened, the bone tissue fail to mineralize leading to soft and deformed bones.
- **Osteoporosis** – It is a similar symptom to rickets, but it is found as vitamin D deficiency symptom in adults. Because of the low vitamin D level in the body there is deficient calcification in bones, which become brittle and soft.
- **Depression** – According to scientist, depression can be the result of the lack of vitamin D. They argue that because of urbanization, the sunlight can't adequately reach the skin, reducing thus the 25(OH) level in the body, causing depression. It has been also discovered that a great number of people suffer from seasonal affective disorder (SAD) during the winter due to insufficient exposure to direct sunlight. The parathyroid hormone is the one causing the vitamin D deficiency symptom – depression.
- **Hyperparathyroidism** – Results from hypocalcaemia, which is a blood condition with unusually low vitamin D level, resulting in hyperparathyroidism.
- **Fatigue** – According to old remedies, sunshine and fresh air are essential for good health. The absence of vitamin D synthesis in the morning can result in fatigue.
- **Obesity** – Vitamin D deficiency is frequently linked to obesity, as the insufficient level of vitamin D holds back the production of hormone leptin, which regulates the fat in the body. Inadequate exposure to sunlight disrupts the normal function of the body, determining the individual to eat more than it is necessary for the body.
- The list of vitamin D deficiency symptoms also includes **chronic backache, cancer, chronic pain, diabetes, multiple sclerosis, heart diseases or hypertension.**



There are ways to handle Vit. D deficiency

- Allow yourself limited, unprotected sun exposure – the early morning and late afternoon (no more than 15 minutes for light skinned individuals, 40 minutes for darker skin)
- Eat a diet rich in whole foods – Nutrient-dense, fatty fish like mackerel and sardines are good sources of vitamin D. Egg yolks, fortified organic milk and other dairy products, and some organ meats (like liver) are also reasonably good natural sources of vitamin D.
- Supplement your diet with vitamin D3 at 1000-2000 IU daily.
- Check with your healthcare professional about vitamin D testing – If you think you may be suffering from vit. D deficiency, get a blood test and ask for the results. The optimal value of 50-70 ng/mL

Vit. D deficiency is a big problem in the US and elsewhere, but it is something that can be handled. By taking good supplements and getting outdoors we can handle vit. d deficiency. To learn more to go <http://www.thenaturalroad.com/2011/03/what-can-you-do-about-vit-d-deficiency/>