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HEALTH & WELLNESS



Autism One: A Conversation of Hope Archives Available

December 2nd 2014: Defend Your Life -- Vitamin D3: A Safe, Easy, and Inexpensive Approach to Improving Quality of Life, with Susan Rex Ryan, MS

Susan Rex Ryan, MS, author of the award-winning book *Defend Your Life -- Vitamin D3: A Safe, Easy, and Inexpensive Approach to Improving Quality of Life*, will inform listeners about the connection between vitamin D3 and health benefits, including those addressing underlying physiological issues inherent in an "autism" diagnostic label. What is vitamin D3? What does it do? What does it help? Susan will also talk about the "coincidence" of the rise in autism and the prevalence of vitamin D deficiency. www.smilinsuepubs.com

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Featured Guest



Susan Rex Ryan, MS

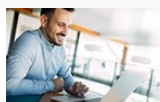
Susan Rex Ryan, MS, is the author of the award-winning book *Defend Your Life -- Vitamin D3: A Safe, Easy, and Inexpensive Approach to Improving Quality of Life*. www.smilinsuepubs.com

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