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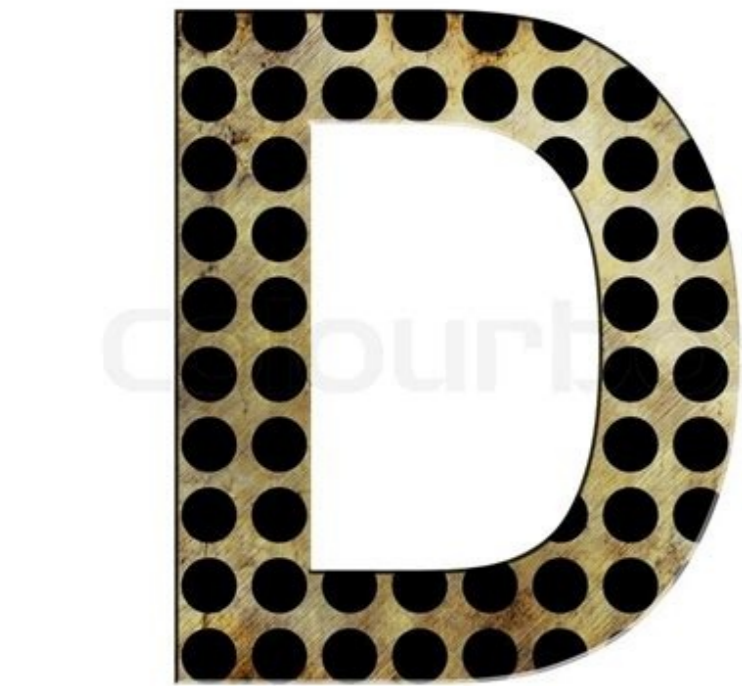
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Space and sustainability. In nearly 750 years of history, one of the greatest reforms is taking place in Amsterdam. The city turns into a city. The population is growing, the composition of the population is internationalizing, and things are growing. The success of the city has consequences. Public space, the transport network and public transport are under pressure. The demand for residential real estate is not very similar. While safeguarding a green village, new houses are mostly built in an existing municipality. Access to city directions requires significant investment in the regional transportation network. In general, attention must be paid to public space, traffic and the greenery of the city. At the same time, as we prepare for climate change for cleaner air, soil and water, we are faced with the task of using limited land use, using raw materials and making raw materials more efficient, and to make raw materials more efficient. Use innovative materials and energy sources. With tense speed, how can the city and its surroundings continue to function well and continue to provide residents with a comfortable life? This requires sustainable spatial planning. Land use planning and the sustainable development department assume this role. This director was tasked with organizing a small space taking into account the increase in population thanks to the quality and sustainable development of Amsterdam. Clearance planning and sustainability departments are the largest design agency in Europe. 600 working towns are proud of the city and each uses their own experiences to make the city fit for the future. Urban Plans Planner Authors and designers make plans visible in drawings. At the same time they offer important changes in the city such as Stranieldand (IJBURG), SLUISBUURT (Zeeburgerland), the Hamerstraat region and the north and south banks of the IJ. Landscape architects design outdoor spaces such as parks, sports fields, recreational areas and public spaces. Public space designers develop specific design plans for parks, squares and streets. Experts such as ecologists and transport planners are involved in all this planning with expert advice. Monuments and archeology professionals work to preserve, enhance and enhance the structural, archaeological and cultural landscape in Amsterdam. Teams of 7 District teams listen to what residents and users ask them and talk to them. They translate the physical, social and social tasks of the city into a space plan. The legal team ensures that the land use plans are updated and the room plans are verified using this directive. The biggest task for the coming years is to create the city's first environmental vision. All existing urban planning plans are included here. Supporters also think alongside their national counterparts when drafting a national environmental vision. Support Services Everyone assures that their expertise in detecting these tasks is possible. Let the city develop for city residents and users to participate in all levels and reflect on the development of cities. You do this not only by reacting to plans, but also by making suggestions for leadership and the city. Amsterdam works closely with the 32 municipalities in the region, the provinces of Noord-Holland and Flevoland, and the traffic region in the areas of life, mobility, economy and regional planning. Amsterdam and other municipalities cannot solve major spatial problems in their own territory. They need each other to determine where new apartments and offices should be built, how the energy transition is spatially designed, and how mobility in the area can be improved. Space and sustainability play a central role in advisory structures and the region after consultation with the government. Page 2 does location and sustainability. Amsterdam is in the midst of one of the biggest reforms in its nearly 750-year history. The city is turning into a metropolitan area. The population increases, the composition of the population becomes more international, and the number of jobs increases. A city's success has consequences. Public space is the transport network and public transport pressure. The mission of life is unprecedented. To achieve the green edges, new homes were largely built in the existing city. There are large investments in regional investments City directions should be available. Therefore, we must take into account public space, traffic and greens in the city. At the same time, we are faced with the task of making Amsterdam more stable, preparing for climate change, working on cleaner air, soil and water, making the city more green, quiet and energy-efficient, as well as optimizing limited land use. Re-use of raw materials and materials and the use of innovative energy sources. How can the city and its surroundings