

Crystal Andrus is an international leader in the field of self-discovery and personal transformation. A former 200 pound stay-at-home mom turned best-selling author (*Simply...Woman!* & *Transcendent Beauty* – Hay House Publishing), radio host, and holistic nutritionist on the hit TV show “X-Weighted”, Crystal has weaved the tumultuous and triumphant stories of her own life into a courageous journey of healing, health, and ultimate self-empowerment that has inspired thousands. Certified by the American College of Sports Medicine and Canadian School of Natural Nutrition, she is dedicated to helping women world-wide feel beautiful, feminine, healthy, and empowered—in body, mind, & spirit!

Websites: www.simplywoman.com / www.crystalandrus.com