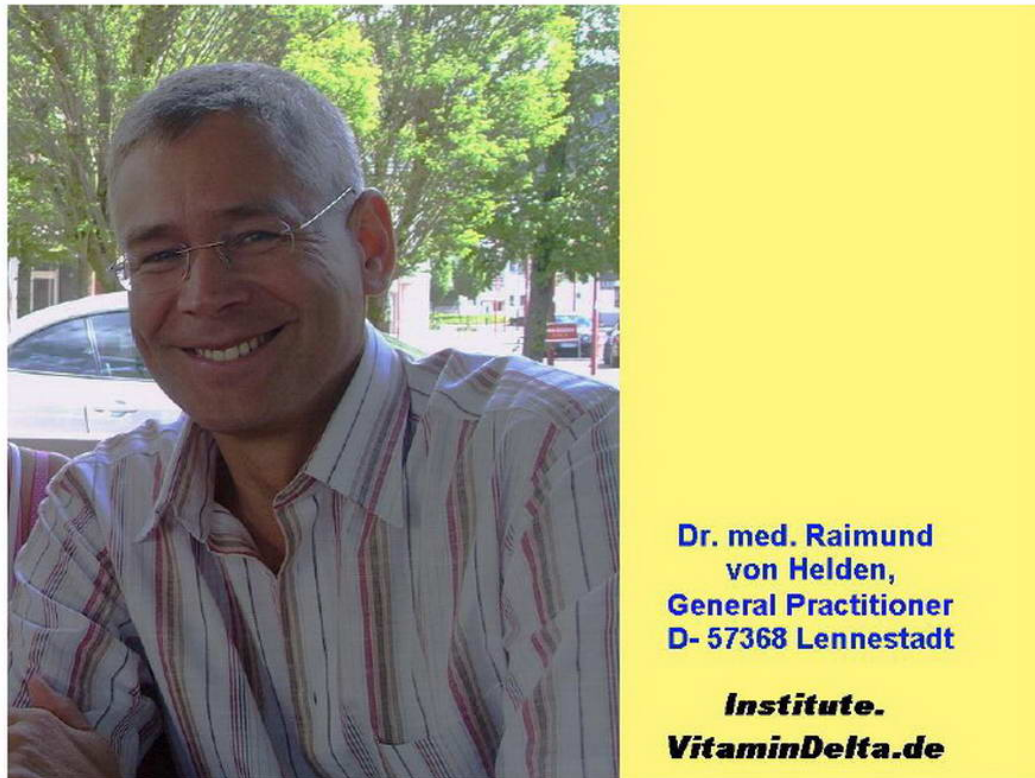


Welcome to our free NGO-Project: VitaminDelta.org ...and get your vitamin D level online.



The Vitamin D-Hormone is the substance that controls our health. In Case there is not enough of vitamin D in your body, this increases your risk for allergies, atherosclerosis and cancer.

Many people suffer from Vitamin D deficiency. A deficiency causes several symptoms. [Test yourself in test #1](#)

. A number of 4 tests will lead you through a virtual examination.

The 4 tests:

1. possible **symptoms**, signs and complaints of a vitamin D deficiency ***(see a list below)
2. the **duration of sunshine** you need every day (in minutes)
3. your **vitamin D-blood level**, estimated from you lifestyle (in ng / ml)
4. the **dose rate of vitamin D** that is needed, to normalize your level to 50 ng/ml (units of vitamin D)

Performing our test system shows you the power of vitamin D. The prevention of diseases with the supply of vitamin D ist the most effective way to protect your body. A a cost of about 20 \$ a year you will reduce your risk of cancer by about 50 %.

We wish you a good health !

