



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

Stefani Ruper

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In *Sexy by Nature*, female health expert Stefani Rupert 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 Rupert'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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