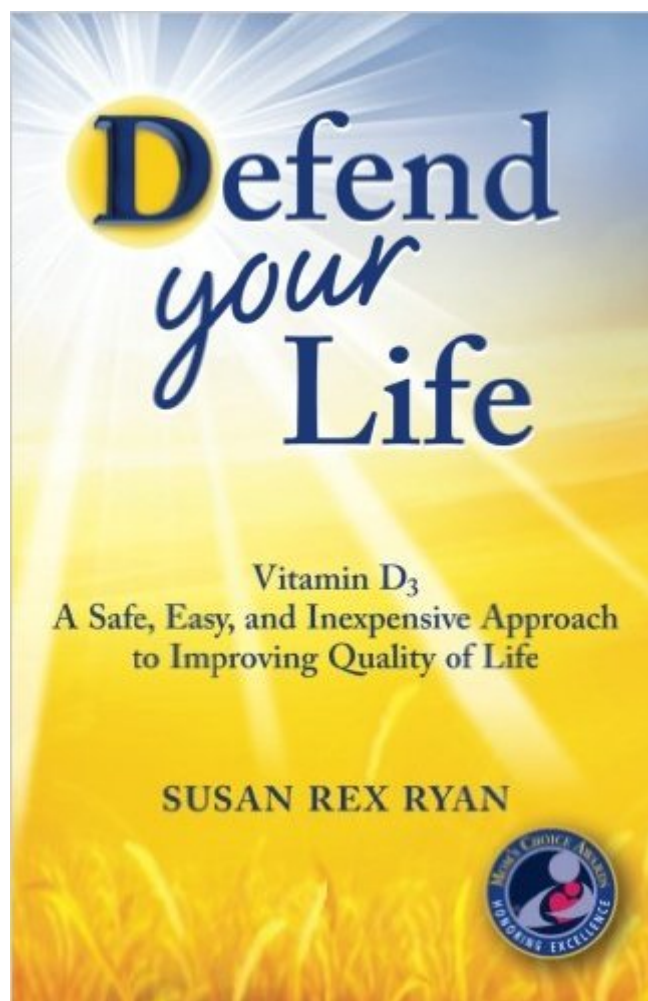


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# Defend Your Life: Vitamin D3 A Safe, Easy, And Inexpensive Approach To Improving Quality Of Life



## Synopsis

Prestigious Mom's Choice Awards® Winner Be healthier! The award-winning book Defend Your Life explains how you can empower your health and quality of life by taking a safe and inexpensive daily dose of vitamin D3. This self-help book addresses credible medical research -- in easy-to-understand language -- about vitamin D's wide range of potential health benefits including: decreasing the risk of arthritis, autism, cancer, contagious illnesses, diabetes, heart disease, multiple sclerosis, and thyroid disorders. Adequate vitamin D in your body also may improve athletic strength and dental health as well as slow genetic aging. In addition, Defend Your Life discusses how vitamin D works with other vitamins and minerals including vitamin K2. Author Susan Rex Ryan shares her self-help success as well as her theory about how you can to attain optimal vitamin D status and easily "defend your life" by preventing disease and enjoying better health and quality of life..

## Book Information

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Best Sellers Rank: #113,005 in Books (See Top 100 in Books) #21 in Books > Medical Books > Medicine > Preventive Medicine #59 in Books > Health, Fitness & Dieting > Nutrition > Vitamins & Supplements #280 in Books > Medical Books > Basic Sciences > Physiology

## Customer Reviews

After having a spine fusion four years ago, I was advised by my neurosurgeon to increase my intake of calcium and vitamin D3. At that time, I did not realize there was any difference between the various types of vitamin D, although my neurosurgeon said "make sure it is D3." I found the author's book very easy to read; the information she presented was well-researched, well-documented, and practical for both the layperson and medical professional. I now feel more knowledgeable about the potential benefits of D3 and the how the vitamin may prevent/help various medical conditions ranging from the common cold to cancer. I would highly recommend this book to anyone wanting to

learn more about vitamin D3. As the author suggests, I will discuss D3 with my personal physician before increasing the dose. I do have many questions for my doctor after reading this book (and now feel that I am an informed patient). Finally, you can feel the author's passion about her subject as you read the book. She provided several personal examples that made "Defend Your Life" very interesting. I sat down to BEGIN reading the book and ended up reading it from cover to cover without ever leaving my chair!

When my copy of "Defend Your Life" arrived from , I could not put the book down. The number of medical studies linking vitamin D3 and the prevention of so many types of diseases including autism, cancer, and MS are astounding. I even learned how vitamin D3 can affect the gums and teeth in my mouth! This book is well-written, easy to read, and includes personal stories and insights that only add to the reader's enjoyment. Highly recommend!

As a registered nurse, I am always searching for easy to read books which can provide needed information for my patients. This book fits the bill beautifully. Vitamin D3 is being prescribed by physicians and nurse practitioners more and more. My patients have questions and now I feel fully prepared to answer them. This is well researched and meticulously prepared. I feel confident in giving this information to others. I am particularly interested in the chapters about Cardiovascular disease and Diabetes as many in my patient population are afflicted with these diseases. Thanks to the author for an easy to understand "bible" for my library.

My elderly mother and I recently read "Defend Your Life." We both really enjoyed it and were surprised how much vitamin D3 can affect health. This book touches many aspects of life including the need for animals and birds to get their D3. A fascinating read!

This book and Susan Rex Ryan being open to help others has changed my life. In February I had a complete MS relapse not being able to get out of bed. Having 7 kids at home, mom needs to function. Following her protocol, I am moving and chasing my kids again.

After reading this book in one day, I highly recommend every health care professional, teacher, heck, EVERYONE, read it, too! I learned so much in such a short amount of time and immediately changed my supplementation to adding Vitamin D3 in the proper amount to raise my levels. As you go through the chapters, it is clear that low levels (acceptable according to most doctor's

recommendations) are present in practically every illness known to man. I look forward to raising my levels quickly to 100 and beyond! This book is my Christmas gift giving idea for everyone on my list! Defend Your Life!

Great read and easy to understand, has changed my life in so many ways. Now that I am equipped with all this knowledge I try to share it with others as much as I can. This book will change your life for the better if you read it. Raising your vitamin D is much more than just taking a pill, there are so many important factors involved. Read this book and you will find out how to a much healthier version of yourself with healthy levels of vitamin D

I want to thank the author Susan Rex Ryan for writing the book, Defend Your Life. I wanted to learn more about the benefit of taking Vitamin D and I have learned so much about it that it was hard for me to put the book down! It was so very interesting and I have the desire to have better health. I have learned how important it is to have Vitamin D in my body so I have been taking Vitamin D2. I didn't know the difference between variety of Vitamin D. I highly recommend that people buy her book if they want to feel better health wise.

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