



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

By Kris Carr

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

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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Editorial Review

Review

What people are saying about Kris Carr and her Crazy Sexy Revolution...

“Kris Carr titillatingly turns a supermarket into a pharmacy.”—**Dr. Mehmet Oz**

“When Kris speaks you can hear a pin drop. She is a fresh, authentic, and empowering voice.”—**Marianne Williamson**

“Kris is a ray of light, a true leader of courage and inspiration.”—**Donna Karan**

“I love Kris Carr, she glows. It’s not just because of what she’s done, which is extraordinary. It’s who she is.”—**Dean Ornish, M.D.**

“Thank God Kris is one of those women who has the courage and generosity to share her experience. I love Kris' book!”—**Sheryl Crow**

“I am personally inspired by her example in leading the way for people to take control of their bodies and their health.”—**T. Colin Campbell, PhD**

“*Crazy Sexy Diet* is a must-have if you’re ready to take control of your health. I hope you enjoy this book as much as I have.”—**Neal Barnard, M.D.**

“That Kris’ book landed in your lap is no coincidence—it is actually a miracle.”—**Rory Freedman**, co-author of *Skinny Bitch*

“A riveting new film.”—**Oprah Winfrey** on “Crazy Sexy Cancer”

About the Author

Kris Carr is a best-selling author, a top motivational speaker, and kick-ass wellness coach. She is the subject of the inspirational documentary, *Crazy Sexy Cancer*, which she wrote and directed for TLC, and the author of the award-winning *Crazy Sexy Cancer* book series. Kris' third book, *Crazy Sexy Diet* (January 2011 release) redefines healthy living as we know it. *Crazy Sexy Diet* is the ultimate diet and lifestyle game plan for wellness warriors seeking peak health, spiritual wealth and happiness. Carr regularly lectures at medical schools, hospitals, wellness centers, and universities such as Harvard. Television appearances include: *The CBS Evening News with Katie Couric*, *The Early Show*, *Today Show*, *Access Hollywood*, *Good Morning America* and *The Oprah Winfrey Show*.

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Robert Penrose:

Book is definitely written, printed, or outlined for everything. You can know everything you want by a book. Book has a different type. As it is known to us that book is important matter to bring us around the world. Beside that you can your reading proficiency was fluently. A guide Crazy Sexy Diet: Eat Your Veggies, Ignite Your Spark, and Live Like You Mean It! will make you to be smarter. You can feel much more confidence if you can know about everything. But some of you think this open or reading any book make you bored. It's not make you fun. Why they might be thought like that? Have you trying to find best book or appropriate book with you?

George Sanders:

In this 21st century, people become competitive in every way. By being competitive today, people have do something to make all of them survives, being in the middle of the actual crowded place and notice through surrounding. One thing that at times many people have underestimated this for a while is reading. Yes, by reading a reserve your ability to survive raise then having chance to endure than other is high. For yourself who want to start reading any book, we give you that Crazy Sexy Diet: Eat Your Veggies, Ignite Your Spark, and Live Like You Mean It! book as starter and daily reading guide. Why, because this book is greater than just a book.

Donald Mobley:

Spent a free a chance to be fun activity to do! A lot of people spent their spare time with their family, or all their friends. Usually they undertaking activity like watching television, going to beach, or picnic inside park. They actually doing same task every week. Do you feel it? Would you like to something different to fill your personal free time/ holiday? Can be reading a book is usually option to fill your free of charge time/ holiday. The first thing that you ask may be what kinds of publication 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 excellent book to read. May be it may be best activity to you.

Michael Nunn:

Your reading 6th sense will not betray an individual, why because this Crazy Sexy Diet: Eat Your Veggies, Ignite Your Spark, and Live Like You Mean It! book written by well-known writer who knows well how to make book which might be understand by anyone who read the book. Written within good manner for you, leaking every ideas and producing skill only for eliminate your current hunger then you still uncertainty Crazy Sexy Diet: Eat Your Veggies, Ignite Your Spark, and Live Like You Mean It! as good book not only by the cover but also by content. This is one book that can break don't evaluate book by its deal with, so do you still needing an additional sixth sense to pick this kind of!? Oh come on your looking at sixth sense already alerted you so why you have to listening to an additional sixth sense.

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