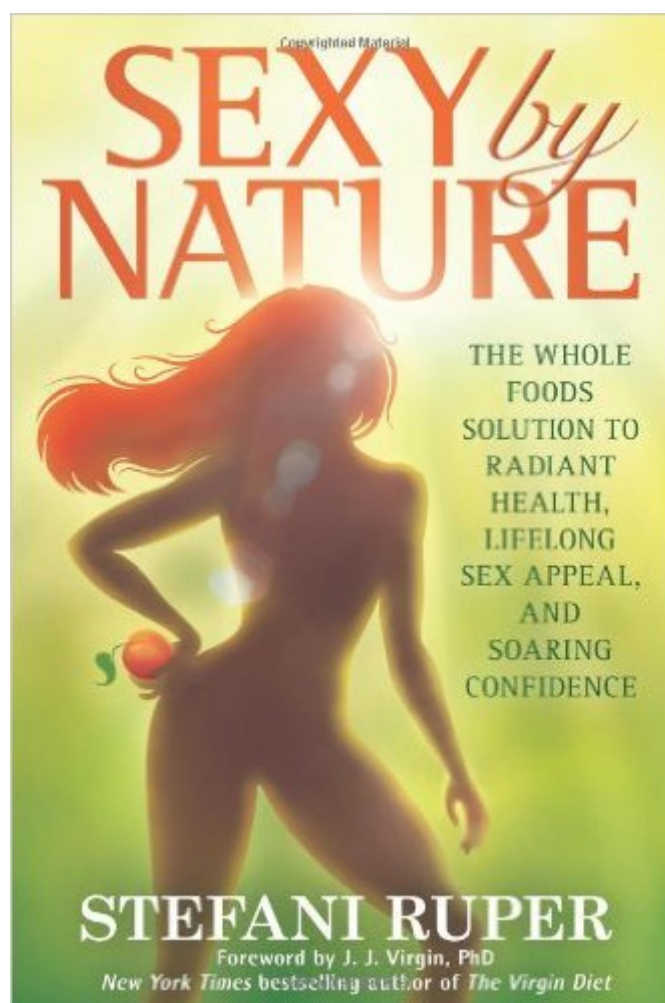


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# Sexy By Nature: The Whole Foods Solution To Radiant Health, Life-Long Sex Appeal, And Soaring Confidence



## Synopsis

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.

## Book Information

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## Customer Reviews

About a year ago, I stumbled onto Stefani's blog while attempting to solve a hormonal issue I was having from maintaining a strict Paleo diet. When I found out she was writing a women-specific book, I was excited to read it. For a science-centered book, *Sexy by Nature* is very easy to read, especially compared to other ancestral health science books like *Perfect Health Diet*. The

language is plain, and there are a few diagrams when appropriate to better demonstrate concepts. I read large portions in single sittings, whereas that's usually difficult for me when the material is technical. The book is divided into five sections, which do seem a bit disjointed (the only negative thing I can say!). The first section was a set of "Old Rules" and a new set of "Nature Rules" to replace them with. This section wasn't very useful to me, but that's largely because I've been following an ancestral health approach for 3 years now, and it was more focused on debunking conventional wisdom--something I've already bought into. If you're new to ancestral health, though, the first section can be very useful background. The second section focuses on eating the right foods, and Ruper does a good job explaining exactly how each food benefits a female body in particular--its effect on hormones, fertility, etc.. The third and fourth sections were the best sections in my opinion. They focus on lifestyle changes beyond nutrition and how to overcome specific problems such as acne, infertility, and PMS. Having followed the advice for PMS, I can tell you IT WORKS. The final section focuses on loving yourself. One of the things that sets this book apart is that Ruper doesn't just give you a diet and a means of healing your body.

Stefani is a wealth of knowledge about women's health, and we can't get enough of her personal style when it comes to learning to love yourself and your body through positive thoughts as well as whole foods. She's feisty, flirty, beautiful and not afraid to challenge women in the best way possible. I love that before she'd even written this book she helped me to better appreciate my body for what it can do, what it has done and what it is for " rather than what it looks like. She also gives the best hugs and generally makes you feel awesome | and that's what this book is. Stefani has figured out how to give every person that buys this book a giant hug, tell them they're awesome and help them love themselves " what could be better?! " StacyBLOG REVIEW: œSexy by Nature provides the keys to |A naturally slim waistline; clear, radiant skin; vibrant energy; a pain-free menstrual cycle; a ravenous libido; lifelong youthfulness; fertility; birth control; self-love; sex appeal; and fearless confidence. •Sign me up. Am I right, ladies?!?In her book, Stefani Ruper empowers women with a clear, five-step program to health and sexiness. As a woman on my own path to health, I am always looking for that connection to other women that share my journey, my struggles, and my successes. Stefani writes in a way that is friendly and smart. I really enjoyed the layout of the book, and found the five steps to be easy enough to implement, and radical enough to challenge my perceptions of beauty and confidence. The Five Steps: Step 1: Trailblazer love this step. Stefani takes the "old" rules of being a woman and throws them out the window.

Ruper has a lot of great things to say, particularly to those who are new to the Paleo scene, or still need some convincing. Eating whole, natural foods that our bodies were designed to eat is absolutely the way to go for every aspect of health, and current scientific studies are bearing this out. As others have noted, the book could do with a great deal more practical rather than philosophical advise - I recommend *It Starts With Food*, if you want a more practical introduction to Paleo.

([http://www..com/Starts-Food-Discover-Whole30-Unexpected-ebook/dp/B008C20TDG/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1398707766&sr=1-1&keywords=it+starts+with+food](http://www..com/Starts-Food-Discover-Whole30-Unexpected-ebook/dp/B008C20TDG/ref=sr_1_1?s=books&ie=UTF8&qid=1398707766&sr=1-1&keywords=it+starts+with+food)) I find it very unfortunate that more nutritionists and dietitians are not being trained this way or promoting this philosophy. Although it still angers me greatly, I can understand the FDA and other large-scale organizations not promoting these guidelines - obviously they are lobbied to present the information that their lobbyists (read big food, big pharma) want them to present. But educators and individual nutritionists are not widely promoting Paleo yet either, and I believe it is a simple matter of pride. They don't want to admit that the guidelines they gave their students and patients for decades was wrong. They need to get over it because it is not about them, its about helping people lead better, healthier lives. Science is a field that is constantly changing, and the ideas that were controversial decades ago are now proven and the things we accepted then are now proven wrong. We need to be promoting the facts and ideas that are supported by current scientific evidence, not just anecdotal evidence or someone's opinion.

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