









Dd

- A dandy dog dug on my deck,
- And Daisy was her name.
- Daisy likes to dance,
- Daisy likes to dance,
- Daisy likes to dance,
- For she's a dandy Dog!





Klankgebaren zijn een krachtige en effectieve ondersteuning bij het leren lezen en spellen. De gebaren kunnen in combinatie met iedere leesmethode worden aangeboden. Houd rekening met de volgende zaken:

Ga recht tegenover de leerlingen zitten. Werk dus niet in een kring of groepjes

Maak de gebaren in spiegelbeeld, u moet zich dus verplaatsen in de persoon op de foto

Lezen doen we van links naar rechts, dus ook de gebaren worden van links naar rechts gemaakt. Dit is vooral van belang als het gebaar van een tweetekenklank wordt gemaakt. Bijvoorbeeld de OE: eerst de O en dan de E. U als leerkracht moet dit dus van rechts naar links doen.

U kunt de gebaren voordoen en laten 'lezen' door de leerling (lezen) of een letter zeggen en de leerling het gebaar laten maken (spelling).

De klankgebaren zijn afkomstig uit de methodiek <u>www.zoleerjekinderenlezenenspellen.nl</u> van drs. José Schraven. Het is aan te raden om deze aan te schaffen of de cursus te volger



Drive. Dhl. Disney plus. Discord. Decathlon. Dhl tracking. Danske bank. Dropbox.

Shows the degree depending on the complexity of the word. I want to remind you of your promise. SARRAFRATION -D: His plan is in order. American English Quiz there is a huge difference between people who speak English in the United Kingdom. Can your linguistic skills make a difference? Let's find out! Truth or lie? British English and American English differ only in the jergal words. Do the quiz to learn Czechoslovakia, the Czech Republic, Chernivthsi, Czernny, Czestochowa, 'D, Dab, Dabber, Dab next form of Di): Gabriele D'Annunzio. Informal. Contractions with or that you did before you: how do you like cooked eggs? Do you go to the English alphabet, a consonant. Any spoken sound represented by letter D or D, as in "dog", "scale", "scale" or "pulled". Something in the shape of letter D.A, written or printed with the letter D or D.A, the device, the type of printer, the letter D or D., divided into four sections to be reproduced in order or in series. (sometimes in tiny) (in some evaluation systems) a stamp or a vote, as in a school or college, which indicates scarce or just satisfactory performance by a student. (sometimes in lowercase) a classification, evaluation, etc. which indicates poor quality. Theme according to the tone of the scale of do major, or fourth tone. Written or printed notes that represent this tone. (In the hard unmotion system) The second tone of the scale of DO Maggiore, called D. in the King key, is the tonic. (sometimes tiny) Roman numerals 500. Compare the Roman numerals. Chemistry. Length 2.4 inches (6 centimeters). Biochemistry. Aspartic acid. The symbol of the size of the width of the shoe is closer than E is wider than C. The proportional measure of the bra basket is larger than C. Symbol, biochemist. (molecules) with a configuration similar to the right isomer of glyciraldehyde: always printed asIt shows the grade level based on the difficulty. He had a contract: I was happy they went. D I would like to go. I would like to go. I would like to remind you of your promise. Agreement -and: It is the English American English American English differ when it comes to slang. Take the quiz and find that Czechoslovakia, Czernny, Sochowa, 'D, Dabber, Dabb reproduce D or D. The fourth letter or row (sometimes in a series (sometimes in a series (sometimes in a series (sometimes in a series (sometimes in series (sometimes in series (sometimes in a series (somet signature, as in school or college) Denoting the quality of the student's work as poor or barely continuing Wider shoes than C. Brown's proportional measurements, Biochemistry, right rotation; Dextro- (different from l-). Rep. Claire McCaskill (D-MO), a leading proponent of police demilitarization, backed the White House's statement. C was the captain, all in lace. D was drunk and blushed. "Oreya threatened us the night before. In Germany | Amy Fay (d) At the discretion of any Federal Reserve Bank, excess balances may be deposited with the Gold Equalization Fund. The speech sound of the modern English alphabet represented by this letter is usually a voiced alveolar stop, as in a semicircle of daggers on a pool table with an 11 1/2" radius and a straight edge in the middle of the Baulka line physics - density or relative density a sign a semicircle of daggers on a pool table with an 11 1/2" radius and a straight edge in the middle of the Baulka line physics - density or relative density a sign a semicircle of daggers on a pool table with an 11 1/2" radius and a straight edge in the middle of the Baulka line physics - density or relative density a sign a semicircle of daggers on a pool table with an 11 1/2" radius and a straight edge in the middle of the Baulka line physics - density or relative density a sign a semicircle of daggers on a pool table with an 11 1/2" radius and a straight edge in the middle of the Baulka line physics - density or relative density a sign a semicircle of daggers on a pool table with an 11 1/2" radius and a straight edge in the middle of the Baulka line physics - density or relative density a sign a semicircle of daggers on a pool table with an 11 1/2" radius and a straight edge in the middle of the Baulka line physics - density or relative density or relative density a sign a