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# Fortify Your Life: Your Guide To Vitamins, Minerals, And More

**Fortify Your LIFE**

Your Guide to Vitamins, Minerals, and More

A doctor's advice on how to

- Read the labels
- Find out which drugs deplete key nutrients
- Use probiotics, omega-3s, and other nutraceuticals
- Design a supplement plan just for you

Author of *Healthy at Home*  
**TIERAONA LOW DOG, MD**  
Read by Karen White • Unabridged



## **Synopsis**

Trusted natural health physician and bestselling author Tieraona Low Dog, MD, provides a personalized approach to using nutritional supplements for your specific health needs, helping you navigate the complex and often confusing landscape of vitamins, minerals, and more. Low Dog evaluates current research, explains the relationship between food and supplements, describes how medications cause chemical imbalances in the body, and advises on how to judge brands and read labels. Low Dog engages and encourages listeners to take charge of their own health and provides guidance to finding the right combination of nutritional supplements to improve mood, energy, and well-being.

## **Book Information**

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## **Customer Reviews**

I'm used to taking a lot of supplements. Vitamins, herbs, minerals, etc... A short time ago, I scaled back considerably after reading a number of 'jury is still out' articles as well as the sad fact that a very high percentage of companies sell supplements that contain little, and in some cases, none of what they claim is inside each capsule, pill, or liquid. Worse, it can be anything from contaminated or pesticide laden powdered rice to ground animal feces. Buying an off brand on is pretty dangerous, as a reviewer I get asked to review those brands all the time, and when I mention that I will have the product independently tested, they don't send the product. EVERY time. But as shows like 60 minutes have shown, even the big name brands don't always test clean. So there you have why I nearly stopped. This book is why I started back up, although very careful about the sources of supplements. First of all, the formatting is well thought out, making it easy to get the best information

possible, in a user friendly and efficient way. It opens with readable and engaging introduction stories, followed by some general information including facts and stats. Those countless bottles are demystified as the author outlines the perils and pitfalls along with the plusses. And that's before we even get to the 'Vitamin' chapter! Each one of the many vitamins, minerals, nutraceuticals, etc., are defined, and then discussed in terms of what it does, who needs it and how to tell if you need it, doses, sometimes even what to take WITH it for optimal benefit. Of course, food sources for much of 'the Good Stuffs' are offered. Even a table of prescription drugs and what each one has the potential to deplete.

Dr. Low Dog hits the nail on the head in the preface of her book. She cautions readers about the unintended consequences when multiple medications are prescribed, especially when it pertains to older folks. Many people in that age bracket don't have the same vital reserves they once did, and doctors often ignore nutritional problems that arise as a result. I can relate. My own doctor seems more willing to prescribe a pharmaceutical pill than address what might be a nutritional deficiency. I've come to the conclusion I either need to find a new doctor or read up on my own to become better informed. *Fortify Your Life* is a very good way to begin learning. The ABCs of vitamins, minerals, nutraceuticals and supplements are explained in this book, but they're presented in easy-to-understand language with emphasis on up-to-date information. Of special interest is a sixteen page appendix that lists common prescription drugs, and what nutrients are depleted by taking them. This extensive chart also includes other interactions to take into account and sideline notes of interest pertaining to that specific drug/nutrient. I've read other nutrition books that may be more thorough (like *Prescription for Nutritional Healing*, Fifth Edition: A Practical A-to-Z Reference to Drug-Free Remedies Using Vitamins, Minerals, Herbs & Food Supplements), but this particular book is more current and much more personal. Surprisingly, it is Dr. Low Dog's frustration with her own father's health care that prompted her to write this book.

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