

# Vitamin-D

... much more than  
simply a “bone” vitamin

**Maybe you also need more  
of the “Sun Vitamin D”?**

**Have it checked!**

**Testing vitamin D in blood** will provide precise information whether there is a deficiency or not. Especially for those people, who have to live with listed conditions or diseases, it is recommendable to have a Vitamin D test done. If a deficiency is determined a vitamin D therapy is required. Ask for help from your doctor, healer or pharmacist.

After successful treatment it is advisable to repeat the test in regular intervals. Often the vitamin D value decreases again as the deficiency producing living conditions cannot be changed. From a medical point of view life-long vitamin D therapies are required in these cases.

**Do you have any further  
questions?**

**Call us!**

**We will gladly provide  
additional information.**

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Maybe you also need more  
of the “sun vitamin D”!

**Have it checked!**

## “Vitamin D is the vitamin for healthy bones!”

This frequent statement is correct as vitamin D is responsible for calcium resorption in the intestines and its storage in the body (mainly in the skeleton). To exclusively reduce vitamin D to bone health means not to address the issue in its entirety. What many people do not know: **Vitamin D plays a major role in many other places of the body.** For example: **immune system, nervous system, cardiovascular system** and a lot more depend on vitamin D.

The following diseases are associated with vitamin D deficiency.

- **increased susceptibility to infections**
- **periodontitis, falling out teeth**
- **osteoporosis (bone thinning) and its precursor diseases**

- **rachitis (also called rickets and means bone softening in adolescence)**
- **overweight**
- **skin diseases**
- **diabetes mellitus**
- **depressions, sleep disorders**
- **high blood pressure**
- **cardiac insufficiency and other cardiovascular diseases**
- **in women: disorders before menses, ovarian cysts, growth of endometrial hyperplasia (uterine lining) at other parts of the body, complications during pregnancy**
- **chronic fatigue syndrome (CFS)**
- **rheumatism and various auto-immune diseases**
- **epilepsy**
- **intestinal, breast, prostate and ovary tumours as well as skin cancer**

Vitamin D can be produced by the body itself – provided the skin is exposed to sunlight. The sun, however, does not shine often and intensely enough in central and northern Europe to cover the need of the body. Furthermore the western way of life (a lot of time spent inside of buildings) and a vitamin D poor diet (little fat and especially very little fat fish) are the reasons why the body does not receive sufficient supplies via nourishment. **The consequence is that very many people suffer from undetected vitamin-D deficiency.**

You may have a vitamin D deficiency if you . . .

- **do not spend a lot of time outside during daylight, because you have a job indoor for example.**
- **wear clothes to protect you from the sun**
- **use sun lotions with factor 8 or higher**
- **have a very dark skin colour and live in central or northern Europe**
- **get very little sun during winter**
- **are older than 50 years of age, as the skin produces less and less vitamin D with increasing age**
- **keep a restricted diet, e.g. low-fat, vegetarian, lactose-free or are on „diets“ frequently**
- **drink alcohol frequently**
- **are severely overweight – as the fat layer underneath your skin keeps vitamin D in the skin**
- **suffer from heavy-metal contamination**
- **cannot tolerate fat very well or suffer from fat utilization disorders**
- **suffer from intestinal, liver or kidney diseases**
- **have to take medication against epilepsy, depressions, neuroses or medication suppressing the immune system.**