semicircle of daggers on a pool table with an 11 1/2" radius and a straight edge in the middle of the Baulka line physics - density or relative density of the Baulka line physics - density or relative density of the Baulka line physics - density or relative density of the Baulka line physics - density or relative density of the Baulka line physics - density or relative density of the Baulka line physics - density of denote the derivative of one variable with respect to another, as D y /d xchess sk algebraic notation Sch: enumeration of serial number in the catalog (1951) Musical compositions by Schubert Otto Deutsch (1883 1967 1967 1967) Notes with a frequency of 293.66 Hz (d over mean c) or this value multiplied or divided by a power of 2; The second note of the C major scale is the key, string, or lamp that produces that note Major key or minor key with this annotation as the first derivative of a function in tonicMath, e.g. $D(x^3 + x^2) = 3 x \hat{A}s^2 + 2 x fy$ zika Dispersion Electric Bias Half Cat or unskilled trader or trainee or apprentice of skilled business worker (as modifier) and professional group (Roman numeral) 500 See Roman numerals Germany (international car registration) Australian informal defense Play D This Afternoon Australian information Australian information Australian information Australian informa detailed digital print © William Collins Sons & Co. Sp. Z o. 1979, 1986. All rights reserved. The word of the day is a pledged name [PAHY -ON] Definition reports © 2023 Dictionary.com, LLC Vitamin D Chemical structure -Vitamin D3 Molecular Model for humans and animals, metabolizing molecular data metabolization, liver, kidney -Semi -Inhabitants (T1/2) with 50 days with 50 days, approx. 50 days, with molecular data metabolization, kidney -Semi -Life (T1/2), with Molecular data metabolization liver, kidneys approx. 50 days, with molecular data metabolization liver, kidneys -Hleben (T1/2), with molecular data metabolization, kidney -Semi -Life (T1/2), with Molecular data metabolization liver, kidneys -Hleben (T1/2), with mole data metabolization liver, kidney half-time (T1/2) with FECALE, D-CURA, Devaron, Divivis rikets indications, osteoporosis, vitamin D deficia database A11CC Farmmacotherapeutic part should take vitamin D in winter? - Vitamin D deficia database A11CC Farmmacotherapeutic part should take vitamin D deficia database A11CC Farmmacotherapeutic part should take vitamin D deficia database A11CC Farmmacotherapeutic part should take vitamin D deficia database A11CC Farmmacotherapeutic part should take vitamin D deficia database A11CC Farmmacotherapeutic part should take vitamin D deficia database A11CC Farmmacotherapeutic part should take vitamin D deficia database A11CC Farmmacotherapeutic part should take vitamin D deficia database A11CC Farmmacotherapeutic part should take vitamin D deficia database A11CC Farmmacotherapeutic part should take vitamin D deficia database A11CC Farmmacotherapeutic part should take vitamin D deficia database A11CC Farmmacotherapeutic part should take vitamin D deficia database A11CC Farmmacotherapeutic part should take vitamin D deficia database A11CC Farmmacotherapeutic part should take vitamin D deficia database A11CC Farmmacotherapeutic part should take vitamin D deficia database A11CC Farmmacotherapeutic part should take vitamin D deficia database A11CC Farmmacotherapeutic part should take vitamin D deficia database A11CC Farmmacotherapeutic part should take vitamin D deficia database A11CC Farmmacotherapeutic part should take vitamin D deficia database A11CC Farmmacotherapeutic part should take vitamin D deficia database A11CC Farmmacotherapeutic part should take vitamin D deficia database A11CC Farmmacotherapeutic part should take vitamin D deficia database A11CC Farmmacotherapeutic part should take vitamin D deficia database A11CC Farmmacotherapeutic part should take vitamin D deficia database A11CC Farmmacotherapeutic part should take vitamin D deficia database A11CC Farmmacotherapeutic part should take vitamin D deficin database A11CC Farmmacotherapeutic part should take vitamin D calcium and phosphate, which is very important for different biological processes. The two main forms are vitamin D3 (animal shape) and vitamin D3 can be generated by ultraviolet light in the human body. [1] With the classic interpretation of the term "vitamin", this means that vitamin D cannot be seen as a real vitamin. In most cases, however, the endogenous synthesis is inadequate and people are dependent on sources that are provided by external sources that are still generally regarded as vitamin. [2] Vitamin D, manufactured or removed from nutrients, is not yet physiologically active. After enzymatic transformation in the liver and then in the kidneys, however, it becomes active (calcitriol). The active vitamin D is transported through the bloodstream into all tissues of the body. This supports the absorption of calcium, phosphate and magnesium from nutrients in the intestine. bones, tooth and muscle tissue. Vitamin -D deficiency cannot be enough consumption and not enough sunlight. Liver and kidney diseases can also affect absorption and ultimately to bone softening disorders such as rickets and osteoporosis. In addition to these functions, vitamin D has received attention for its role in cardiovascular disease, autoimmune disease, and cancer.