continue to function normally and ensure the comfortable life of their inhabitants? This requires sustainable spatial planning. This task is performed by the director for spatial planning and sustainable development. This management is responsible for organizing a limited territory for the growing population, while ensuring the quality and sustainable development of Amsterdam. SPATIAL PLANNING AND SUSTAINABILITY STAFF SPATIAL PLANNING AND SUSTAINABILITY - the largest design agency in Europe. He can boast of a city with 600 jobs, each of which uses its own experience so that the city is ready for the future. While planners write city plans, designers turn plans into visual drawings. Together, they provide large events in the city, such as B. The connection between Stremelland (Eiburg), Osabyurt (Zeeburgiland), Hamerstataterrain and the northern and southern shores of Hey. He designs open spaces, such as landscape architects, parks, sports grounds, recreation areas and public places. Public spaces are developing specific plans for the design of parks, squares and streets. Experts, such as ecologists and road designers, contribute to all these plans, providing consultations with special knowledge. Employees of the department of monuments and archeology are working on the protection, strengthening and sustainable development of the architectural, archaeological and cultural heritage of Amsterdam. Employees of 7 provincial brigades listen to issues of residents and users of the district and discuss them with them. They translate physical, social and social difficulties in the city into a spatial plan. The legal group is responsible for updating the zoning plans and checking the plans of premises for compliance with managing principles. An important task for the coming years is to develop the first world vision of the environment. This includes all existing zoning plans. Human rights activists also copy their national colleagues in the development of national environmental vision. Support services provide the possibility of implementing these tasks within the framework of their competence. Let the city prosper together, let the townspeople and users of the city participate at all levels and reflect on changes in the city. They do this not only reacting to plans, but also taking examples and creating proposals about how the city should form. Amsterdam is working closely with 32 regional municipalities, the provinces of North Holland and Folevo and the transport region in the field of housing, mobility, business and regional planning. Amsterdam and other municipalities cannot solve large spatial problems on their territory. They need each other to determine where to build new housing and offices, how to form an energy transition in space and how to increase mobility in the region. Space and stability play a central role in advisory structures and government consultations. Vitamin D is important for everyone, but some people need more than others. For example, in this care manual you will learn everything: what is vitamin D and what is it, can vitamin D help against the crown if there is a lack of vitamin D, what can you do with a lack of vitamin D, what is Vitamin D? Vitamin D is actually not vitamin, but a liposomal hormone that provides the absorption of calcium and phosphates in the body. The hormone is contained in some types of food and biologically active additives. Nevertheless, most of our vitamin D is produced by our own body, which happens when ultraviolet (UV) sun rays fall on your skin. Thus, vitamin D3 (cholecalciferol) is formed in the skin and stored in the form of inactive substance in the fatty tissue of our body. Then the cholecalciferol can be transformed into an active form of vitamin D3 (1 ±, 25-dihydroxvitamin D3) in the liver and kidneys. Vitamin D. The importance of vitamin D is necessary for the absorption of calcium and phosphates from food. Therefore, it plays an important role in various physical processes: growth and maintenance of solid bones and teeth, muscle restoration, allowing the immune system to function properly. The magazine of Nutritional Sciences has enough clues that sufficient vitamin D can prevent rucimus (bone training disorder) in young children under 4 years old. What does vitamin D do? Sunlight (UVB radiation) is usually the main source of vitamin D in the body. In addition, it contains a lot of vitamin D: cod liver oils (capsules or capsules online pharmacy) Some types of fish oils (also rich in Omega 3 diet), of course you can also get vitamin D in food. Sometimes a microgram product is added 100 grams saren17mcgrams (fresh) 16-SAUMON (fresh) 12 sardine with oil usually 5 to 10 micrograms per 100 grams. How much vitamin D do I need? Depending on your age and needs, 10 to 20 D3 (µg) daily is "sufficient". It is shown in the Journal of Nutrition Science of Cambridge University. Sometimes the package or dose of "IU" shows what international unit means. 