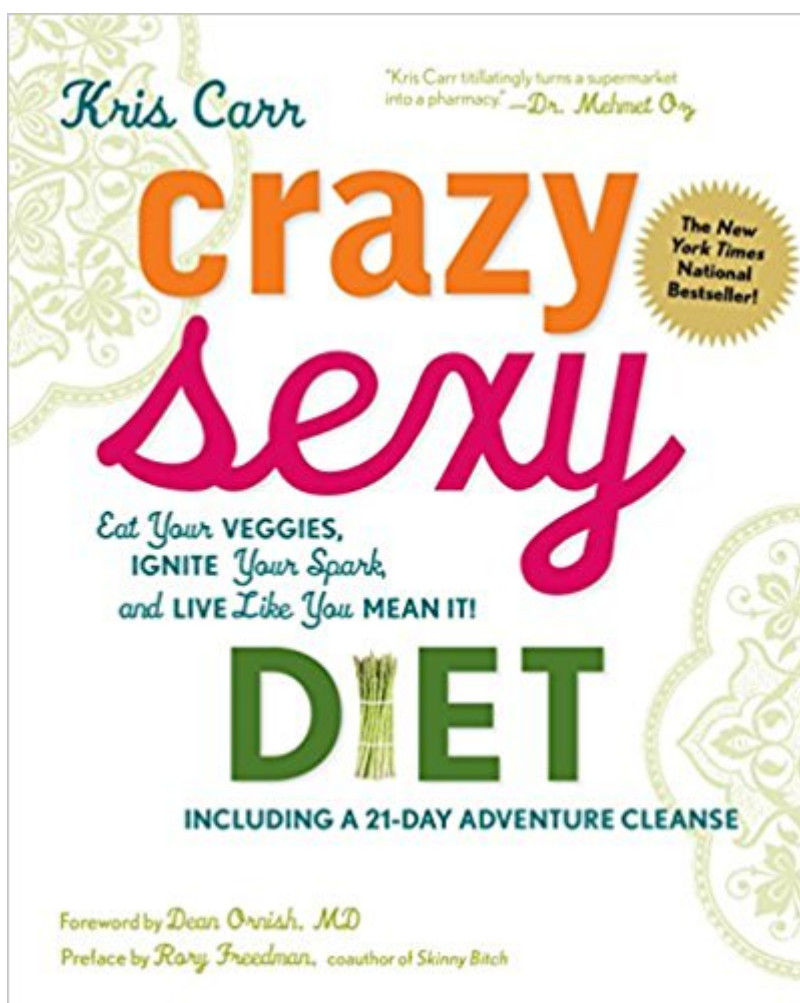


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# Crazy Sexy Diet: Eat Your Veggies, Ignite Your Spark, And Live Like You Mean It!



## Synopsis

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, *œHabulous*, *œCoffee, Cupcakes and Cocktails*, *œMake Juice Not War*, and *œGod-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!

## Book Information

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## Customer Reviews

What people are saying about Kris Carr and her Crazy Sexy Revolutionâ

- âKris Carr titillatingly turns a supermarket into a pharmacy.
- â"Dr. Mehmet OzâWhen Kris speaks you can hear a pin drop. She is a fresh, authentic, and empowering voice.
- â"Marianne WilliamsonâKris is a ray of light, a true leader of courage and inspiration.
- â"Donna KaranâI love Kris Carr, she glows. It's not just because of what she's done, which is extraordinary. It's who she is.
- â"Dean Ornish, M.D.âThank God Kris is one of those women who has the courage and generosity to share her experience. I love Kris' book!
- â"Sheryl CrowâI am personally inspired by her example in leading the way for people to take control of their bodies and their health.
- â"T. Colin Campbell, PhDâ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.
- â"Neal Barnard, M.D.âThat Kris' book landed in your lap is no coincidenceâit is actually a miracle.
- â"Rory Freedman, co-author of Skinny BitchâA riveting new film.
- â"Oprah Winfrey on "Crazy Sexy Cancer"

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.

