

A GUIDE TO NUTRITIONAL DEFICIENCY

Diseases & their Symptoms



Nutrient: **IRON**
Diseases/Disorder: **ANEMIA**

SYMPTOMS

- Extreme Fatigue
- Chest Pain
- Weakness



Nutrient: **VITAMIN A**
Diseases/Disorder: **NIGHT BLINDNESS**

SYMPTOMS

- Dry & Inflamed Eyes
- Hazy Cornea
- Dry & Scaly Skin



Nutrient: **VITAMIN C**
Diseases/Disorder: **SCURVY**

SYMPTOMS

- Bleeding Gums
- Fatigue
- Rashes
- Wound Healing



Nutrient: **CALCIUM**
Diseases/Disorder: **HYPOCALCEMIA**

SYMPTOMS

- Anxiety
- Confusion
- Brittle Nails
- Poor Memory



Nutrient: **IODINE**
Diseases/Disorder: **HYPOTHYROIDISM AND GOITER**

SYMPTOMS

- Constipation
- Puffy Face
- Weight Gain
- Depression



Nutrient: **VITAMIN B1**
Diseases/Disorder: **BERIBERI**

SYMPTOMS

- Impaired Sensor
- Motor Functions
- Weak Muscles



Nutrient: **VITAMIN D**
Diseases/Disorder: **RICKETS**

SYMPTOMS

- Bone Pain
- General Weakness



Nutrient: **MAGNESIUM**
Diseases/Disorder: **HYPOMAGNESEMIA**

SYMPTOMS

- Vomiting
- Nausea
- Numbness
- Seizures
- Tingling Sensation

Nutritional Diseases

Chao Zhang



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Table of Contents Nutritional Diseases

1. Understanding the eBook Nutritional Diseases
 - The Rise of Digital Reading Nutritional Diseases
 - Advantages of eBooks Over Traditional Books
2. Identifying Nutritional Diseases
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Nutritional Diseases
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nutritional Diseases
 - Personalized Recommendations
 - Nutritional Diseases User Reviews and Ratings
 - Nutritional Diseases and Bestseller Lists
5. Accessing Nutritional Diseases Free and Paid eBooks

- Nutritional Diseases Public Domain eBooks
 - Nutritional Diseases eBook Subscription Services
 - Nutritional Diseases Budget-Friendly Options
6. Navigating Nutritional Diseases eBook Formats
 - ePub, PDF, MOBI, and More
 - Nutritional Diseases Compatibility with Devices
 - Nutritional Diseases Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Nutritional Diseases
 - Highlighting and Note-Taking Nutritional Diseases
 - Interactive Elements Nutritional Diseases
 8. Staying Engaged with Nutritional Diseases
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Nutritional Diseases
 9. Balancing eBooks and Physical Books Nutritional Diseases
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Nutritional Diseases
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Nutritional Diseases
 - Setting Reading Goals Nutritional Diseases
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Nutritional Diseases
 - Fact-Checking eBook Content of Nutritional Diseases
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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