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## **Healthy in Seven Days** ***Success through vitamin D treatment***

A practical guide

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Vitamin D deficiency is very common, and is the cause of numerous diseases. A severe deficiency can lead to cramps, muscle twitches and muscle pain, restlessness, sleeping disorders and depression, exhaustion, debility, back pain and headaches, cold hands and feet, and circulatory problems. These symptoms and complaints can often be rapidly improved and permanently cured.

If a vitamin D deficiency remains untreated for a long time, this increases the risk of high blood pressure, diabetes, osteoporosis, autoimmune diseases, multiple sclerosis and cancer. To avoid this, it is important to maintain optimum vitamin D levels all year round.

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