400 IE Vitamin D corresponds to 10 micrograms (µg). Koen Kulper, a guide to maintaining a sensible contribution of 20 micrograms per day, is recommended for women and men aged 65 and over. The Board of Health establishes a general journal (AJR). The minimum value of vitamin D3 in the blood is intended for adults from 20 to 30 nmol/L (nanomoles per liter). However, the value (optimal vitamin D value) varies by age group. Three age groups are made: the 0 to 4 year old group is subject to a target of 30-50 nmol/L and can be reached by daily addition (investment) of 10 micrograms per day. The target value of 50-75 nmol/L refers to the age category for 5-64 years and can be achieved with daily supplementation (investment) from 10 to 20 micrograms per day. The target value of 75-100 nmol/L applies to people over the age of 65 and can be achieved by daily supplementation (investment) of 20 micrograms per day. Some research shows that daily vitamin logging should be higher if the skin does not receive limited UV radiation. In this case, there are other factors that may play an additional role in this case, such as being overweight, skin color and age. vitaminLow vitamin D is common, especially in the elderly. According to the Netherlands General College of doctors, about 50% of the elderly living in the house have the level of vitamin D. Even between 85 and 90% for residents of medical care and an educational institution. Vitamin D levels are reduced at a concentration below 20 nanomol per liter. Symptoms of vitamin D deficiency have various symptoms: fatigue or lack of energy, pain in gums, tremor or bleeding with muscles and joints. The only way to prove vitamin D deficiency is blood test. The professor showed that Chantal Mathieu is associated with increased risk of very little vitamin D in the body: the sun is the most powerful between 11:00 and 15:00. In most cases, there are enough 15-30 minutes a day. You can also use the additive of vitamin D3, such as tablets, capsules, drops or drinks. In this regard, vitamin D3 additives are available. Vitamin D3 additives are available here for children (first ranking), many are wondering what concentration of vitamin D to choose. In most cases, daily consumption between vitamin D3 per day is "sufficient". The Dutch law says that a dietary supplement may contain up to 25 micrograms. It is recommended to contact a doctor or nutritionist for sufficient advice. A visit to a nutritionist can be repaid medical insurance. Get to know the additional compensation of the insurance company for the diet. Risk groups have some groups with a higher risk of vitamin D deficiency. The responsible addition of vitamin D can benefit: vegetarians and vegetarians who wear a person's protective clothes, who is very little during the day or uses dark -skinned elderly and uses an unhealthy diet or wear too much Alcohol -FAT: Ask for help in determining the dose. Too much vitamin DFor a long time you can get too many unwanted side effects of vitamin D, such as: nausea, loss of appetite drowsiness or fatigue in the worst case cause damage such as your heart, kidneys and your blood vessels. Fortunately, too much vitamin D is rare in practice. In any case, always read the packaging sheet. If you follow the recommended dosage, the use of vitamin D has no side effects. This is an acceptable upper limit for vitamin D intake (nutrition center): 100 micrograms (MCG) per day for adults and children 11 to 17 years old 50 µg per day for children 1 to 10 years 25 µg for toddlers from 1 to 1 V The Year of vitamin D and crown vitamin D is sometimes associated with crown in scientific research. For example, one study indicates that vitamin D can reduce the severity of disease. However, to provide the final answer, larger studies with groups with good folds are needed. According to the Health Council, there are not enough patches for vitamin D to prevent corona. They see no reason to recommend vitamin D supplements to better protect them against respiratory infections. However, several professors, scientists and doctors swallow vitamin D against Corona. Sources from the following sources: The National Institute of Health (NIH) GPS (NHG) verifies the following. Winka, food scientist and former teacher at Walingen University. The disclaimer of disclaimer information in this article is set for the sole purpose of providing useful information to visitors. This information has no therapeutic or diagnostic value and should not replace the services, information or data of doctors, experts or other graduates and specialists. Medical consultations, medical conditions, symptoms or symptoms should be discussed with a physician or qualified specialist. The compilers of Zorgwijzers and Zorgwijzer.nl are in no way responsible for the abundance, accuracy or effectiveness of the information on Zorgwijzer.nl. The use of information is full of responsibilities and risks for the user. User.

