

# Symptoms of a Vitamin D Deficiency

## **1. You have pain in your bones**

People who are deficient in vitamin D often experience pain in their bones. They may have pain in their ankles, shins, wrists, or forearms. Since this vitamin helps the body absorb calcium and phosphorus, if you aren't getting enough of it, your bones may become weak, which could lead to pain, and often, that pain can be chronic. Many people who are diagnosed with fibromyalgia or arthritis have low levels of vitamin D.

## **2. You are experiencing significant weakness**

If you are feeling excessively and noticeably weak, it could be because you are deficient in vitamin D. This vitamin allows your body to maintain its power and strength. Researchers have found that vitamin D aids in muscle control, so if you are finding it difficult to perform even the most basic tasks, such as opening a jar or walking up a flight of stairs, it might be that you have low levels of this important vitamin.

## **3. You feel excessively tired on a constant basis**

If you feel like you are always fatigued, no matter how much sleep you get, it could be a sign that you have a vitamin D deficiency. Several researchers have discovered that people who have significantly low levels of Vitamin D are excessively tired. If your levels are low, no matter how much sleep you get, and how good the quality of your sleep is, you aren't going to feel rested.

## **4. You find that you are getting sick more often**

Of all the functions vitamin D plays, strengthening the immune system is one of the most important. A strong immune system is necessary to ward off illnesses and infections. If you are deficient in vitamin D, your immune system will become weak. As a result, you will be more prone to developing various illnesses and infections that are caused by bacteria and viruses. You might find that you are developing the flu, strep throat, or colds more often than you normally do. There is also a chance that you could be more prone to developing a chronic illness, such as COPD.

## **5. You've suffered broken bones**

Though anyone can suffer a broken bone, even those who have plenty of vitamin D, the chances of breaking a bone increases when you have vitamin D deficiency. Your body naturally stops building bone mass at about the age of 30; however, if you have low vitamin D levels, loss of bone mass can speed up.

## **6. You feel like you're down in the dumps**

If you are feeling more blue than usual lately, it might just be that you aren't getting enough vitamin D. Those who are diagnosed with depression usually have a shortage of vitamin D. It is believed that the mineral may have an effect on the hormones that regulate the mood, such as serotonin.

## **7. You're sweating excessively**

For many people, one of the first signs of a vitamin D deficiency is increased sweating, particularly from the head. Usually, sweating isn't an issue; in fact, it's good for the body. It helps to release toxins that are buried in the fat cells that are located underneath the skin.

## **8. You feel overly anxious**

It's normal to feel anxious from time-to-time, especially when you are faced with a challenging situation, or there's a sudden change in your life. Anxiety is nature's way of helping you figure out how to react to danger. However, if you feel like your anxiety levels are at an all-time high and there's no apparent reason for it, or you are worrying about things that normally wouldn't bother you or are trivial, you just might have a vitamin D deficiency. Low levels of vitamin D can affect the hormones that are helping to monitor your mood, so a deficiency in this mineral could also cause anxiety.

## **9. You are suffering from hair loss**

Hair loss is normal. The average person loses about 100 strands of hair on a daily basis. But, if you are seeing more hair collecting in your shower drain, you see more in your hairbrush, you have more hair than normal collecting on your clothing, or you actually see bald spots developing, you very well may be deficient in vitamin D.

## **10. Your wounds are taking a long time to heal**

If you notice that it is taking longer for scraps, scratches or other wounds are taking longer to heal than they normally would, it might be because you have low vitamin D levels. Various research studies have revealed that vitamin D helps the body increase its ability to create new skin, which is vital for healing wounds. It has been found that vitamin D helps to fight off infections and control inflammation.

## **11. You are having stomach issues**

If you feel like your pants are fitting tight, but you haven't put on any weight, you are experiencing more gas than normal, you have pain in your stomach, or there has been a change in your stools (they're watery and loose,) there is a very good chance that you have you are deficient in vitamin D.

This vitamin aids in the absorption of fat, which could lead to serious gut problems. In the most severe cases, low levels of vitamin D can lead to the development of several

conditions that affect the gut, including non-celiac gluten sensitivity, Chron's disease, and inflammatory bowel disease.

## **12. You have more muscle pain than usual**

Various factors can lead to muscle pain, such as strains or excessive muscle use; however, many people are unaware that vitamin D deficiency can actually cause muscle pain. If you are experiencing pain in your shoulders, neck, back or any other muscle in your body and that pain is severe and long-lasting, it could be the result of a vitamin D deficiency.

## **13. You are losing bone density**

Vitamin D helps the body absorb calcium, which directly affects the health of the bones. It's not unusual to lose bone density. Women over the age of 50, in particular, are prone to bone loss; however, if you are deficient in vitamin D, the rate of bone loss could be increased.

## **14. Increase respiratory problems**

Studies have found that vitamin D may help keep respiratory infections and illnesses at bay. If you are deficient in this vitamin, you may feel winded after completing simple tasks, or you might have difficulty catching your breath. If you aren't getting enough vitamin D, you are more susceptible to respiratory infections, which could cause serious, chronic conditions, such as asthma.