



## Sexy by Nature: The Whole Foods Solution to Radiant Health, Life-Long Sex Appeal, and Soaring Confidence

By Stefani Ruper

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### Sexy by Nature: The Whole Foods Solution to Radiant Health, Life-Long Sex Appeal, and Soaring Confidence By Stefani Ruper

In *Sexy by Nature*, female health expert Stefani Ruper outlines five easy-to-follow steps that heal you and make it impossible not to love the skin you're in. This book is a must-have for any woman who wants to be healthy, sexy, and free.

Women's health is more complicated than men's health. How often is this important fact given adequate attention in the health and fitness world? Almost never. To the joy and empowerment of women everywhere, Stefani Ruper's *Sexy by Nature* finally delivers what they've needed all along to achieve their health and weight-loss goals.

Modern culture insists that the only way around female health problems like acne, PMS, and stubborn excess weight is to wage war against them with gym memberships, calorie counting, and restrictive diets. But it doesn't have to be hard, frustrating, or an uphill battle. It can be the easiest, most fun, and most exciting journey of your life. How? By letting nature do the work for you. As a product of nature, the female body has specific needs. When those needs are not met, health problems ensue. When they are met, the body heals, energizes, and becomes sexy on its own. *Sexy by Nature* provides the tools and inspiration you need to meet those needs, to overcome health challenges, and to become the radiant, confident woman you were born to be.

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### Editorial Review

#### Review

*There's no question that Stefani is a genius and a leading thinker when it comes to the empowerment of the female mindset and body. As an Olympic athlete, I rely heavily on my body to perform at its best day in and day out, and I am so grateful for Stefani's nutrition advice. Plus, I absolutely love her outlook on what it means to be a real, sexy woman.* (Taylor Ritzel, 2012 Olympic Gold Medalist)

*Healthy, fit, athletic bodies and smart, happy, confident minds are sexy. But how are we to become healthy, fit, smart, and happy? Stefani Ruper has the recipe for sexiness: live a natural lifestyle.* (Paul Jaminet, PhD, Author of Perfect Health Diet and Editor-in-Chief of the Journal of Evolution and Health)

*Stefani is one of the boldest and most learned advocates of women's health on the ancestral health scene, and she knocks it out of the park with this one. Packed with expertise on how to manage female-specific health issues, how best to lose weight in a female body, and how to do it all with confidence and self-love, Sexy by Nature delivers all the tools you need to achieve and maintain optimal health.* (Robb Wolf New York Times bestselling Author of The Paleo Solution)

*If achieving optimal health were as straight forward for us as it is for our male counterparts, there probably wouldn't be a need for this brilliant book. But then again, when have women ever been accused of being simple? There is nothing sexier than a woman empowered by nature. I love this book!* (Dr. Lauren Noel, Naturopathic Doctor, Host of Dr. Lo Radio, and Founder of Shine Natural Medicine)

#### About the Author

Stefani Ruper is equally accomplished as an international go-go dancer, an Ivy League chemist, and a nationally renowned eating disorder counselor. She is the host of the first ever self-love podcast, Live. Love. Eat., the author of PCOS Unlocked: The Manual, and the author of Birth Control Unlocked: Your Body, Your Options, Your Guide. Stefani holds degrees from Dartmouth College and Boston University. She is currently pursuing a PhD in philosophy and dancing obsessively in Cambridge, Massachusetts.

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#### Emily Walker:

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**Stanley Torres:**

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**Joshua Matthews:**

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**Shirley Williams:**

Spent a free time to be fun activity to do! A lot of people spent their spare time with their family, or their very own friends. Usually they undertaking activity like watching television, about to beach, or picnic within the park. They actually doing same every week. Do you feel it? Will you something different to fill your free time/ holiday? Might be reading a book may be option to fill your cost-free time/ holiday. The first thing that you will ask may be what kinds of guide that you should read. If you want to attempt look for book, may be the guide untitled Sexy by Nature: The Whole Foods Solution to Radiant Health, Life-Long Sex Appeal, and Soaring Confidence can be fine book to read. May be it may be best activity to you.

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