

# **Vitamin D. Deficiency Symptoms and Cure**

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## **Vitamin D Deficiency - What it Could Mean For You**

By Clint Jones

If you were to randomly ask people if they were getting enough Vitamin D from the food they eat and from exposure to the sun, I suspect that the vast majority would answer in the positive. Unfortunately, according to sources like the CDC and other health organizations that track such things, this simply is not the case.

In fact, according to those same sources, the statistics indicate that depending on what age group you look at, anywhere from 50% to 90% of our population does not get enough vitamin D. The changes in our life styles and work habits, all of which are geared more toward being indoors, are the primary reason that people just don't get enough sun exposure today.

In addition to that, very few grow their own food or even have a diet that consistently includes fresh foods. There is no doubt that the majority of fruits and vegetables in the average diet comes out of a can or is frozen. In fact, the complete change in the average eating habits that now center more on the speed and efficiency of meal preparation, has sadly relegated our nutritional requirements to a relatively low priority.

As a result, we are allowing our bodies to go wanting for basic needs, such as vitamin D. With our current habitual intake of processed junk foods, our bodies are paying a price in ways that include:

- Fatigue and sleeplessness
- Muscle pain, swollen joints
- Memory loss and reduced concentration
- Obesity and digestive problems
- Depression disorders
- Dental problems
- Heart disease, diabetes and cancer
- Alzheimer's
- ...and the list goes on

Given the problems that vitamin D deficiency is causing, there is no question that it is

important for our health and well being. So what is this magic vitamin and where does it come from? The answers may surprise you.

You may or may not know that vitamin D is not actually a vitamin; it is a group of fat-soluble prohormones that are naturally produced in the middle layers of skin when the body is exposed to direct sunlight. It is important for anyone who does not get enough exposure to the sun to be sure that their diet contains sufficient quantities of vitamin D.

After vitamin D is produced in the middle layers of skin or consumed in food, it is converted in the liver and kidney to form dihydroxyvitamin D, a potent hormone that belongs to the same group of cholesterol based steroids as estrogen, progesterone and testosterone. In addition to the benefits mentioned above, vitamin D is recognized as being essential in forming bones and teeth, absorbing calcium and aiding in child growth and development.

It is critical that we all pay more attention to the role vitamin D plays in our overall health. At the very least it is one of the most significant factors in keeping our bodies healthy. Vitamin D controls the activation of our T cells, the natural defense system our body uses to fight a list of ailments and diseases that include everything from cancer and heart disease, to the common cold. No matter what your age or physical condition, making sure that you are not vitamin D deficient could very well be your most effective health insurance program.

Clint Jones is an online publisher and a webmaster for informational sites. His latest informational web sites take a look at [FX Trading System](#) and [Cell Phone Amplifier](#).

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## **Ways to Treat a Vitamin D Deficiency**

By Eva Judge

An untreated vitamin D deficiency can cause many unpleasant health problems. Treating such a deficiency is a lot more complicated than simply swallowing a pill every day. Each person is different, and the amounts of vitamin D that they may need can vary wildly. Learn more about treating vitamin D deficiencies by reading on below.

### The Trouble With Sunlight -

One seemingly logical approach to treating a vitamin D deficiency would be exposing the patient to additional sunlight. In other words, a doctor could encourage a patient to get outdoors more often - or even to bask in the sun on a local beach. The trouble with this advice, of course, is that too much sun exposure presents its own serious roster of problems, including skin cancer. By applying sunscreen, we prevent our bodies from absorbing the rays that generate vitamin D - where's the compromise?

### The Supplementation Of Vitamin D -

Ideal levels of vitamin D in a healthy adult are approximately 40 to 70 ng/mL. Very few people achieve or maintain such levels, though, and when that deficiency becomes chronic several health issues can crop up. These days, the modern compounding pharmacy is often charged with customising various forms of prescription medication that revolve around vitamin D supplementation. Why does the compounding pharmacy have to get involved? Because the amount of vitamin D, or cholecalciferol, that is required can vary a great deal from one person to the next.

