

Vitamine 'D' Deficiency

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GUIDELINE BY SANJAY G.M.

Causes :-

- Always indoor,
- No sunlight connection.

Symptoms :-

- Muscle & joint pain
- Depression
- Hair Fail
- Often sick
- Tiredness
- Calcium Reduce
- B12 Reduce
- Teeth Decay

Solution :-

- Take 20 minutes light sunlight between 7.00 am to 8.00 am OR 5.00 pm to 6.00 pm. This is the only correct natural source for better & fast result.
- Vitamin D is extremely important, which you get free of cost mainly from sun.

NOTE :- All guideline is on my personal research or study from many author which convince me. Follow guideline under doctor's observation.