

# NUTRITION NEWSLETTER

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## Vitamin D Deficiency: Not as uncommon as people think!

It has always been thought that vitamin D deficiency is uncommon, because of the amount of sunshine we get in this country.

BUT: We are now taught to avoid sunlight as it is bad for us and when we do go outside we use sunscreens. We also keep our children out of the sun for fear of skin damage caused by the sun.

### Symptoms:

Vitamin D deficiency can cause **muscle aches, weakness, and bone pain in people of all ages. Muscle spasms**, which are caused by a low calcium level, may be the first sign of rickets in **infants**.

In young infants who have rickets, the entire skull may be soft. Older infants may be slow to sit and crawl, and the spaces between the skull bones (fontanelles) may be slow to close. In children aged **1 to 4 years, bone growth may be abnormal, causing an abnormal curve in the spine and bowlegs or knock-knees**. These children may be slow to walk. For older children and adolescents, walking is painful. The pelvic bones may flatten, narrowing the birth canal in adolescent girls. In adults, the bones, particularly the spine, pelvis, and leg bones, weaken. Affected areas may be painful to touch, and fractures may occur.

In older people, bone fractures may result from only slight jarring or a minor fall.

## Product feature

Nutrilite Calcium Magnesium D



Nutrilite's Most absorbable formula ever!

A 3 tablet serving of Nutrilite Cal Mag D provides

- the calcium equivalent to 600ml milk as well as
- magnesium to help regulate calcium levels.
- It also provides vitamin C to promote Collagen formation for bone strength ,
- copper to promote bone and collagen strength and
- zinc for bone maturation.
- They used 3 calcium sources and added vitamin D for greater absorption

Contact me at [annelie@anneliesmith.co.za](mailto:annelie@anneliesmith.co.za) for further information or orders.

Cost R 213 for 180 tablets.

## CALCIUM DEFICIENCY

Calcium deficiency causes a decrease in the body's ability to break down fat, which results in decreased ability to lose weight.

The most common problem caused by calcium deficiency is osteoporosis. 1 in 3 women in South Africa gets osteoporosis (more than breast cancer.) It causes the bones to weaken and break easily. Within one year after a hip fracture, up to 20% of people die 15-20% needs to be institutionalized and 50% of the remainder will not be able to lead an independent life.

## Business opportunities

Would you like to:

- ✦ Own your own business?
- ✦ Generate income in the health and wellness industry?
- ✦ Create extra income?
- ✦ Learn more about nutrition and how you can make a living out of what you know?

There is a group of people in SA who are looking for people like you!



Visit [www.edgesa.biz](http://www.edgesa.biz) or email me at [annelie@annliesmith.co.za](mailto:annelie@annliesmith.co.za) for more information.

(Participation by invitation only)