### Factors Affecting Vitamin D Supplementation -

Many different things can play a role in how many IUs of cholecalciferol a person will need on a per-day basis. Dosages can depend on a number of factors some of which include

weight, age and the individual's specific environment. For example, a person who spends their entire day either indoors will generally require a higher dosage in comparison to one who walks to work. Likewise, a child will need a much lower dose than a full grown adult. Generally, people who live in cooler locations require more sun exposure in comparison to those who live in the tropical parts of the world. Age matters, too: Older people generally need higher amounts of vitamin D supplementation than younger people.

#### Managing A Vitamin D Deficiency Efficiently -

Although toxicity can occur with vitamin D supplementation, it is exceedingly rare and is not something that most people have to worry about. The first step to managing any vitamin D deficiency effectively, however, is consulting with a physician. From there, they will determine how severe your deficiency is and will figure out how many IUs of vitamin D you will require each day to bring yourself up to optimal vitamin D levels once more.

You may want to engage a [compounding pharmacy](#) such as Dallas Parade Pharmacy to customise your vitamin D supplements. A compounding chemist is your answer to for all supplements or [prescription medication](#) requirements.

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### **Symptoms of Vitamin D Deficiency**

By Fran Mullens

When vitamin D is severely deficient in diets it can cause osteomalacia in adults and rickets in children. Individuals suffering from lesser degrees of deficiency of this vitamin in their diet may suffer from a burning sensation in the mouth and throat, weight loss, loss of appetite, visual problems, diarrhea and insomnia.

It is normally found that individuals who suffer from nutrient deficiencies that it is usually a result of impaired absorption and utilization, increased excretion, dietary inadequacy, or increased requirement.

People that are candidates for symptoms of vitamin D deficiency are those who take below recommended levels of the vitamin, those who have limited sunlight exposure and those whose kidney cannot change the vitamin to its active hormone form. Also people at risk for a deficiency are those who cannot adequately absorb the vitamin from their digestive tract.

In children severe vitamin D deficiency causes rickets. This is a bone disease where by bone tissue is not properly mineralized. This results in skeletal deformities and soft bones.

Rickets is most commonly caused from lack of sunlight or vitamin D deficient from the diet. It can also occur because of a combination of lack from both.

A reemergence of rickets has resulted in United States in recent years. Exclusive prolonged breastfeeding that does not include vitamin D supplication is believed to be a contributing factor to the reemergence of rickets. Another factor is increased use of day care less outdoor activity and sun exposure. Also extensive use of sunscreens could be contributing to the symptoms seen today in children with severe vitamin D deficiency.

For adults severe vitamin D deficiency may result in osteomalacia. In addition to weakened bones it also causes muscular weakness. Symptoms of vitamin D deficiency can be muscle weakness and bone pain. An accurate diagnosis is by measuring the concentration of a specific form of the vitamin in the blood because in the early stages the symptoms may be slight and go unnoticed.

Some antacids, cholesterol lowering drugs, steroid hormones, and mineral oil may

interfere with vitamin D absorption. So can gallbladder and liver malfunctions and as well as intestinal disorders.

Toxicity can result from taking amounts of vitamin D over 65,000 IU (international units) over several years. This vitamin should not be taken without calcium.

The wide variety of symptoms of [vitamin deficiency](#) can be confusing. At <http://www.healthyvitamininfo.com/> you can find information that can help you learn more about [symptoms of vitamin deficiency](#) and what you need to do to correct it.

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## **Vitamin D Deficiency - Symptoms and Cure**

By John Davenport

Vitamin D deficiency is one of the most common nutritional deficiencies in the developed world. The reason is simple: the best source of Vitamin D is our own body. When our skin comes into contact with rays of the sun, our body generates Vitamin D. In fact, you can get all the required amount of this vitamin just by being in the sun.

