



Crazy Sexy Diet: Eat Your Veggies, Ignite Your Spark, and Live Like You Mean It!

Kris Carr

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On the heels of Kris Carr's best-selling cancer survival guidebooks and her acclaimed TLC documentary comes her new journey into a realm vital to anyone's health. Infused with her signature sass, wit and advice-from-the-trenches style, *Crazy Sexy Diet* is a beautifully illustrated resource that puts you on the fast track to vibrant health, happiness and a great ass!

Along with help from her posse of experts, Carr lays out the fundamentals of her Crazy Sexy Diet: a low-glycemic, vegetarian program that emphasizes balancing the pH of the body with lush whole and raw foods, nourishing organic green drinks, and scrumptious smoothies. Plus, she shares the steps of her own twenty-one-day cleanse, and simple but delectable sample recipes.

In ten chapters with titles such as, "pHabulous," "Coffee, Cupcakes and Cocktails," "Make Juice Not War," and "God-Pod Glow," Carr empowers readers to move from a state of constant bodily damage control to one of renewal and repair. In addition to debunking common diet myths and sharing vital tips on detoxifying our bodies and psyches—advice that draws both on her personal experience as a cancer survivor and that of experts—she provides helpful hints on natural personal care, how to stretch a dollar, navigate the grocery store, eating well on the run, and working through the inevitable pangs and cravings for your old not-so-healthy life.

Crazy Sexy Diet is a must for anyone who seeks to be a confident and sexy wellness warrior.

Including contributions by:

Dean Ornish, M.D. – author and founder and president of the Preventive Medicine Research Institute

Neal Barnard, M.D. – author, founder of Physicians Committee for Responsible Medicine (PCRM), author of *Food for Life*

Kathy Freston – author of *Quantum Wellness* and health advocate

Alejandro Junger, M.D. – author of *Clean: The Revolutionary Program to Restore the Body's Natural Ability to Heal Itself*, and director of integrative medicine at Lenox Hill Hospital, NYC

Rory Freedman – coauthor of *Skinny Bitch* and health advocate

Mark Hyman, M.D. – author of *The UltraMind Solution* and pioneer in functional medicine

Emily Deschanel – star of the Fox series *Bones* and health advocate

Sharon Gannon – author of *Yoga and Vegetarianism*, and cofounder of Jivamukti Yoga

Wayne Pacelle – president & CEO, The Humane Society of the United States

Stacy Malkan – author and cofounder of the Campaign for Safe Cosmetics

Dr. Lilli Link – specialist in raw foods and integrative nutrition

Frank Lipman – author of *Revive: Stop feeling Spent and Start Living Again* and founder of the Eleven Eleven Wellness Center

Crazy Sexy tips for optimal health:

Flood your body with alkaline nutrients * Flush stored waste products and chemicals * Reduce or eliminate animal products * *Dump sugar, you're sweet enough * Go gluten-free * Shake your booty * Wrangle the

monkeys in your mind and turn down the stress * Install healthy boundaries so you don't burn out * Kill your television and Detox your In Box (Facebook too!) * Take fun seriously * Build a wellness posse support system *Be a "prevention is hot" cheerleader!

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From reader reviews:

Marilyn Daniels:

Here thing why that Crazy Sexy Diet: Eat Your Veggies, Ignite Your Spark, and Live Like You Mean It! are different and trusted to be yours. First of all looking at a book is good but it depends in the content of it which is the content is as tasty as food or not. Crazy Sexy Diet: Eat Your Veggies, Ignite Your Spark, and Live Like You Mean It! giving you information deeper including different ways, you can find any guide out there but there is no guide that similar with Crazy Sexy Diet: Eat Your Veggies, Ignite Your Spark, and Live Like You Mean It!. It gives you thrill reading through journey, its open up your current eyes about the thing in which happened in the world which is possibly can be happened around you. It is possible to bring everywhere like in playground, café, or even in your means home by train. If you are having difficulties in bringing the printed book maybe the form of Crazy Sexy Diet: Eat Your Veggies, Ignite Your Spark, and Live Like You Mean It! in e-book can be your alternate.

Lynda Wright:

Nowadays reading books become more than want or need but also become a life style. This reading behavior give you lot of advantages. Advantages you got of course the knowledge the rest of the information inside the book in which improve your knowledge and information. The details you get based on what kind of book you read, if you want send more knowledge just go with training books but if you want really feel happy read one with theme for entertaining such as comic or novel. The Crazy Sexy Diet: Eat Your Veggies, Ignite Your Spark, and Live Like You Mean It! is kind of publication which is giving the reader unpredictable experience.

Grace Godwin:

Playing with family in the park, coming to see the ocean world or hanging out with buddies is thing that usually you could have done when you have spare time, then why you don't try thing that really opposite from that. 1 activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love Crazy Sexy Diet: Eat Your Veggies, Ignite Your Spark, and Live Like You Mean It!, it is possible to enjoy both. It is very good combination right, you still want to miss it? What kind of hangout type is it? Oh seriously its mind hangout people. What? Still don't get it, oh come on its referred to as reading friends.

Willie Quinones:

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soon. The Crazy Sexy Diet: Eat Your Veggies, Ignite Your Spark, and Live Like You Mean It! provide you with new experience in reading a book.

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