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**June 8th 2021: The show where you learn tips  
for your Ultimate Sexual Health**

The standard American diet (SAD), with its excess of sugar, refined carbohydrates, saturated fat and trans fats, is the primary cause of obesity and diet-related chronic diseases, including cardiovascular disease and diabetes. The question remains how does it impact our sexual health and what can we do about it? My guest Lisa Davis, author of Clean Eating, Dirty Sex: Sensual Superfoods and Aphrodisiac Practices for Ultimate Sexual Health, teaches her readers to stock their pantry with healthy, sensual foods, offers advice on fitness activities that strengthen your sexual health and provide ti

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### Featured Guest



#### Lisa Davis

Lisa Davis, MPH has two decades of experience as a health educator and a broadcaster. With a Master's Degree in Public Health, she was the creator, host, and producer of the syndicated It's Your Health radio heard on regional NPR as well as host/producer of Talk Healthy Today brought to you by Outside Inc.(of Clean Eating, Vegetarian Times, Better Nutrition, Muscle & Performance, Yoga Journal magazines & more). She is also the co-host/producer of the Naturally Savvy podcast and the co-creator and co-host of the podcast Active Allyship... it's more than a #hashtag! In addition to developing radio shows, Lisa has created, produced, and hosted health television shows. Her first show, Health Po

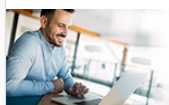
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