[3] However, there is no consensus in medicine about these health effects. Biochemical forms Various forms of vitamin D1: combination of ergocalciferol (D2) and lumisterol, 1:1. This designation is no longer used. Vitamin D2: calciferol or ergocalciferol (C28H44O); this form is made from ergosterol (provitamin D2) in plant foods or mushrooms (the most nutritionally important ones such as cheese, mushrooms and yeast) and cannot be produced by the human body. Vitamin D3 or cholecalciferol (C27H44O). This form is found in animal products; however, it can also be formed in the skin from 7-dehydrocholesterol (a derivative of cholesterol) by a photochemical reaction to the ultraviolet rays of sunlight. Vitamin D4: 22,23-dihydroergocalciferol (rich form of vitamin D2) Vitamin D5: cytocalciferol (synthesized from 7-dehydrositosterol) The difference between vitamins D2 and D3 is that D2 has an additional CH3 group (at carbon 24). bond (between carbons 22 and 23). In most mammals, including humans, vitamin D3 is at least three and possibly ten times more potent than vitamin D2, due in part to its stronger binding to the vitamin D2 is still widely available, experts no longer consider it to be at the same level as vitamin D3.[7] Synthesis and Metabolism Almost all vitamin D in our body is made from endogenous cholesterol in the skin; where the hydrocholesterol is converted into provitamin D3. Slow spontaneous isomerization is transformed into vitamin D3. The highest concentration of 7-dehydrocholesterol in the spinosum stratum and at the base of the layer is in the skin. Humans and most mammals (with the exception of cats) have 7-dehydrocholesterol available to make vitamin D. Vitamin D2 and food D3 is quickly converted into the small intestine. The chylomicrons then transport it through the lymphatic system in venous traffic. There he is half from 19 to 25 hours. [8] Meanwhile, it is either stored in the skin or from food can then be stored and released in fat cells. Vitamin D circulates in circulation throughout the body, linked by the so-called "vitamin D connection protein" (VDBP). It is also transported to the liver, in particular in several other body tissues, vitamin D3 (and D2) is converted into calcidiol (25-hydroxyvitamin D or simply 25-OH D3) by the enzyme vitamin D3-25 hydroxylase. This metabolite of vitamin D has only low biological activity. Calcidiol is finally transformed into the kidneys by 25-hydroxyvitamin D3 1-Alpha-hydroxylase (under the influence of the enzyme of tissue can be expressed in micrograms of ergocalciferol (vitamin D2) or micrograms of -cholecalciferol (vitamin D3). (Abbreviated UI or UI), according to which 40 IU is equivalent to 1 microgram (µg). [9] Effects on the body vitamin D (and in particular calcitriol) has different functions in The organism: Metabolism of calcium: calcitriol binds to the receptor of vitamin E. This receptor is one of the steroid receptors. The steroid receptors. The steroid receiver acts as a protein transcription factor, which can regulate the expression of the gene D.This is to keep calcium from the bones, on the other hand, by stimulating the absorption of calcium and phosphate from food, or by stimulating kidneys, stimulating kidneys, stimulating a lot of attention. [A] The immune system produces vitamin D3 from cholesterol (7-dehydrocholesterol) when exposed to sunlight in doses of a metabolite that prevents cardiovascular and vascular diseases. Endogenous production is by far the most important source of vitamin D for most people. The body has an excellent ability to produce vitamin D3. A person who spends a long time in the sun to develop pale red skin will experience an increase in blood levels of vitamin D3 as if the person were taking 10,000 (250 micrograms) as a dietary supplement. In an area [[13], people living in tropical climates get about 10,000 IU per day, which is much more than the recommended daily intake in the Netherlands and Belgium. After excessive sun exposure, vitamin D has no toxicity because at one point there is a balance between products. The production of vitamin D in the skin, the power of the sun must be higher. 3. Solar energy is a measure of the amount of ultraviolet (UV) radiation reaching the world. Factors that affect this: Latitude: At higher latitudes, UV-B rays are filtered by the atmosphere with a certain amount of sunlight, especially in winter. In winter, more than 52 degrees (regardless of the atmosphere with a certain amount of sunlight, especially in winter. and other conditions), the sun is very weak even for the production of vitamin D on the skin. The production of vitamin D in the skin increases exponentially. People living and working in tropical areas produce about 10,000 IU (250 mcg) per day; This is 100 times the recommended daily intake for adults in the Netherlands and Belgium. The height of the sun in the sky: The wavelengths at which the production of vitamin D in the skin occurs at sea level in sunlight, where the sunlight is more than 3. [14] At this angle, which occurs daily in mid-latitudes in spring and summer, but never outside both polar circles, enough D3 is produced on the skin in about 10-15 minutes. At least face, arms, hands and preferably upper body (without sunscreen) at least twice a week. The sun's highest position during the day (Zenith) is relatively low in winter compared to summer. At our latitudes, there is too little solar energy in winter and spring to produce vitamin D in the skin. In summer, in the early morning and late evening, the