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## What diseases are associated with Vit D deficiency?

Because Vitamin D is so important in the regulation of so many cellular, tissue, organ, and system functions, deficiency of this essential nutrient has been shown to play a role in almost every major disease. The real issue is not what specific disease will develop but the fact that deficiency results in a decrease of health and function and an increase risk of illness. The list of diseases associated with vitamin D deficiency continues to grow. Here is a list of diseases associated with vitamin D deficiency that are reported in the peer-reviewed scientific literature.

- Heart disease
- High blood pressure
- Metabolic Syndrome and Diabetes
- Osteoporosis and Osteopenia (Bone Loss)
- 17 varieties of Cancer (including breast, prostate and colon)
- Obesity
- Influenza (flu)
- Colds
- Autoimmune diseases
- Multiple sclerosis
- Rheumatoid arthritis
- Osteoarthritis
- Chronic Pain
- Chronic fatigue syndrome
- Fibromyalgia
- Bursitis
- Parkinson's Disease
- Depression and Seasonal Affective Disorder
- Alzheimer's Disease
- Gout
- Infertility and PMS
- Periodontal disease
- Psoriasis