Dr. med. Raimund von Helden

General Practitioner

Member of the international VITAMIN-D-RESEARCH-GROUP

57368 Lennestadt, Germany

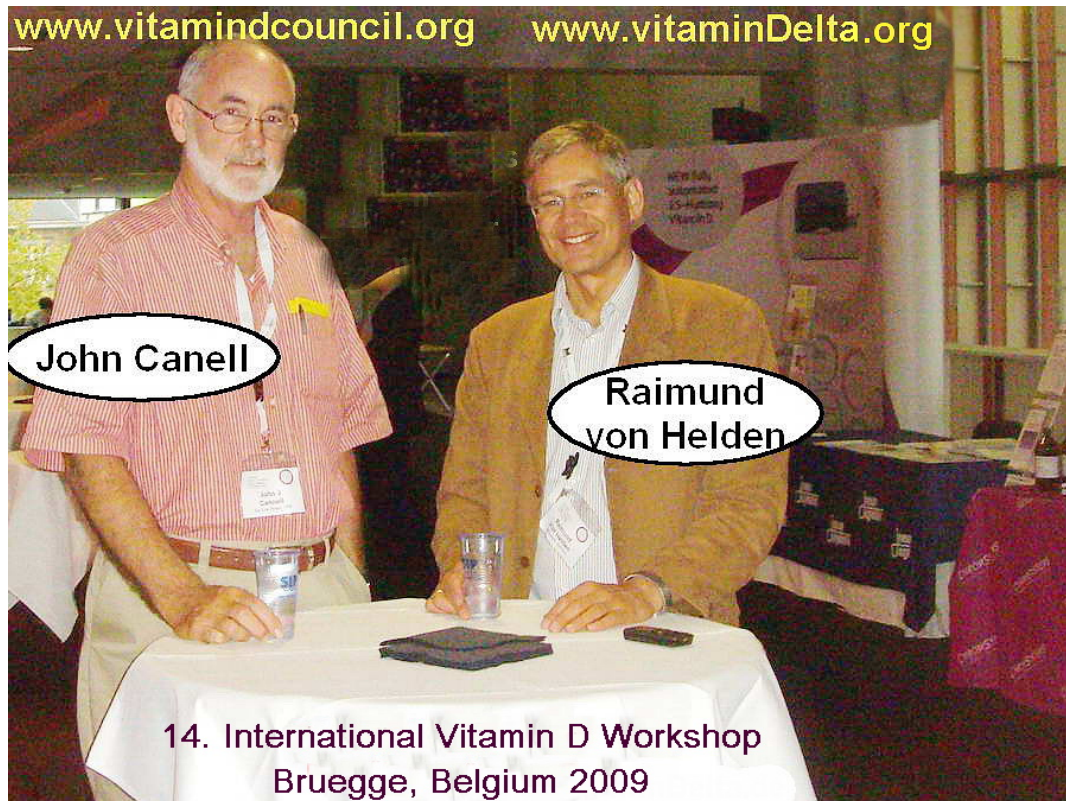
(Test-Software: BF-Quiz - a Joomla -Extension)

Many thanks to John Cannell,

who is one of the most prominent scientific promoter for the new knowledge of Vitamin D.

Read his free newsletter with exciting reports about cases and facts:

<http://www.vitamindcouncil.org/>



Thank you John for the inspiring talks about the future of Vitamin D on the international workshop in Belgium.

Vitamin D gets an increasing number of hits

Look what the google insight-tool tell us:

- Tiredness: I often feel tired.
- Muscle-Pain: I have muscle pain of my neck.
- Eyelid twitching: I have twitching or spasms of my eyelid.
- Arm twitching: I have twitching or spasms of my arms or hands.
- Legs twitching: I have twitching or spasms of my legs.
- Cramps: I have cramps of one calf or both calves.
- Cramps at Night: I have twitching or spasms especially at night-time.
- Circulation-Problems: I can't see anymore or feel dizzy when I stand up quickly.
- Dizziness on Exertion: I can't see anymore or feel dizzy with an exertion like climbing stairs.
- Vertigo: I can't see anymore or feel dizzy but I recover when I lie down.
- Nausea: I am suffering from nausea when I stand up quickly.
- Nausea on exertion: I am suffering from nausea at exertion.
- Nausea - improving: I am suffering from nausea but it gets better, when I lie down.
- Headache - Getting up: I get a headache when I suddenly get up.
- Headache - Always: I have headache nearly all day and night.
- Headache - Sport: I get a headache at sports
- Headache - disappears: I have headache, but it disappears, when I lie down.
- Backpain: While standing a long time I have a pain in my low back.
- Hip - pain: While standing a long time I feel pain in my hips.
- Groin - Pain: While standing a long time I have groin pain
- Legs - Pain: While standing a long time I feel pain of my legs
- Feet - Pain: While standing a long time i feel pain in my feet
- Backpain: While standing I get pain im my low back, which disappers, when I lie down
- Fragile Nails: I have fragile fingernails Allergies.
- Allergies: I am suffering from several allergies.
- Sneezing: I often have to sneeze
- Cold: I easilily come down with a a cold
- Sun Allergy: Midday sun makes me feel uncomfortable and I get allergic reactions to the sun.
- Headache - Sun: Midday sun makes me feel uncomfortable and I get headache staying in the sun.
- the sun.
- Circulation - Problems - Sun: I feel uncomfortable in the midday sun I get circulation problems.
- Sun Avoidance: Sun at noon-time causes problems and I to avoid staying in the sun.

[Get your score of vitamin D-symtoms with our free online-test](#)