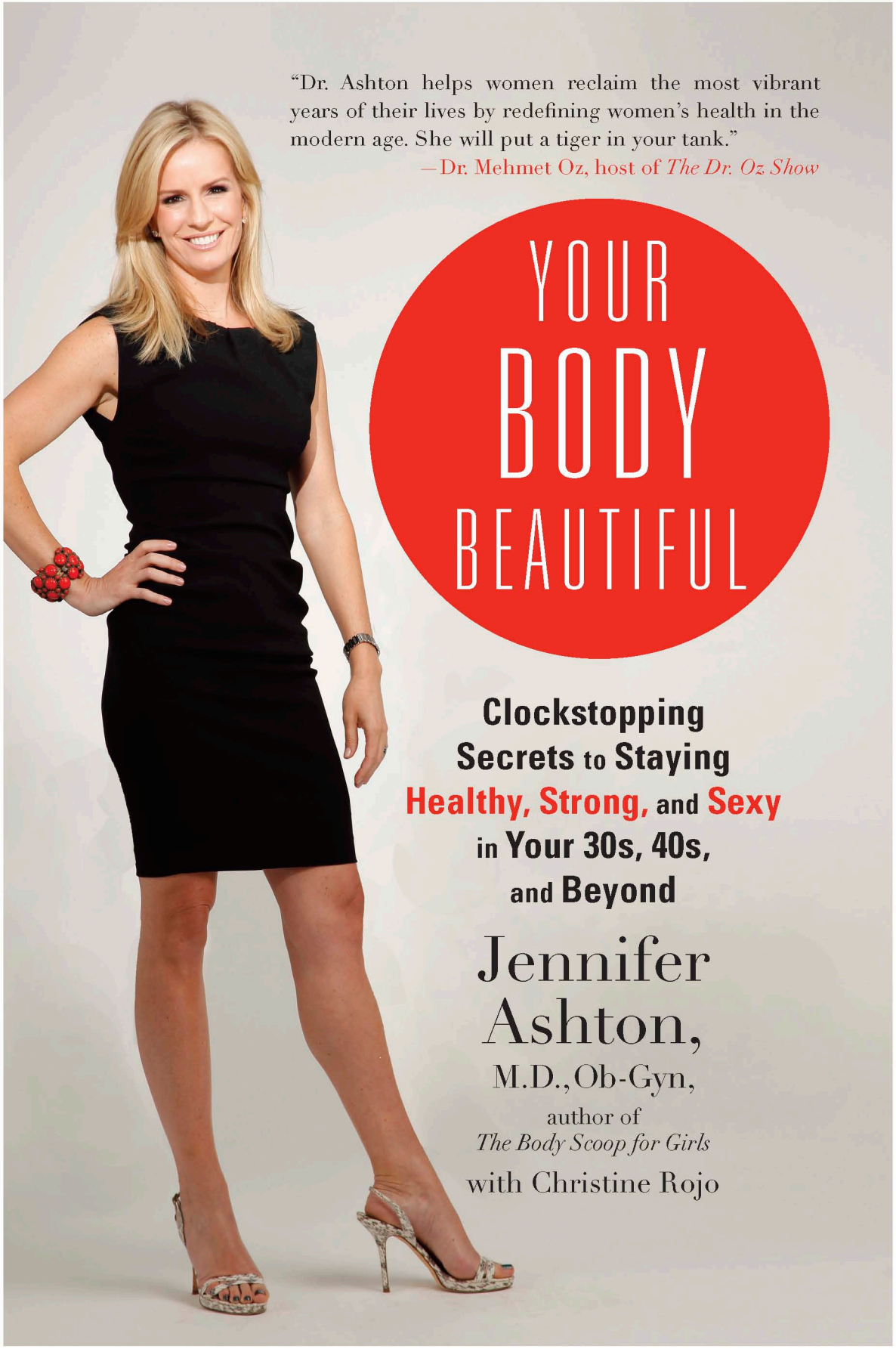


“Dr. Ashton helps women reclaim the most vibrant years of their lives by redefining women’s health in the modern age. She will put a tiger in your tank.”

—Dr. Mehmet Oz, host of *The Dr. Oz Show*



YOUR  
BODY  
BEAUTIFUL

**Clockstopping  
Secrets to Staying  
Healthy, Strong, and Sexy  
in Your 30s, 40s,  
and Beyond**

**Jennifer  
Ashton,**  
M.D., Ob-Gyn,  
author of  
*The Body Scoop for Girls*  
with Christine Rojo

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