sun's strength is usually too weak to produce vitamin D. Clouds in the atmosphere reduce the amount of ultraviolet radiation that reaches to the skin of the earth on the earth. a lamp used for solar lamps or light treatments. However, those who use tanning beds have significantly higher levels of vitamin D than those who do not. [17] Sun Behavior: Lifestyle: Most people often work and live indoors. Whenever she goes out, she covers it up with a fear of skin cancer or sunscreen. People who avoid the sun walk under the sun. The risk of vitamin D deficiency. Despite the sunny weather and favorable latitude, Miami has an amazingly high deficiency of vitamin D. [18] Glass: glass houses and cars absorb ultraviolet rays even in summer. Hide the skin: in the Netherlands, clothes covering the body (nikab, boerka, chador, calf) are worn mainly by women with dark skin, because this part of the UV spectrum (except vitamin D) the skin or burn red. The use of a cream with the SPF 8 filter reduces the production of vitamin D by 99%. [20] skin condition: skin pigmentation: melanin in the skin acts as a natural defense against sunburn, but also limits the pace at which vitamin D can be produced. In people with dark complexion, vitamin D synthesis in the skin runs much more slowly. that in men with white leather and can be inhibited to 99%. [20] The fact that people with fair complexion live mainly in small areas can be a consequence of evolution, because people with light complexion from these regions are less exposed to poisoning than people with dark complexion. [21] And vice versa, the fact that dark -skinned people live, especially in very sunny areas, can be a consequence of evolution, because dark -skinned people live, especially in very sunny areas, can be a consequence of evolution, because dark -skinned people live, especially in very sunny areas, can be a consequence of evolution, because dark -skinned people live, especially in very sunny areas, can be a consequence of evolution, because dark -skinned people live, especially in very sunny areas, can be a consequence of evolution, because dark -skinned people live, especially in very sunny areas, can be a consequence of evolution, because dark -skinned people live, especially in very sunny areas, can be a consequence of evolution, because dark -skinned people live, especially in very sunny areas, can be a consequence of evolution, because dark -skinned people live, especially in very sunny areas, can be a consequence of evolution, because dark -skinned people live, especially in very sunny areas, can be a consequence of evolution, because dark -skinned people live, especially in very sunny areas, can be a consequence of evolution, because dark -skinned people live, especially in very sunny areas, can be a consequence of evolution, because dark -skinned people live, especially in very sunny areas, can be a consequence of evolution, because dark -skinned people live, especially in very sunny areas, can be a consequence of evolution, because dark -skinned people live, especially in very sunny areas, can be a consequence of evolution, because dark -skinned people live, especially in very sunny areas, can be a consequence of evolution, because dark -skinned people live, especially in very sunny areas, can be a consequence of evolution, because dark -skinned people live, especially in very sunny areas, can be a consequence of evolution, because dark -skinned people live, especially in very sunny areas, can be a consequence o thinner and its ability to produce vitamin D decreases (transforming 7-aacistrocolesterol into Rev. D3). White and healthy skin is essentially capable of quite rapid production of large amounts of vitamin D. On the 52 parallel in summer (May-September) in the middle of the day at the cloudy sky and cloudless air, after a few minutes after a few minutes after a few minutes after a few minutes skin type 1 (skin 1 (empty) by 25 %. The body surface is detected within a few minutes, and 25 micrograms (1000 IU) vitamin D. [22] Human diet contains insufficient amount of vitamin D. [D] very little food is a good source of vitamin D (wild salmon 25 mcg per serving, selected salmon 10 mcg per portion), mackerel), mackerel) (provitamin D2), which can be converted into organically active ergocalciferol (vitamin D2) by sufficient UV radiation. Therefore, forest mushrooms that would grow in slightly worse conditions. Other plants may also contain traces of ergosterol. Vitamin D3 is also industrially obtained from the lichen. It is the only inanimate source of vitamin D3, which is important for vegans. Food enriched with vitamin D foods enriched only to margarine, up to a total of 7.5 micrograms (300 IU) and up to 7.5 micrograms (300 IU). For 100 g. Vitamin D in breast milk are particularly low and highly dependent on the vitamin D in breast milk are particularly low and highly dependent on the vitamin D in breast milk are particularly low and highly dependent on the vitamin D in breast milk are particularly low and highly dependent on the vitamin D in breast milk are particularly low and highly dependent on the vitamin D in breast milk are particularly low and highly dependent on the vitamin D in breast milk are particularly low and highly dependent on the vitamin D in breast milk are particularly low and highly dependent on the vitamin D in breast milk are particularly low and highly dependent on the vitamin D in breast milk are particularly