



**30 COMMON DISEASES
& CONDITIONS CAUSED BY
NUTRITIONAL DEFICIENCIES
... AND HOW TO FIX THEM**

HealthGlade

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- Anxiety
 - Bleeding gums
 - Brittle nails
 - Canker sores
 - Cracks in the mouth corner
 - Crowded teeth
 - Cuticles tear easily
 - Dandruff
 - Dark circles under the eyes
 - Depression
 - Dermatitis
 - Dry and/or rough skin
 - Dry Hair
 - Edema and swelling
 - Hair Loss
 - Insomnia
 - Limb numbness or tingling
 - Loss of smell and/or taste
 - Joints that click
 - Muscle cramping
 - Muscle twitching
 - Near sightedness
 - Nose bleeding
 - Painful tongue
 - Pale color nails
 - Poor night vision
 - Poor wound healing
 - Stretch marks
 - Weak tooth enamel
 - White marks on nails
- Vitamin B3
 - Vitamin C
 - Calcium
 - Vitamin B9
 - Vitamin B2
 - Vitamin K
 - Protein
 - Selenium
 - Iron
 - Vitamin B6
 - Vitamin B7
 - Vitamin E
 - Vitamin B7
 - Potassium
 - Vitamin B2
 - Vitamin B6
 - Vitamin B12
 - Zinc
 - Manganese
 - Magnesium
 - Vitamin B12
 - Vitamin D
 - Vitamin C
 - Vitamin B9
 - Iron
 - Vitamin A
 - Vitamin C
 - Vitamin D
 - Vitamin A
 - Calcium

Nutritional deficiencies are responsible for a very high number of modern diseases, and alongside toxin exposure, are the 2 main causes of injury and illness today, with mental issues being a distant third.

While most of the major diseases stem from a nutritional deficiency, it's not something to be over alarmed about, since the body will usually give us warning signs before the major diseases can develop.

A case in point is the above list of 30 minor afflictions of the human body. If you suffer from one or more of them, it's not bad luck, but rather a signal from the body that you are lacking certain nutrients.

Vitamin deficiencies are most common, with A, the B group, C, D, E, and K. You can also be deficient in protein and other nutrients.

There are also a range of mineral deficiencies, including Calcium, Iron, Magnesium, Manganese, Potassium, Selenium, Zinc, and many more.

Please use this as a rough guide to determine if you have any deficiencies. But please note that many of the above conditions could be caused by multiple different deficiencies.

Due to space constraints, I have only listed what I consider the top deficiency for each condition. So, if you suffer from one of these, please investigate further for a full list of possible causes.

However, it is wise to start with the most likely cause, and you should consider the cause listed above as the best nutrient to start taking.

Proper nutrition, through the form of food or (good) multivitamins can eliminate (and prevent) these 30 common minor afflictions, and keep you free from the major diseases they can lead to.

For further information on nutritional deficiencies, and the best solutions to recover from them, please visit [HealthGlade.com](https://www.healthglade.com)