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

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