

[IMAGE]

Musculoskeletal Pain? Try Vitamin D

Vitamin D has already been shown to reduce the risk of some cancers, diabetes, dementia, Parkinson's disease, multiple sclerosis and other life-threatening ailments. Earlier studies have also shown the ability for Vitamin D to reduce various forms of pain.

A study from The Netherlands of people with "persistent nonspecific musculoskeletal pain" separated the subjects into two groups, one which received Vitamin D and a "placebo" group. The researchers found that "patients in the vitamin D group were significantly more likely than their counterparts in the placebo group to report pain relief 6 weeks after treatment."

If you have musculoskeletal pain, by all means see your doctor or chiropractor first. While you're there, ask them about your nutritional needs, particularly Vitamin D.

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