



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

Kris Carr, Sheila Buff

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The author of the best-selling *Crazy Sexy Cancer Tips* and *Crazy Sexy Cancer Survivor* takes on the crazy sexy subject of what and how we eat, drink, and think. Crazysexydiet.com 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! Kris Carr's television appearances have included: - CBS Evening News with Katie Couric- The Early Show- The Today Show- Montel- Access Hollywood- The Mike & Juliet Show- Good Morning America- The Oprah Winfrey Show Do you have any idea what it's like to feel blissfully whole and comfortable in your skin? You will. The Crazy Sexy Diet and lifestyle will give you the tools to navigate through life with clarity, balance, and flow. Health is more than just the absence of disease; it is the presence of vitality. Health is freedom from obstruction; it's living in a harmonious way that creates both inner and outer peace. . . . The Crazy Sexy Diet is loaded with wisdom, tips and advice from personal experience....

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From reader reviews:

Leticia Cantrell:

Spent a free time to be fun activity to do! A lot of people spent their sparetime with their family, or their friends. Usually they doing activity like watching television, planning to beach, or picnic in the park. They actually doing ditto every week. Do you feel it? Would you like to something different to fill your own free time/ holiday? Might be reading a book may be option to fill your free of charge time/ holiday. The first thing that you will ask may be what kinds of guide that you should read. If you want to consider look for book, may be the publication untitled Crazy Sexy Diet: Eat Your Veggies, Ignite Your Spark, And Live Like You Mean It! can be great book to read. May be it could be best activity to you.

Charles Adams:

People live in this new moment of lifestyle always make an effort to and must have the extra time or they will get great deal of stress from both lifestyle and work. So , once we ask do people have time, we will say absolutely sure. People is human not really a huge robot. Then we request again, what kind of activity do you have when the spare time coming to you of course your answer can unlimited right. Then do you ever try this one, reading books. It can be your alternative in spending your spare time, the book you have read will be Crazy Sexy Diet: Eat Your Veggies, Ignite Your Spark, And Live Like You Mean It!.

Linda Meier:

On this era which is the greater individual or who has ability to do something more are more precious than other. Do you want to become one of it? It is just simple approach to have that. What you should do is just spending your time not much but quite enough to enjoy a look at some books. One of many books in the top record in your reading list is usually Crazy Sexy Diet: Eat Your Veggies, Ignite Your Spark, And Live Like You Mean It!. This book that is qualified as The Hungry Hills can get you closer in becoming precious person. By looking upward and review this e-book you can get many advantages.

Wanda Holmes:

Many people said that they feel uninterested when they reading a guide. They are directly felt the item when they get a half regions of the book. You can choose the actual book Crazy Sexy Diet: Eat Your Veggies, Ignite Your Spark, And Live Like You Mean It! to make your own reading is interesting. Your own personal skill of reading talent is developing when you similar to reading. Try to choose basic book to make you enjoy to study it and mingle the sensation about book and examining especially. It is to be initially opinion for you to like to open up a book and go through it. Beside that the reserve Crazy Sexy Diet: Eat Your Veggies, Ignite Your Spark, And Live Like You Mean It! can to be your brand-new friend when you're really feel alone and confuse in doing what must you're doing of that time.

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