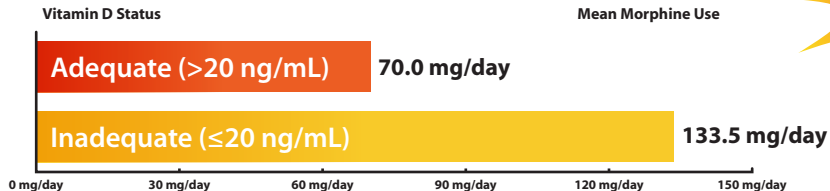


Vitamin D Deficiency and Musculoskeletal Pain

Patients with musculoskeletal pain take far less medication to ease their pain if they get enough vitamin D, according to a recent study of chronic pain cases:



Of course, the chiropractic response to this study should be clear – with chiropractic care, patients wouldn't need to rely on pain medication at all.

SOURCE: Turner MK, Hooten MH, Schmidt JE, et al. Prevalence and clinical correlates of vitamin D inadequacy among patients with chronic pain. *Pain Medicine*, November 2008;9(8):979-84.