



The Information in this report came from multiple sources, including the CDC, NIH, and various research sites. Information gathered in 2018 by Wendy Selvig, paid natural health researcher for the non-profit organization, Aids Research & Assistance Institute.

1. Vitamin D is one of the most common deficiencies in the world. According to a 2011 study, 41.6% of adults in the USA are deficient. Fixing this can be as easy as spending more time in the sun (because our body makes vitamin D from cholesterol when we are exposed to the sun.) You can also get it from fatty fish and fortified dairy products, but it's difficult to get all that we need from diet alone. Supplementation is usually recommended. The recommended daily intake is usually around 400-800 IU, but experts say we may need even more than that. Vitamin D actually acts like a hormone in our bodies and every single cell in our body has a receptor for it. It's a big deal. Signs of a vitamin D deficiency: Getting

sick often, respiratory infections, fatigue, bone and back pain, depression, bone loss, hair loss, muscle pain.

2. Omega 3 fatty acids are also a common deficiency. We are talking about insufficient levels of really important long-chain fatty acids that are required to regulate cardiovascular, immune and inflammatory pathways. A deficiency in omega-3 fatty acids presents signs: Dry skin, cracking/peeling fingertips & skin, small bumps on back of upper arms, arthritis, weight gain, heart disease, difficulty learning, memory loss, inhibited immune system. Be very careful of fish oil supplements. If they cause you to burp up a fish taste, they may be rancid. Rancid fish oil can cause mental health problems. Make sure your fish oil comes from small fish in pristine waters! This is a supplement you may want to pay more for to get higher quality!

If you're an American, chances are you're deficient in at least one of these...

3. Sulfur. Get this! The government never figured out how much sulfur everyone needs so they left it off of the list of nutritional minimum daily requirements; despite the fact that sulfur is the eighth most common element by mass in the human body! Uh, where's this information been all our lives? Sulfur is critical to many of the body's biological processes including metabolism. It also is non-existent in Alzheimer's patients indicating a lot there. Sulfur also helps mobilize that Vitamin D we get from the sun. It is said that farming practices today have been leaching sulfur out of our farm land and not replacing it, so vegetables tend to have a lower sulfur count than years past. Sulfur can be found in eggs. Baths in epsom salt can help you get more into your body as well. While we aren't recommending specific vitamin supplements for each of these categories of deficiencies, we will make an exception with this one. There is a supplement called Sulfurzyme by Young Living that provides amazing quality sulfur and people especially who need joint support have seen incredible support with those capsules. Signs of sulfur deficiency: arthritis, inflammation, constipation, itchy skin or scalp, eczema, headaches, breastfeeding problems, joint pain, bed wetting, acne and more

4. Magnesium is another common deficiency in the USA. It is responsible for over 300 biochemical reactions in the body including immune system support,

metabolism and even blood pressure. We've got to be getting enough of this to stay healthy. Signs of deficiency are: calcification of arteries, muscle spasms and cramps, anxiety & depression, high blood pressure, hormone problems, sleep problems, low energy, bone health issues

5. Calcium - Got muscle cramps, aches, pains, or twitching? How about tooth decay, weak bones, blood pressure issues, pale skin, coarse hair, brittle nails? If so, consider supplementing your diet or eating more sources of calcium.

6. The B vitamins are also lacking in many American's bodies. Vitamin B- 12 especially. Here are the foods you need to be eating to get them: B1 – Asparagus, Brussels sprouts B2 – Beet greens, spinach B3 – Asparagus, crimini mushrooms B5 – Avocado, crimini and shitake mushrooms B6 – Sweet potatoes, potatoes B7 – Sweet potatoes, onions, tomatoes B9 – Asparagus, spinach, turnip greens B12 – Sardines, salmon, tuna, cod

Here are the signs of deficiency: Extreme tiredness or fatigue, being out of breath, headaches, ringing in the ears, lack of appetite. If you can't get enough of these in your diet, supplement!

7. Vitamin K plays an important role in heart and bone health. It helps in the mineralization of bones and it also helps your blood to clot. It supports a healthy brain and protects you against cancer. It also works side by side with our gut bacteria, therefore probiotics might be a good idea to help your Vitamin K work efficiently. People with enough Vitamin K have a lower risk of cardiovascular death. Vitamin K1 is found in vegetables and vitamin K2 is found in dairy products. Vitamin K2 is produced by the bacteria in your gut. To get the daily requirement of Vitamin K, eat green leafy vegetables, broccoli, cabbage, fish and eggs. Signs of deficiency: Easy bruising, excessive bleeding from wounds, heavy menstrual periods, blood in urine or stool, cartilage calcification. A deficiency can happen when your body can't properly absorb the vitamin from the intestinal tract. If you've taken antibiotics then taking probiotics could be a good idea to get your gut flora populated again. Gotta make sure those vitamins can be produced in your gut!

8. Vitamin C is important for the growth and repair of tissues in your body. If your gums are often red or if they bleed, or if your skin bruises easily, you may have a Vitamin C deficiency. Oranges are a good source of this vitamin as are red sweet peppers and kiwifruit. Also broccoli, strawberries, cantaloupe and baked potatoes have vitamin C.

9. Zinc deficiency is a serious global problem and is ranked fifth leading risk factor for disease worldwide. Everyone requires regular zinc intake to stay alive, even plants and animals. It is considered an "essential" trace element and is present in every organ, bone, tissue and cell of our bodies. The dietary allowances for zinc are between 2mg (0-6 month olds) and 11mg (19+ year old males - 8mg for females). Millions of people are zinc deficient and are unaware of it. Here are some signs of deficiency: 1. Attention and motor disorders in infants that persist into adulthood... poor neurological function. 2. A weak immune system. 3. Diarrhea 4. Allergies 5. Thinning hair that comes from adrenal fatigue 6. Leaky gut 7. Skin issues

10. Iodine is needed for the production of thyroid hormones which do so much for our bodies. Up to 1/3rd of the world's population may be iodine deficient. Here are the symptoms: Hypothyroidism, weight gain, swelling in the neck, goiter, learning disabilities, mental retardation. Regular table salt has been found to have stabilizers in it that actually can block the uptake of added iodine. You can maintain adequate iodine in your diet by eating foods high in iodine, particularly dairy products, seafood, meat, eggs and certain breads. A great alternative to standard iodized table salt is Himalayan salt, a natural, unprocessed salt which is rich in iodine and contains an amazing amount of minerals.

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