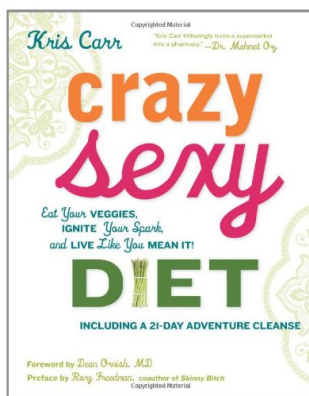


[PDF] Crazy Sexy Diet: Eat Your Veggies, Ignite Your Spark, And Live Like You Mean It!

Kris Carr - pdf download free book



Books Details:

Title: Crazy Sexy Diet: Eat Your Veg
Author: Kris Carr
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Description:

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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