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Vitamin d deficiency causes anxiety

Vitamin D is a fat-soluble vitamin that regulates the absorption of calcium and phosphorus, as well as facilitates the normal function of the immune system. This vitamin is an essential nutrient important for strong bones. Vitamin D has 2 forms: D2 (obtained from the foods you ate) and D3 (obtained from sun exposure). Vitamin D is produced by the body when your skin is exposed to sunlight. You can also get vitamin D through certain foods and supplements. It is important to get enough of this vital nutrient so that you don't end up with vitamin D deficiency. The benefits of vitamin D Vitamin D can boost your immune system, promote muscle function to keep your heart healthy, and help with brain development. Vitamin D can also reduce the risk of multiple sclerosis and depression. Your body needs vitamin D to help absorb calcium and phosphorus in your diet, which makes for strong bones. Vitamin D deficiency can cause bone loss, low bone density and increase the likelihood of bone fracture. Vitamin D deficiency can also cause rickets in children and a condition called osteomalacia in adults. Symptoms may include weakness and bone pain. Higher levels of vitamin D in the blood appear to be associated with a lower risk of developing multiple sclerosis (MS). A recent study shows vitamin D can slow the progression of the disease, although the link between vitamin and MM is unclear. It is not known whether low levels of vitamin D cause ME or are the result of the disease. MS is more common in areas north of the equator, suggesting that the amount of sunshine a person receives is linked to their likelihood of developing MS. People are less likely to develop MS if they have higher levels of vitamin D. Vitamin D supplementation may be beneficial for MS patients, but the dose has not yet been determined. Type 2 diabetes is a condition in which the body does not use insulin properly and blood sugar levels can rise above normal. Researchers are investigating whether vitamin D can help regulate

blood sugar levels. In addition, vitamin D helps in the absorption of calcium and calcium helps to manage sugar in the blood. Studies have found people with vitamin D deficiency have a higher risk of developing type 2 diabetes later in life, but the link is not conclusive. More research is needed to see if vitamin D supplementation can help people with type 2 diabetes. Obesity is a risk factor for low vitamin D levels because the more weight you carry, the more vitamin D your body requires. Studies have also shown vitamin D deficiency can increase the risk of becoming obese later in life. One small study found that women low in vitamin D might be more likely to gain weight. Vitamin D and calcium can act as appetite suppressant as well. There may be a link between low vitamin D levels and depression, but studies show mixed results and more research is needed. Vitamin D receptors in the brain have been linked to the development of depression. Vitamin D alone may not avert but patients taking antidepressants together with vitamin D can help reduce symptoms of depression. The easiest way to get vitamin D is by exposing the skin to direct sunlight, namely ultraviolet B (UVB) radiation. The more you expose your skin, the more vitamin D your body produces. Just spend about half the time as you need to make pink and get sunburn. This means that if you are fair-skinned and usually start pink in 30 minutes, you will only need 15 minutes of pre-sunscreen sunlight to produce the vitamin D3 your body needs. The darker your skin, the more time you need in the sun to produce vitamin D. The amount of vitamin D you get from sunlight depends on your time of day, skin tone, where you live and how much skin you expose. In general, exposure to the sun is the best way to get the vitamin D your body needs. Most foods that contain vitamin D contain only a small amount and will not give you the total amount your body needs. Foods high in vitamin D Oily fish such as salmon or mackerel Beef liver Egg yolks Milk Orange juice fortified with vitamin D Fortified cereal Infant formula If you are unable to get enough vitamin D from exposure to the sun, there are foods containing this vitamin that can start to kick-start your day. Many foods usually eaten for breakfast are fortified with vitamin D. Read the labels to find out how much vitamin D is in the foods you eat for breakfast. Breakfast Foods Good for Vitamin D Boost Milk (Fortified) Cereal (Fortified) Orange Juice (Fortified) Bread (Fortified) Egg Yolks If You Don't Have Enough Sunlight, Food Is Unlikely to Give You the Amount of Vitamin D Your Body Needs. In this case, your doctor may recommend taking vitamin D supplements. There are two forms of vitamin D: D2 (ergocalciferol), found in foods, and D3 (cholecalciferol), produced by your body from exposure to sunlight. Most over-the-counter vitamin D supplements contain vitamin D3, which is not usually vegetarian. If you are concerned about this, your