This book isn't a diet book it is a road map on how to live your Crazy, Sexy Life! You can feel the Passion of Kris Carr's words lift off the page. It gets you thinking about how to slow down and reconnect with yourself. In today's busy lifestyle where stress and sickness is a big part of our world, it give you a plan on how to put your health first. I may not be vegan but with the hints in this book I now understand that how to change my busy stress filled life into a life that I now take charge and live with passion. I have passed this book on to my friends so we can all live a happy stress free life by putting our health and wellbeing first.

This informative book is written in a fresh exciting writing style infused with humor. Kris has a fun outlook on life despite her challenges. But don't be fooled, she has done a huge amount of research and presents a lot of information. For anyone interested in nutrition and lifestyle changes for optimum health this is a must read. She has some very convincing arguments too about veganism and I particularly enjoyed the sections on the benefits do meditation. This book is really for everyone, it can be read purely for fun, as it makes you smile or taken more seriously. I recommend readers view her documentary too as it shows more clearly her struggle and development of her philosophy.

I borrowed this from the library, but had to purchase my own copy because I continually go back to it to learn about the most current information for nutrition and overall healthy lifestyle. I love Kris's positive, encouraging attitude. And, really, this book is just chock full of great information. The enormous section on supplements helped me figure out where to get started. I went to see a really great nutritionist in my area armed with lots of knowledge from this book. This book made me feel as though I had another person on my team as I figure out how to heal and how to work with an integrative medicine system after years of going the traditional route. Kris Carr's writing makes me feel more confident that there are others out there who are marrying holistic with traditional in order to find the right balance in their healing process. If you're not feeling great, you really have to be your own advocate and team captain but you don't have to do it alone. I've since enlisted many

others to join my team and I love to read and follow Kris Carr because she really has the knack for gathering some of the best doctors and holistic leaders.

If you are going through any sort of cancer treatment..... buy this book and use it as your healing bible! It's THE BEST! My daughter fought Thyroid cancer and won with this book. Stay with it.... food is good, clean and all the other aspects of your life will benefit. It's amazing. Get the book if you're fighting cancer or not. Great preventative information to help anyone live a healthy, wonderful life. Love it!

If you are looking to improve your health, this is a book for you. Kris Carr was diagnosed with incurable cancer several years ago. She explains briefly how she arrived at her "crazy, sexy diet" to save her own life. She is still alive and thriving. She writes with a very casual and chatty style using current expressions, addressing the reader as if she were a close friend. Her approach is vegan, and don't discount it before you at least try it. I used to eat this way twenty years ago, and I know how good I felt then. Unfortunately for my own health, I got away from it, with bad results. I'm happy now to return to this wonderfully clean-feeling diet. Crazy Sexy Diet is full of important information about the food we eat, complete with tips, product explanations, reviews, brief articles by various "experts," and websites. It also includes some recipes, as a preview to her recipe book, just released in Oct 2012. I love this book. It is most informative on a variety of topics, many of which I never thought to question. I am so HAPPY I bought it!

This book changed my life! It is my daily reference guide on how to live better. Kris Carr is amazing. God bless her!

This excellent book should have been called Nutrition 101. It's not another diet book. It truly is a guide for how to live and eat the rest of your life. The information is presented in a memorable way. There are lots of pictures. The layout resembles a magazine almost. This is a staple for any health conscious individual. If you want to live and eat cleaner you will be thankful for this book.

I am so excited to finally get this book for which I was impatiently waiting for the last two years! It is packed with a great deal of information. Even though I've read lots of books on this subject and have been already "converted" to this lifestyle (therefore do not need the cleanse), I found lots of interesting stuff in the book, for example the sections on supplements, pH, fasting etc. It's very

motivating - I convinced my husband to do the one-day juice fast during the Holidays, which turned out to be a juice feast. We both felt great, so we're going to do it on a regular basis. I think what makes Kris' work so honest and inspiring is that she is not promoting any products of hers or her sponsors. She is doing all the great work and research to save her own life and by doing it, she is saving lives of many others, including mine. I'm very very grateful for her. She's been my sunshine for quite a while. I definitely recommend her book and will buy a few more copies for my best friends.

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