

# SUNSHINE DEFICIENCY DISEASES

A lack of sunshine exposure, resulting in "sunshine deficiency," can affect the whole body and raise the risk of many diseases!

## BRAIN

Depression & Anxiety, Alzheimer's Disease, ADHD & Autism, Cognitive Impairment, Decreased Mood

## CIRCULATORY

High Blood Pressure, Peripheral Artery Disease, Heart Attack, Cardiovascular Disease, Atrial Fibrillation

## RESPIRATORY

Colds & Flu, Pneumonia, Viral Infections, Asthma, Tuberculosis

## CANCERS

Get your vitamin D level tested as a step towards disease prevention and health promotion!

Visit [daction.org](http://daction.org)

## MUSCLE

Neuromuscular Pain, Weakness, Injury

## BONE

Rickets, Osteoporosis, Fracture

## AUTO-IMMUNE

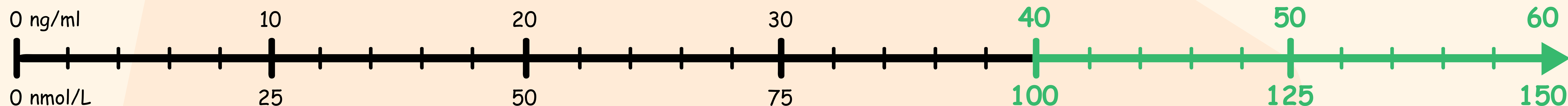
Diabetes, Crohn's Disease, Multiple Sclerosis, Psoriasis

## REPRODUCTIVE

Preterm Birth & Prenatal Complications, Postpartum Depression, Impaired Infant Motor Development, Learning Disabilities

## EARLY DEATH

Am I getting enough Vitamin D?



Your Vitamin D Level