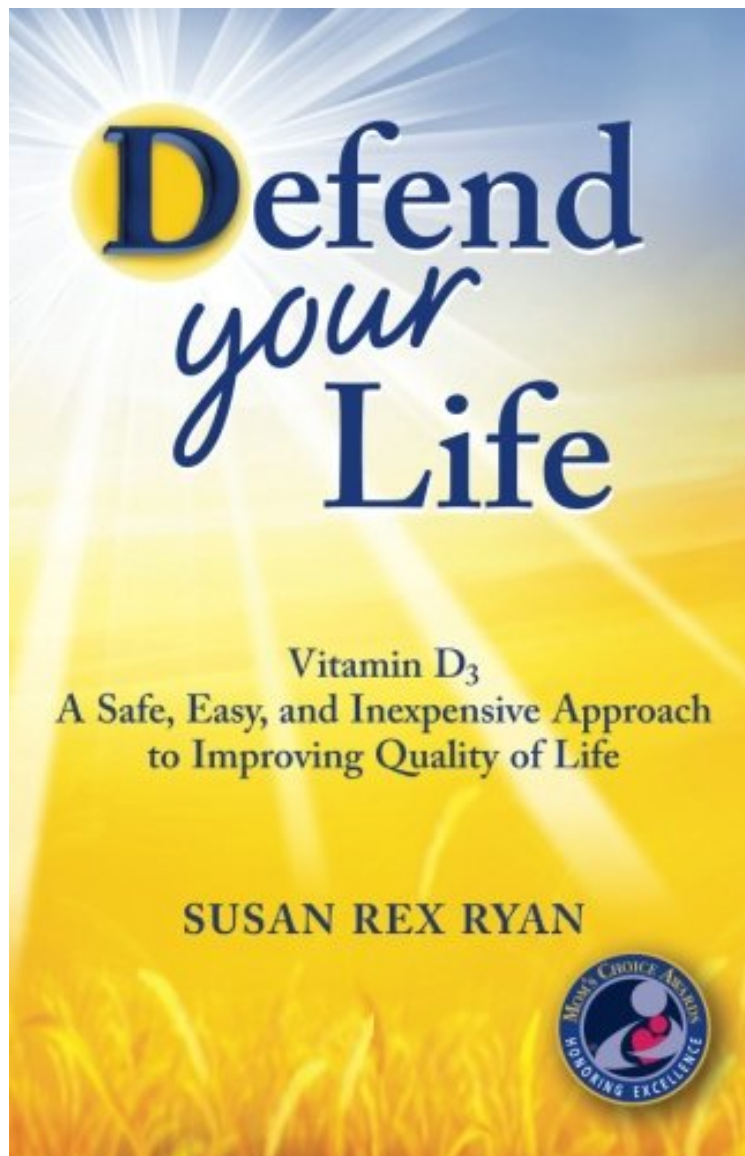



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Defend Your Life: Vitamin D3 A Safe, Easy, and Inexpensive Approach to Improving Quality of Life

Susan Rex Ryan

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6 of 6 people found the following review helpful. It was so very interesting and I have the desire to have better health. I have learned how important it is ...By Lisa McDI 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.5 of 5 people found the following review helpful. Heading toward health with regular, high doses of Vitamin D3By J. CareyAfter 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!*5 of 5 people found the following review helpful. Great Read !! Will help raise your Vitamin D levels!!By CustomerGreat 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

Prestigious Mom's Choice Awards Winner

From the AuthorVitamin D saved my life! After experiencing extreme fatigue, muscle aches, lower back pain, I began taking inexpensive vitamin D3 supplements in an attempt to feel better. It worked! In fact, it worked so well that I spent four years researching and writing about vitamin D's amazing health benefits so I could share my knowledge with you. "*Defend Your Life*" is an easy-to-read book that has won the prestigious Mom's Choice Award as well as lots of 5-star reviews.From the Back CoverWant to Be Healthier? Safely, Easily, and Inexpensively!