doctor may prescribe vitamin D2 supplements. People may be at risk of vitamin D deficiency if they don't like the sun, suffer from milk allergies, or stick to a vegan diet. People with dark skin may also be at risk for developing vitamin D deficiency. This is because the pigment melanin reduces their skin's ability to make vitamin D after exposure to the sun. Other risk factors for vitamin D deficiency include: Covering the skin with clothing or SPF all the time Obesity or gastric bypass surgery Infants who are breastfed and not given vitamin D supplement Life in northern areas where there are fewer hours of sunlight Is older (your skin is thinner) Pregnancy Vitamin D deficiency symptoms can be very general. You may have pain, pain and fatigue, or you may have no symptoms at all. If your vitamin D deficiency is severe, you may suffer from bone pain and Mobility. In adults, severe vitamin D deficiency is called osteomalalation and in adults severe deficiency can lead to rickets (softening and weakening of the bones). A simple blood test called a 25-hydroxy vitamin D test can measure levels of vitamin D in the blood. Vitamin levels are measured in nanograms per millilitre (ng/ml). 20 ng/ml to 50 ng/ml is an adequate level for bone health and overall health and a level below 12 ng/ml indicates vitamin D deficiency. Levels higher than that don't seem to offer any additional benefits. The U.S. recommended daily allowance (USRDA) for vitamin D is 600 IU (international units) per day for those 1-70 years old. Infants under 1 year of age need 400 IU, while adults aged 71 and over require 800 IU. The amount of vitamin D in human breast milk is minimal. Since infants should be kept from direct sunlight and use sunscreen, they generally do not get enough of this vitamin without supplementation. The American Academy of Pediatrics (AAP) recommends infants should receive 400 IU vitamin D supplementation per day. Over-the-counter products, such as multivitamin products, are available to provide vitamin D supplementation for infants. Many children do not receive the recommended amount of vitamin D in their diet, which is at risk of vitamin D deficiency and rickets. The American Academy of Pediatrics (AAP) recommends infants 1 year on and under get 400 IU a day of vitamin D and 600 IU a day of vitamin D for children and adolescents. Talk to your child's pediatrician about vitamin D supplementation and the right amount for your child. There is such a thing as too much vitamin D. Vitamin D of more than 4000 IU can cause side effects such as anorexia, excessive urine output, cardiac arrhythmias, and kidney stones. Excess vitamin D is usually caused by taking too many supplements. It is not possible to get too much vitamin D from exposure to the sun – the body regulates the amount it produces. Vitamin D Overdose Side Effects Hypervitaminosis D occurs when people take too many vitamin D supplements. When there is too much vitamin D in the body, calcium levels rise and can lead to hypercalcaemia. Symptoms of hypercalcaemia include: Organs damaged by long-term vitamin D Toxicity of the heart vessel Kidneys Vitamin D supplements can interact with several types of medications. Steroids can interfere with vitamin D metabolism and affect calcium absorption. Weight loss medications including orlistat (Xenical, and Alli) and the cholesterol-lowering drug cholestyramine (Questran, LoCholest, Prevalite) can reduce your body's absorption of vitamin D and other fat soluble vitamins. Medications to control epileptic seizures, phenobarbital and phenytoin (Dilantin), can increase vitamin D metabolism and reduce calcium absorption. Statins and diuretics may increase vitamin D levels. Tell your doctor if you take any vitamin D supplements. Some studies have shown that high levels of vitamin D can reduce Risk. Further research is needed to determine whether low levels of vitamin D in the blood increase the risk of cancer, or if adequate vitamin D supplementation can prevent cancer. Research is underway into a possible link between certain cancers and vitamin D. Some think it may help prevent colon, prostate and breast cancers, but evidence is lacking and it is not known whether vitamin D can prevent cancer or increase risk. One study even found that low levels of vitamin D can increase the risk of pancreatic cancer. Vitamin D and omega-3 fatty acids can reduce the risk of cancer, heart disease and stroke. Low levels of vitamin D in the diet are associated with a greater risk of stroke and heart disease. On the other hand, high levels of vitamin D deficiency can cause toxicity and damage to the heart, blood vessels and kidneys. Talk to your doctor about the right amount of vitamin D for your medical needs. One of the risk factors for lower vitamin D levels is age. As we age, our skin thins, and we can't produce as much vitamin D as we used to. Low levels of vitamin D have been linked to cognitive decline. Vitamin D can be a very important factor for preventing dementia. 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