



Common Symptoms That May Indicate Vitamin D Deficiency

Are you feeling tired and weak? Do you find yourself getting sick more often than usual?

If so, it may be time to look into supplementing vitamin D - the 'sun vitamin'! Not only can it help your body absorb calcium, but it also helps boost your immune system and regulate cell growth. **Vitamin D is essential for overall health**; if you don't get enough of **this vital nutrient**, a variety of symptoms can occur – from mild **muscle weakness** to **serious liver issues or even an autoimmune disease**.

Don't take any chances with your wellbeing: keep reading to discover what other health concerns might be related to vitamin D deficiency.

- **Kidneys** play an important role in cardiovascular health since they remove waste from your blood. One reason that vitamin D is linked to a decreased risk of cardiovascular disease may be that it also helps promote kidney health. Unfortunately, kidneys become less efficient at breaking down vitamin D over time. That's why it's suggested to **take vitamin D alongside vitamin K2**, as the latter can help the body process vitamin D more efficiently. Ultimately, nutrients work together, so having a well-rounded diet is paramount.
- Another unpleasant psychological condition that vitamin D may assist with is **anxiety**. A 2015 study found that participants suffering from anxiety disorders tended to have lower vitamin D levels than those who don't experience those conditions. Researchers also found that **increasing vitamin D can have a positive impact on mood**. As with depression, it's possible that vitamin D can play an important role in overcoming certain mental health challenges. Getting enough of the vital nutrient may also lower people's risk of developing such conditions..
- A 2017 study found that sufficient vitamin D intake may lower your risk of developing **multiple sclerosis** (aka MS). MS is just one of the various **autoimmune diseases** that research suggests is linked to vitamin D. Others include type 1 diabetes, rheumatoid arthritis, and Crohn's disease. Since **vitamin D contributes to immune health**, research shows that lack of it may increase the risk of autoimmune diseases. Those who are predisposed to autoimmune disorders may want to take vitamin D supplements and check their levels.
- A study conducted by Cooper University Hospital found that increasing vitamin D intake for five weeks had a **positive impact on their participants' fatigue**. Being tired is so commonplace that it can be difficult to tell if it's normal or not. Fatigue can impact the overall quality of life and is often caused by more than one factor. Diet plays a huge role, though, since getting the right nutrition is key to fueling the body. Vitamin D's various functions make it a helpful part of **combating excessive sleepiness**.
- Since vitamin D is related to **bone and muscle health**, it makes sense that the nutrient may help ward off **back pain**. Research shows that those suffering from back pain are often also vitamin D deficient. Adversely, those with sufficient vitamin D levels are less likely to be subject to back pain. Since severe back pain can limit daily activities, anything that may help should be taken seriously. As we've seen, vitamin D can help mobility in various ways.
- In addition to helping you stay healthy overall through immune and cell support, vitamin D may also contribute to **respiratory wellness**. Studies have shown it is linked to the reduced likeliness of developing infections in the upper respiratory tract, especially in children.

A 2012 study also found that vitamin D intake helped reduce the impact of chronic obstructive pulmonary disease in participants who were previously deficient. While vitamin D alone may not cure respiratory issues, research suggests it can help.

- High blood pressure, aka **hypertension**, affects millions of people in the United States each year, making it relatively common. Unfortunately, hypertension can contribute to a higher risk of heart attack and stroke.

A study review by Harvard University found that vitamin D deficiency **can increase a person's risk of having high blood pressure**. Based on their findings, it can be deduced that keeping your vitamin D levels where they should be could have a positive impact on blood pressure.