

# Defend *your* Life

Vitamin D<sub>3</sub>

A Safe, Easy, and Inexpensive Approach  
to Improving Quality of Life

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



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Very Informative and Well Written Book! After having a spine fusion four years back, I was advised by my neurosurgeon to improve my intake of calcium and vitamin D3. Finally, you can experience the author's interest about her subject as you read the book. Even more than a welcome and very informative guide book, really is a state of brain. the information she provided was well-researched, well-documented, and useful for both the layperson and medical expert. I now feel even more knowledgeable about the potential great things about D3 and the way the supplement may prevent/help various medical ailments ranging from the common cold to cancer. I would highly recommend this book to anyone wanting to learn more about vitamin D3. As the writer suggests, I'll discuss D3 with my personal doctor before increasing the dose. I do have many queries for my doctor after reading this book (and now feel that I am an informed patient). In those days, I did not realize there is any difference between the various types of supplement D, although my neurosurgeon stated "make sure it is D3. She supplied several personal examples that produced "Defend YOUR DAILY LIFE" very interesting. Heading toward health with regular, high doses of Vitamin D3 After scanning this book in a single day, I recommend every health care professional, teacher, heck, EVERYONE, read it, as well! I didn't understand the difference between selection of Vitamin D.! Vital information in this book I've bought this book at least 5 occasions.! Great go through and easy to understand , has changed my life in thus many ways. Given that I am equipped with all this knowledge I make an effort to talk about it with others as much as I can. This book will change your life for the better in the event that you go through it. Raising your supplement D is much more than just going for a tablet, there are therefore many important factors involved. As anyone who has been treating chronic illness for almost 10 years with vitamin D, with positive results, I really appreciate and suggest the important information within this book. Down to Earth D3 Wellness info !.

Exceptional book that lives up to the title "Defend YOUR DAILY LIFE!" Since diligently following a protocol, I've had more energy, no more asthma episodes, and fewer colds and various other small (but previously common) medical issues. I'd used D3 before (as per a normal doctor's recommendation), nonetheless it never appeared to help. However, Susan Rex Ryan's function (both her book and her FB web page) helped me understand how to boost my body's absorption of D3 and how many other essential vitamins work with D3. It really is amazing that research studies are discovering the need for this particular steroid hormone in so many indications - from athletic efficiency to some of the most deadly forms of tumor. I sat right down to BEGIN reading the publication and ended up reading it from cover to cover without ever departing my seat! I learned so much in that short timeframe and immediately changed my supplementation to adding Supplement D3 in the proper amount to raise my levels. Five Stars good book Tremendous little book Life changer. I'd like to thank Susan Rex Ryan when planning on taking the time to create this book to see us who've been to multiple doctors and er's, who haven't a clue, that insufficiency can wreak such havoc on people's lives! I wish to thank the writer Susan Rex Ryan for composing the book, Defend Your Life. Defend Your Life! It was so very interesting and I've the desire to have better wellness. Wish I had go through this a long time ago but I will certainly be passing this reserve along to my relatives and buddies... This book is my Christmas gift giving idea for everybody on my list! Towards the finish a brief list of . It was so extremely interesting and I have the desire to have better health. I have learned how important it is to have Vitamin D in my body therefore I have already been taking Vitamin D2. Great Read ! Excellent book..! A premier everyday guide to the world of D3 Wellness for true people. With all the current conflicting info and much confusion 'out there', author explains in just the right amount of details, how and just why we may improve our health status, as time passes, in dramatic ways.

Have learned to deprive many maladies that prey on so most of us these days, any open up door and easy chance to further establish themselves, by feeding my body it's own greatest defense. The defense within the existence giving sunshine, so much harder to find and get that method consistently, by method of reasonable and simple means in a wellness supplementation protocol.. Many will advantage tremendously. One of the most important text messages I came across, all about performing a D3 process including good Magnesium, K-2, etc., something even MD's prescribing D3, may possibly fail to fully value in importance and proper software. The writer touches on many illnesses in her publication, and includes some personal stories making the subject matter more relatable. 'Defend YOUR DAILY LIFE,' great place to get started on overall path(s) to better health." I found the author's book super easy to read; Will help increase your Vitamin D levels! Great go through and easy to comprehend Great read and easy to understand! The information in this publication is so very important to better health. Anyways it's a really helpful and readable book. An Insightful Read on the advantages of Maintaining an Optimal Vitamin D3 Level I was unacquainted with the seemingly significant influence and necessity for people of all age range to maintain an adequate D3 level until We read this newly-released reserve. Her book helped me cut through all the conflicting mire of health suggestions that are out there using its obvious, concrete explanations. Other worries inter-related, B-12 insufficiency, Thyroid function, VDR worries, and more, all have to be appeared into for those affected. Who doesn't know anyone who has suffered from cancers, RA, diabetes, MS, or comes with an autistic child - not forgetting a straightforward common cold or oral health issues? Vitamin D3's "partners" are also explored with pertinent tips. This book is an interesting easy read, supplying the reader challenging necessary information on what to find out their own Supplement D3 level and the various easy and safe methods they can elevate and maintain their level. "Defend YOUR DAILY LIFE" will serve perfectly as a useful reference device in my quest to improve my quality of life. This book has been an amazing eye opener This book has been an incredible eye opener. I look forward to raising my amounts quickly to 100 and beyond! I've started my family on the protocol she's listed in this book and I can't wait for a wholesome 2018. I have not really been compensated to write this review. It truly is amazing and for such a little investment it can change your life! I extremely recommend that folks buy her book if they want to feel better wellness wise. I needed for more information about the benefit of taking Vitamin D and I have learned so very much about it that it was hard for me to put the book down!. Nobody size generally fits everyone. Superb book. Towards the end a brief list of disorders that low supplement D relates to would be much better than a chapter dedicated to each. As you feel the chapters, it is apparent that low levels (acceptable according to most doctor's recommendations) are present in practically every disease known to man. This is a great, very well researched and thought out book This is a great, perfectly researched and considered book. Read this reserve and you will see how to a much healthier edition of yourself with healthful degrees of vitamin D Exceptional book that lives up to the title "Defend Your . I make an effort to keep one for myself and then I end up offering it to someone. Got my supplements purchased and cant wait to start out feeling the benefits. I've learned how essential it is .



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