

# VITAMIN D SECRETS

HOW TO KNOW IF YOU ARE **DEFICIENT** IN  
**VITAMIN D** AND HOW TO EASILY **OVERCOME** THIS



# Introduction

Unfortunately, the experts estimate that around a billion people in the world are deficient in vitamin D. Something that you probably don't know is that vitamin D is not really a vitamin. It is actually a prohormone.

A prohormone is a substance that your body will transform into a hormone. All of the cells in your body have a receptor for this prohormone which is not the case with other vitamins. For ease of reference, we will refer to this prohormone as its most common name which is vitamin D.

Your body needs to break down a prohormone into a form that it can use. When this happens, vitamin D will circulate through your body and it performs several different functions. It is critical for healthy bones and helps to promote bone growth and the health of your muscles.

In this special report, we will explain why vitamin D is so essential for your body, what causes a vitamin D deficiency and the symptoms of this that you need to watch out for, and the things that you can do to ensure that you have the right levels of vitamin D.

So, let's get right into it...

# Why Vitamin D is essential for your Body

As we mentioned in the introduction, vitamin D is essential for good bone health. It helps in the development of strong bones and this becomes very important as you age. Vitamin D will also take calcium from your blood and will use it to create and repair muscle tissue and bone. You need vitamin D to help your parathyroid gland to properly regulate the levels of calcium in your blood as well.

## Vitamin D Deficiencies

You may have heard of “rickets” before as it is the most common kind of vitamin D deficiency. Children can suffer from rickets if their bone tissue doesn’t mineralize correctly. This usually results in their bones being too soft and becoming deformed.

But rickets is not the only type of vitamin D deficiency. There have been several studies that revealed that there are several other health problems that can result from vitamin D deficiency. We will discuss these later on in this special report.