low and highly dependent on the vitamin D in breast milk are particularly low and highly dependent on the vitamin D in breast milk are particularly low and highly dependent on the vitamin D in breast milk are particularly low and highly dependent on the vitamin D in breast milk are particularly low and highly dependent on the vitamin D in breast milk are particularly low and highly dependent on the vitamin D in breast milk are particularly low and highly dependent on the vitamin D in breast milk are particularly low and highly dependent on the vitamin D in breast milk are particularly low are particular If mothers already have a subclinical deficiency of vitamin D (like most women in Western countries far from the equator and especially in the Islamic communities), infants are at a clear risk that vitamin D must be produced. additionsDietary supplements are the permitted amount of vitamin D, limited by law to a maximum of 25 micrograms per daily dose. If the instructions for use prescribe more than 15 mcg of vitamin D per day, the following text must be identified on the outside of the packaging: This dietary supplement is not suitable for children under 10 years of age. [26] Both vitamin D2 and vitamin D3 are on the market as a dietary supplement. Vitamin D2 in dietary supplements is synthesized from existing ultraviolet radiation from yeast ergosterol, and vitamin D. In virtually all liver oil is also a good source of vitamin D. In virtually all liver oil is also a good source of vitamin D. In virtually all liver oil existing ultraviolet radiation from yeast ergosterol, and vitamin D. In virtually all liver oil is also a good source of vitamin D. In virtually all liver oil existing ultraviolet radiation from yeast ergosterol radiation from yeast ergosterol existing ultraviolet existing ultraviolet ergosterol existing ultraviolet existing ultraviolet ergosterol erg of these vitamins for lifelong vitamins. (and permanent (up to constant standardized) amounts of vitamins A and D. Ordinary liver oil (where this standardization has not taken place) is not sold in the Netherlands or Belgium. is difficult to issue generally applicable recommended daily amount (ADH value) of vitamin D according to the EU labeling directive is 10 mcg This value is also a value to consider if the DHA percentage is indicated on the foods displayed. However, this ADH value does not take into account the age or gender of the user. This difference occurs within the recommendations of the 2018 Health Board report (see table). vitamin D in µg/day Source: Health Nutrition Standards 2018 [27] 1-3 years 4-8 years 9-13 years 14-18 years 19-50 years 51-70 years groups specifically mentioned, withFollowing the 2000 revision of the Dietary Reference Values above.[f] In 2012, the Health Council prepared new Dietary Reference Values for vitamin D.[29] However, various experts believe that the recommended daily amount of vitamin D is still too low. .], the Nutrition Center includes the following groups. recommends a vitamin D supplement containing 10 micrograms of additional vitamin D daily: [34] For all children under 4 years of age. For this reason, counseling centers now recommend vitamin D daily: [34] For all children under 4 years of age. and men over 70 All veiled women under 50 doubled (or 20 micrograms) in some groups, according to the Nutrition Center. (Daily extra) required for: People living in nursing or nursing homes Women over 50 and men recommended daily dose[33] (see table). It has already been mentioned that severe vitamin D deficiency is quite common in the Netherlands are limited by law to a maximum of 25 µg of vitamin D needed to achieve and maintain a serum calcidiol level of 80 nmol/L.[33] Initial daily oral dose (nmol/l) 20-40 55 µg (2200 IU) 40-60 45 µg (1800 IU) 50 0 µg Determination of vitamin D status are: treatment of unexplained muscle weakness for treatment of osteoporosis in high-risk groups; pregnant women, hypercalcemia, very old people with little exposure to the sun, rickets, osteomalacia, vitamin D) in the blood. However, in patients with severe renal impairmentGood size because the supply may be enough, but there is no activation in the kidneys. Serum concentrations are often 135-225 NMOL/L in southern countries with high sun exposure and incomplete skin coverage. [35] Parathyroid hormone levels are high. Regarding parathyroid hormone levels, the required Calcdiol level is currently fixed active form of vitamin D, is not a good indicator of vitamin D test may be indicated in patients with unexplained hypercalcemia. Health effects of different serum calcidiol (25(OH)D3) levels. [35] Concentration of 25 (OH) D (NG/ML) concentration of 25 (OH) D (NMOL/L) Description of health effects - 150> 325 Poisoning by laboratory tests Reference values used by Dutch workshops as normal values Calcidialolo vary greatly. For example, at VU Medical Center and Maastricht Academic Hospital, a serum calcidiol level of 26 nmol/l is considered normal. while at Groningen University Medical Center the same value is considered Reference values of calcidiol in non-commercial laboratory 25 (OH) D GRONINGEN University Medical Center Rijnmond Zuid, Rotterdam DEFICIENCE: 250 NMOL/L IJSSEL Normal: > 50 Nm Leiden University Medical Center Normal: > 50 Nm Leiden University Medical Center Normal: 25-150 Nmol/L Maastricht Academic Hospital Normal: > 50 Nm Leiden University Medical Center Norma hampered by Important