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Vitamin D May Ease Asthma

Asthma can be one of the scariest problems you can have. Not being able to breath can put you into a panic and make the problem even worse. If you suffer from asthma, you may want to look at the amount of Vitamin D you have in your diet.

Research is showing that low levels of Vitamin D can lead to more severe asthma problems. The study was published in the American Journal of Respiratory and Critical Care Medicine. It compared the vitamin D levels in 54 people and compared that the severity of their asthma attacks.

If you want to learn more, head over to WebMD where I saw this report. Just click the link below to read the original article.

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