However, our way of life, in which we are mostly indoors working, watching TV, surfing the internet, and so on limits the time which we spend in the sun. In addition, colder, darker countries tend to get a lot less sun than other areas of the world in which the weather is more sunny. And to top it all off, we've been told repeatedly over the past few years that sun exposure is bad for us as it can cause skin cancer. Can you blame anyone for staying away from sunlight? I don't.

All these factors contribute to the prevalence of Vitamin D deficiency and to the spread of diseases and afflictions which are connected to it.

As one of the main functions of Vitamin D is to help in the absorption of calcium in the bone, increasing their density and strength. This is why one of the main Vitamin D deficiency symptoms is weaker bones. This may manifest itself in a variety of bone related disease, first and foremost is Osteoporosis which is characterized by reduced bone density and usually attacks people 50+ in age.

However, other conditions have been linked to a deficiency in Vitamin D, including various strains of cancer, memory loss, high blood pressure, diabetes, and even Parkinson's disease. Some of these conditions have not been conclusively found to stem from too little Vitamin D but it seems that some connection does exist, even if it's not a major factor.

What is the cure for this deficiency?

The answer is pretty simple: get more Vitamin D. First, go outdoors and let the sun work its magic on you. You don't have to expose your face or arms if you want to avoid wrinkles and blemishes. Expose your legs instead. Don't go overboard. Just get a few minutes of direct sunlight on you and you should be fine.

If you can't seem to get enough sun you should eat foods that do contain Vitamin D. These include various cereals, eggs, liver, and several fish such as tuna, salmon, sardines, and more. You can also take Vitamin D supplements, but ask your doctor before you do and try the more natural ways first.

It's important to your health to make sure you get enough of this vitamin. Be aware of it and you should be fine.

Visit [How to Get Flat Abs](#) for the best way to get a flat stomach and sexy abs.

To see the top foods you need to eat to be healthy and fit, visit [10 Foods You Must Eat](#). John Davenport lost over 30 pounds in his twenties after being overweight most of his life. He now runs a weight loss forum and publishes a diet and fitness newsletter.

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## **2 Primary Reason For Vitamin "D" Deficiency and What to Do About It**

By Gladys Enns

The main reasons for people to be deficient in Vitamin D are cultural or environmental. In cultures where women are totally clothed, including veils, people are almost universally deficient in Vitamin D. Even submariners have this problem because they spend extended time submerged. Both these groups get very little direct sunlight.

There are 2 primary reasons why North Americans are deficient in vitamin D and that has to do with lack of exposure to sunlight and not enough eating of cold-water fish, such as wild salmon, mackerel and sardines. These are excellent sources of Vitamin D, calcium and Omega-3 fatty acids.

Many foods have been supplemented with Vitamin D, but some foods and supplement manufacturers use an inexpensive form of synthetic Vitamin D called "ergocalciferol" which is a form of Vitamin D-2. What the body makes from sunshine is Vitamin D-3 (cholecalciferol).

What to do?

If you have been tested and your Doctor has told you that you have a low blood level of Vitamin D and/or your sternum and shin bones are tender, the simple solution maybe to increase your exposure to sunlight.

Take just 20 minutes a day and spend time in the sun with 40 percent of your skin surface exposed. This may be all you need, morning sun is best, evening sun is acceptable, but never allow your skin to burn.

When supplementing with Vitamin D, always choose D-3.

A good thing to remember is that Vitamin D-3 is "fat soluble" which means your body can store the nutrient for many days. I take calcium and magnesium with the vitamin D-3 at every meal.

After 6 months, if the tenderness of the sternum and shin bones have disappeared reduce you're in take. Remember to talk to your Doctor before taking anything; a blood test will give you the levels of Vitamin D in your body, use this as a factor to help you structure a supplement program.

Gladys has many talents including building websites. Come and see her [battle ready swords](#) at her newest site where you can find reviews and information on things like [Japanese samurai swords](#) that you can add to your collection.

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## **Conclusion**

We hope you enjoyed this resource.

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