



## Clean + Sexy February 2019 Group Call Cheat Sheet

### Vitamin D Deficiency Symptoms and Ways to Reverse Them

#### Vitamin D Deficiency Symptoms:

- Up to 90 percent of adults in the U.S. may suffer from vitamin D deficiency and vitamin D deficiency symptoms, which can lead to major health issues, such as cardiovascular disease, diabetes, autoimmune disease and cancer.
- Two major causes of vitamin D deficiency symptoms are a lack of sun exposure and the use of sunscreen. When you sit in the sun unexposed, without sunscreen, for about 10 minutes, you likely absorb about 10,000 units of natural vitamin D. This is the most effective way to increase your vitamin D levels to prevent vitamin D deficiency symptoms.
- There are also food sources of vitamin D especially vegan sources such as Portobello mushrooms exposed to UV rays. Eating these foods can help increase your vitamin D levels, but sun exposure is the best way to avoid a vitamin D deficiency symptoms.
- The most common signs of a vitamin D deficiency include fatigue, weak bones, weak immune system, depression, anxiety, insomnia, and vitamin D deficiency symptoms can include other health conditions, such as diabetes, heart disease and cancer.



The only way to know if you have a vitamin D deficiency is to get a blood test, called a 25-hydroxy vitamin D test. This will tell you if, and how much you are deficient. When you get the results, keep these numbers in mind:

- 50+ equals a good level of vitamin D
- 30–50 means you want to supplement with vitamin D, get out in the sun more and add mushrooms to your diet.
- less than 30 means you are very deficient and need to take immediate action to bring those levels up

## Top 7 Health Benefits of Vitamin D

### 1. Contributes to Bone Health

Vitamin D plays a role in calcium absorption into the bones.

Studies have shown that vitamin D in doses of 800–5000 IU per day can improve musculoskeletal health by naturally slowing aging of the skeletal structure and reducing the rate of broken bones and falls in adults that are over 65.

### 2. Helps Manage Blood Sugar Levels and Can Prevent Diabetes

### 3. Protects Against Cancer

### 4. Protects Against Heart Disease

### 5. Improves the Immune System

Our immune cells contain receptors for vitamin D, and it's been shown that vitamin D seems to prevent prolonged or excessive inflammatory responses. Inflammation is often at the root of many modern, chronic diseases and autoimmune disorders: multiple sclerosis, rheumatoid arthritis, IBS, and other digestive disorders, and high blood pressure.



## **6. Facilitates Hormone Regulation and Helps Improve Mood**

Since it acts like a hormone within our bodies and affects brain function, vitamin D deficiency has been linked to an increased risk for mood disorders, including depression, SAD, and anxiety.

Low levels of vitamin D can also interfere with proper estrogen and testosterone production which lead to imbalances with the thyroid, adrenals and hormonal system.

## **7. Helps with Focus and Memory**

Several studies have shown that vitamin D also affects our ability to make decisions, concentrate and retain information. Some studies have shown that people with lower levels of vitamin D may have poor decision making skills and have difficulty with tasks that require focus and attention.