



Jan 08, 2018

Signs of Vitamin D Deficiency

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We all know that how much vitamin D is important for us. Vitamin D helps us in the treatment of many serious diseases such as diabetes, glucose intolerance, heart disease and cancer etc. Nowadays the number of vitamin D deficiency is increasing all over the world. And we must check our vitamin D level after every few months in order to stay away from serious diseases and stay healthy. You can also improve your vitamin D level by having the right and balanced diet. We can also improve it by medicines if the level is very low. But it is very important to know about your vitamin D's level. So, the main issue is how you can realize that your vitamin D level is low or not. There are few most common signs which occur due to vitamin D deficiency.

Tiredness

This is the most common sign when your vitamin D is very low. You would feel tired most of the time and feel the very low energy. If you feel tiredness for a long time then you must check with the doctor as vitamin D helps you to boost your energy as well.

Weak Bones

Vitamin D helps a lot to keep stronger your bones. As mostly the joint pain occurs due to vitamin D deficiency. So, if you are having some serious pain in bones from few weeks or you feel that your bones are weak then you must consult a doctor in order to stay away from serious injuries.

Sweating

Sweating during the exercise or workout is normal and that is good for health. But if you feel that you are sweating even in the normal room temperature then it might be due to the vitamin D deficiency and you should arrange an appointment with the doctor as soon as possible.

Muscle Pain

If you feel muscle pain a lot then it could be due to low vitamin D because vitamin D helps your muscles heal faster and keep them stronger. So, if you are having the muscle pain for a long time then it could be because of vitamin D deficiency.

Depression

The low level of vitamin D can also affect your mood. It is a very known sign of it but many people go for the wrong treatment like antidepressants or any other medication. If you are facing it for a long time then you must check your vitamin D level. As going for a wrong treatment can increase the issue and can cause much more damages. So, it is very important to consult with a doctor properly about the problem then go for the treatment accordingly.

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