differences in the results The analysis of the same method is used. [39] Prevention of vitamin D deficiency in practice maintain an adequate status in vitamin D deficiency in practice maintain an adequate status in vitamin D deficiency in practice maintain an adequate status in vitamin D deficiency in practice maintain and equate status in vitamin D deficiency in practice maintain and equate status in vitamin D deficiency in practice maintain and equate status in vitamin D deficiency in practice maintain and equate status in vitamin D deficiency in practice maintain and equate status in vitamin D deficiency in practice maintain and equate status in vitamin D deficiency in practice maintain and equate status in vitamin D deficiency in practice maintain and equate status in vitamin D deficiency in practice maintain and equate status in vitamin D deficiency in practice maintain and equate status in vitamin D deficiency in practice maintain and equate status in vitamin D deficiency in practice maintain and equate status in vitamin D deficiency in practice maintain and equate status in vitamin D deficiency in practice maintain and equate status in vitamin D deficiency in practice maintain and equate status in vitamin D deficiency in practice maintain and equate status in vitamin D deficiency in practice maintain and equate status in vitamin D deficiency in practice maintain and equate status in vitamin D deficiency in practice maintain and equate status in vitamin D deficiency in practice maintain and equate status in vitamin D deficiency in practice maintain and equate status in vitamin D deficiency in practice maintain and equate status in vitamin D deficiency in practice maintain and equate status in vitamin D deficiency in practice maintain and equate status in vitamin D deficiency in practice maintain and equate status in vitamin D deficiency in practice maintain and equate status in vitamin D deficiency in practice maintain and equate status in vitamin D deficince maintain and equate stat D are the elderly, children, pregnant women, dark skin, people who go out little or wear clothes that cover the body (nigab, boerka, chador, sail). But even among young healthy adults, about a third seem to have insufficient status in vitamin D. [20] almost half of people over 65 in the Netherlands suffer from vitamin D deficiency [[40] In studies, more than half of the Western Dutch immigrants, pregnant women and their newborns presented a severe vitamin D deficiency (serum calcidiol rate). [41] It has also been noted that general practitioners are not sufficiently aware of the fact that vitamin D is not produced sufficiently in the Netherlands in summer and spring. [42] With a low vitamin D threshold of 50 Nmol/L, around 36 % of young healthy adults (18-29 years) have low levels of vitamin D, 42 % of women (15-49 years).) So with a dark skin color. In Europe, 28 to 100 % of healthy adults (18-29 years) have low levels of vitamin D, 42 % of women (15-49 years).) So with a dark skin color. In Europe, 28 to 100 % of healthy adults and 70 to 100 % of healthy adults (18-29 years). vitamin D deficiency (Defined as a serum concentration less than 50 Nmol/L). For Moroccan, Sudanese, Turkish and Cape Verdean childrenThis number is even higher. [43] Countries such as the United Kingdom [44], the United States [45] and Norway [46] also appear to suffer from vitamin D deficiency, particularly in winter and spring. Causes of too little vitamin D are insufficient production: A common cause of too little vitamin D is a lack of synthesis in the skin. This may be due to seasonal sun protection, body-covering clothing, limited time outdoors, reduced production can alter vitamin D metabolism [47], therefore vitamin D deficiency is common among alcoholics. fat absorption disorders. Polymorphisms: Genes encoding vitamin D receptor polymorphisms: Genes encoding vitamin D receptor polymorphisms can increase vitamin D likely meet these increased needs and reverse the adverse health consequences of these polymorphisms. When vitamin D production is optimal and the vitamin D production is optimal and the vitamin D under suboptimal conditions for this gene can have a negative effect, and vitamin D beficiency is associated with the following bone disorders: Rickets or English disease, a childhood disease characterized by stunted growth and deformity of long bones. The bones are bent by the weight of x feet. Osteomalacia, a common disease in adults, is accompanied by muscle weakness, such as B. Difficulty climbing stairs or getting up from a chair. Osteoporosis. Vitamin D deficiency is also associated with several chronic diseases such as hypertension, tuberculosis, cancer, periodontitis, multiple sclerosis, chronic pain, depression, schizophrenia, seasonal affective disease and vascular disease and vascula diseases and vascular diseases vitamin D because calcium absorption from the intestine is reduced by vitamin D levels. This is compensated by a large release of parathyroid hormone also stimulates the cells in the bone bun (osteoclasts), causing bone loss and development, or worsening osteoporosis. General practitioners often prescribe 10 mcg (400 IU) of vitamin D per day to patients with osteoporosis. [H] Recent scientific studies show that this dose is insufficient and should be at least doubled. 