

**HOPING FOR BETTER INTIMACY IN
THE NEW YEAR?**

10 HOLIDAY GIFTS TO BOOST EVERY WOMAN'S SEX LIFE

**"You're one step closer to
feeling confident in your
own skin...
EVEN WITH THE LIGHTS ON!"**

-Emily Luxford, MS, RD, IFNCP, CLT



Hello!

Let's talk about sex...

Did you know what you eat can impact your sex life?



For years I have helped women navigate chronic health conditions such as autoimmune diseases and gut dysfunction. One of the most common complaints among my clients is how their health status spills over into their everyday life including intimacy.

Let's face it. We all want to have good sex, right? I know I do! Unfortunately, there are many factors that can get in the way like chronic disease, gut irregularities, pelvic floor pain, life stressors, lack of body confidence and even fatigue. These are all legitimate reasons to avoid sex.

People often forget that nutrition can have a significant impact on their health. That's where I come in. I am a registered dietitian with many years experience specializing in women's health. As a dietitian, I understand the complexity of the

human body and the role of nutrients in its daily function. As a woman, a spouse, a mother and a professional, I understand women juggle many responsibilities adding to unhealthy lifestyles and poor nutrition. I help my clients improve their overall wellbeing with practical step by step strategies that impact intimacy.

This e-book is dedicated to you – any woman, any age. With a food-as-medicine approach, I will help you improve your overall health and sex life.

~Emily



TESTIMONIALS

"I walked away from my session with Emily feeling empowered." -T.B.

Holiday Wish List

Avocado

to boost sex drive

A Water Bottle

to help improve hydration

Weekly Farm To Table

Produce Delivery

*to help consume vegetables throughout
the day starting at breakfast*

Glass Container

*to keep celery (a known aphrodisiac)
fresh and crisp*

Journal

to record self-gratitude

Holiday Wish List

Roasted Almonds

to improve blood flow and energy

Bitters and Sparkling Water

*to reduce alcohol intake without feeling
deprived*

Frozen Berries

*to satisfy those sweet cravings AND stir
up other cravings...*

Exercise Class/Equipment

to improve body awareness

Restaurant Gift Certificate

*to enjoy and connect with your partner in
a relaxing setting*



TESTIMONIALS

"I love working with Emily! It is like having a good friend who knows tons about nutrition." -K.W.

"BEST TEACHER EVER! She seriously is the best. I learned a lot..." - Student

"Emily is compassionate . . . she maintains a great sense of humor." - K.M.

SO... ARE YOU READY TO BOOST YOUR SEX LIFE AND LIVE A SATISFYING AND HEALTHY FEMALE EXISTENCE?

You CAN have better intimacy.

*My clients include everyday women who want to feel good in
their own skin and learn:*

How To *Nourish The Body To Boost Energy*

How To *Stimulate Sex Drive*

How To *Regulate Hormonal Balance*

How To *Connect With The Body*

How To *Increase Sexual Satisfaction*

*If this sounds like something you would be interested in,
I am excited to announce a nutrition and lifestyle course
dedicated to the woman who wants to live a healthy,
productive and meaningful life... **and have better sex too!***

*Sign up for the waitlist to be notified when the class begins.
Please submit your information at*

<https://www.luxfordnutrition.com/tbsd-waitlist>

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