

# Warning signs that you are lacking Vitamin D

An estimated 1 billion people around the world are deficient in vitamin D. The number is huge, and lack of this nutrient can lead to many health problems that you need to be aware of.

It is estimated that about 1 billion people in the world are **vitamin D deficient** . This number is really big and lack of this nutrient can lead to many health problems that you need to be aware of.

## Below are the symptoms of vitamin D deficiency that you need to know

### Thinning hair or hair loss

Picture 1 of Warning signs that you are lacking Vitamin D

Vitamin D is an essential nutrient for skin cells. It processes keratin - the protein needed for hair and nail growth. Therefore, if there is a deficiency of this nutrient, it means that keratin is not supplied enough, leading to thinning hair.

In fact, vitamin D deficiency is often linked to hair loss and thinning in both men and women. There have been many studies proving that to be true. Therefore, you need to change your diet to have beautiful, shiny and strong hair.

### Difficulty sleeping

Picture 2 of Warning signs that you are lacking Vitamin D

Vitamins play an important role in the formation of good sleep. Studies have shown that vitamin D deficiency can cause sleep disorders, causing you to sleep less. In some people, it can even lead to sleep apnea, which causes a person's breathing to become irregular and disrupts their sleep throughout the night.

### Or more sick

One of the shields the body and immune system needs to fight off viruses is vitamin D. Therefore, when the body lacks this substance, it is more susceptible to virus attack, so it is more often sick. Colds, bronchitis, and pneumonia can happen a lot more easily with vitamin D deficiency. In other words, this vitamin is important for respiratory system health.

## Osteoarthritis pain

Studies have shown that vitamin D deficiency increases the risk of rheumatoid arthritis in old age. This is because vitamin D helps maintain bone mass in our bodies by supporting calcium absorption. Another scientific review found that people with chronic muscle pain and other bone-related problems often had lower vitamin D levels.

## Feeling tired all the time

Picture 3 of Warning signs that you are lacking Vitamin D

Fatigue can cause many problems, including stress, anxiety, depression and vitamin D deficiency. A study of 480 people with vitamin D deficiency had all of the above syndromes. Weaker bones and muscles can cause fatigue. Adjusting your diet and starting a supplement can help you regain lost energy.

## Wounds heal longer

Not only diabetics have difficulty healing wounds, but you can also experience it if you are deficient in vitamin D. This vitamin has been shown to have the ability to regulate the growth of new epithelial cells.

In addition, a study showed that people who often suffer from foot ulcers are also deficient in this substance. Small wounds that take a long time to heal are also a warning sign of vitamin D deficiency.

Picture 4 of Warning signs that you are lacking Vitamin D

## How to increase vitamin D

1. **Food sources** : Changing your diet is always the first choice. Foods like fatty fish, egg yolks, fortified milk and yogurt are good sources of vitamin D.
2. **Supplements** : You can ask your doctor for the best dose of supplements for your daily consumption. However, you don't have to, because you can buy them at the drugstore and listen to the pharmacist's advice.
3. **Sunbathing** : This is the best way for you to receive. You should sunbathe from early morning when the sun starts shining until 10 o'clock. However, you should apply sunscreen about 20 minutes before going outside and avoid the hours between 10 am and 4 pm. Remember to reapply sunscreen after 2 hours or long outdoor activities or swimming.

You finished reading the article "**Warning signs that you are lacking Vitamin D**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.