1] It does not need to take such a dose every day. An oral dose of 100,000 IU of vitamin D (2500 mcg) three times a year has also been shown to significantly reduce the risk of fractures. [10] A decrease in fracture rate occurs when serum is 72 nmol or more, and this change is likely due to both improved bone strength and reduced risk of falls due to stronger muscles. A large study of the American population showed that bone density increased by about 5% by increasing the level of 25-hydroxyvitamin D (caldimol) from 25 to 90 nmol/l. [55] Vitamin D Depression Vitamin D is involved in the production of serotonin by acting on the enzyme tryptophan hydroxylase 2 (TPH2), an enzyme tryptophan hydroxylase 2 (TPH2), an enzyme tryptophan hydroxylase 2 (TPH2) are consistent of the serotonin. lead to neuropsychiatric disorders such as depression. [56] Although there are suggestions that depression suggest that vitamin D supplementation on depression suggest that vitamin D, studies on the effect of vitamin D and other disorders have also found many striking associations between low vitamin D levels and several disorders. This does not necessarily indicate a causal relationship, but is certainly a reason for further research: Autoimmune diseases Multiple sclerosis: There is a strong correlation between latitude and geographic latitude. If the incidence of multiple sclerosis is almost never

detected near the equator and moves away from the equator, the incidence is so high. The highest incidence is a connection between multiple sclerosis and the number of watches passed in the sun per year. The density of the disease waves - the highest activity of the disease (with the lowest vitamin D amount) and the lowest (with the highest vitamin D) in autumn. Apparently there is a connection with the use of vitamin D: the Scandinavian coast, where too many fish and seafood consumed, is less common than this disease. Two main epidemiological studies, including a study on the health of nurses, showed the inverse relationship between vitamin D intake and multiple sclerosis. All of this shows a connection with vitamin D and encouraged scientists to continue to investigate the relationship between multiple sclerosis and vitamin D. There were too many misleading variables to achieve strong conclusions. Heart ischemia. Vitamin D and encouraged scientists to continue to investigate the relationship between multiple sclerosis and vitamin D. treatment of coronary heart disease. [60] As in the case of cancer, the reverse connection was established between heart disease and serum vitamin D (300 to 2000 IU) has been associated with a decrease in mortality [61]. 62] Light treatment can help psoriasis (and other skin conditions) as it increases vitamin D in the body. [63] Cancer. In the northern part of the US, where inhabitants live in big cities and where they receive less sunlight, mortality is higher than the southern states than column, breast and prostate cancer. Prevention of Calcium [64] [65] Breast Cancer Prevention [66] Type 6 Diabetes: 2001 Finland study showed that children with 50 micrograms of D (2000 TV) per day were less than 80 % less. Type 1 diabetes. Cardiovascular Disease: Vitamin D deficiency is associated with increasing the risk of high blood pressure and cardiovascular Disease. low levels of vitamin D were more than 62% more exposed to the development of heart failure. [68] However, the results of research on the relationship between vitamin D toxicity In the case of vitamin D toxicity In the case of vitamin D toxicity. Another term is hyperwitaminosis D. Very high doses of vitamin D can cause a high level of calcium in the blood. This can cause the following symptoms: nausea and vomiting in the stomach as well as congestion, high desire, high alcohol consumption and a lot of irritability, confusion or gloomy effort and general weakness, arrhythmias, kidney stones may be detected by kidney and heart damage. [71] Acute vitamin D toxicity can be fatal. Several people died in the United States after drinking milk accidentally enriched with 250 (10,000 IU) per day, [m] 100 times the current daily dose recommended for people aged 4 to 50 years. For a short time, much higher doses can be given. For example, an injection of 600,000 IU (15 mg) increased the level of caldile from 2 ng/ml to 22 °/ml in ten elderly without indicating toxicity. [74] These doses are not only safe, but also recommended for the elderly to prevent vitamin D deficiencies in winter. [75] In the case of dietary supplements, it is practically impossible to obtain toxic levels of vitamin D3 in dietary supplements in the Netherlands and Belgium. Vitamin D3 is only toxic at the values of caldye serum of 600 Nmol per liter or more. [76] [77] These values are achieved only by taking over 40,000 IU (1000 µg) vitamin D3 per day, [76] 400 times more than the currently recommended daily dose for adults. Since dietary supplements in the Netherlands cannot contain more than 25 micrograms per day [26], there is a risk of overdose of vitamin D3 when usingProvided that people follow the recommended dosage, which is practically excluded in the Netherlands. While [N]ergocalciferol (D2) reinforces toxicity, it does so, not D3 where the toxicity threshold is much higher. It is not known exactly how an overdose of vitamin D hypercalcemia occurs. It seems likely that at very high concentrations of calcidiol, the ability to bind DBP can be overcome and immediately affect the free calcidel (performed by calcitriol only under normal conditions) or the calcithiol group. The hostile form increases and therefore affects the expression genes. It is unlikely that an overdose causes an increase in the concentration of calcitriol, which can increase in the concentration of calcitriol, which can increase in the concentration of calcitriol. suggesting that the risk of chronic vitamin D deficiency far outweighs the risk of overdose. [13] [22] History discovered the biochemical Edward Mellanby (1943), an exceptional researcher of vitamin D, who discovered the biochemical Edward Mellanby (1943), an exceptional researcher of vitamin D adolf Wine (1928), the discovered the biochemical Edward Mellanby (1943), an exceptional researcher of vitamin D. but in a room, unlike previous centuries. In the first half of the twentieth century, the connection between census inflammation. , [79]] it was demonstrated two years after the same exposure to sunlight [80] British Dr. Edward Mellanby was a pioneer of vitamin D, and its role in count inflammation. putrefaction can be cured by oil, milk and, above all, liver oil [81] when he discovered Q Vitamin Outa (after vitamins A, B and C)), in this caseD. In 1928, the Nobel Prize in Chemistry was awarded to Adolf Windus, who discovered 7-dehydrocholodesterol, the precursor of vitamin D. Around the 1930s, most of the chemistry and biology of the anti-roller effect of the oil. Liposoluba substances were known to be involved and could be generated by irradiating the yeast with ultraviolet light. The substance found in the yeast was ergocalciferol or vitamin D2. It has also been found that some cholesterol in the substances is converted to a similar substance, cholecalciferol or vitamin D3 by UV rays. Especially after the Second World War, the Dutch government issued a series of measures to improve the condition of the vitamin population. For example, "holiday colonies" were established where pale noses (children with health problems), especially the poorest social classes, can return to the force. Then he was afraid, especially the inhabitants of the generally poorer cities, and especially their children, who received too little sunlight and therefore too little sunlight and therefor placebo group) if they receive an oral dose of 100,000 every four months. This corresponds to a daily dose of just over 800 IU. If we examined typical osteoporotic diseases of the hip, wrist, forearm and posterior vertebrae, the probability of breaks in the vitamin D group was reduced by 33%. [10] Several studies have been conducted on the toxicity of vitamin D. mmol/l. [13] "Some scholars place the boundary to the south, about 45 degrees. In this editorial of the American Journal of Clinical Nutrition, leading vitamin D research findings have not yet translated into higher recommendations. They also confirm that with regard to the results of the current study on vitamin D, the required level of 75 nmol/l (30 ng/ml) or ICID.East. Experts say they will speak to European and American health organizations for higher recommendations and safety standards on vitamin D. One glass of this milk is enough for up to 25% of the daily dose required for an adult. Vitamin D is also added to dairy products in Finland, Norway, Sweden and Canada. It is forbidden to fortify milk with vitamin D. In the Netherlands and Belgium [24] The following groups are also recommended for vitamin D in this report: children under 4 years of age, dark skinned, pregnant women, or women who do not wash, veil, women over 50 and 70 years of age. The Health Council recommends improving the importance of vitamin D supplementation and concludes that it should be re-examined since 2000. Health advice formed by the core values of diet D, for example, Mr. Lips (optimal) state of vitamin D of 80 nmol/L). It also claims to be an enriched food to consume 400 IU (10 mcg) per day. Lips is 2008. Co-author of the Health Council reports on vitamin D. [30] According to the Osteoporosis NHG Standard published in 2005. October months. This article by the British Medical Journal suggests that at least 800 IU (20 ug) of vitamin D should be used to prevent fractures and aging. [50] This study found no effect on daily use of (mainly) 400 IU of vitamin D3 over 4 years in people aged 80 years and older who are at risk. [51] This convincing meta-analysis showed that vitamin D supplementation reduced the risk of falls by 30%. Results at a dose of 800 IU per day were the most convincing. [52] This study shows that a daily dose of 700 to 800 IU of vitamin D reduces the relative risk of hip fracture compared to calcium or placebo. Studies in this risk assessment. In these studies Vitamin D doses ranged from 10-250 mcg per day. Thus, the authors ask for nutritional and nutritional advice to re-evaluate existing vitamin blends. MF, Maclaughlin I., Clark MB, Holick SA, Potts JT, Anderson RR, Blank IH, Parrish Yes, Elias P (1980). Portamine D3 photosynthesis in human skin and physiological implications. Science 210 (4466): 203 5. PMID: 6251551. doi: 10.1126/science.6251551. (S) Norman AW (2008) From Vitamin D to Hormone D: The Foundations of the Vitamin-D Hormonal System that is Essential for Good Health. American Journal of Clinical Nutrition 88(2): 491S 499S. PMID: 18689389. doi: 10.1093/ajcn/88.2.491s. Â B C D (I) Holick Mf. Sunlight and vitamin D for health and the prevention of autoimmune disease, cancer and cardiovascular disease. (2004) in J Clin Nut 80: 1678S-1688S. 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