



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

By Kris Carr

ROWMAN & LITTLEFIELD, United States, 2011. Paperback. Condition: New. Reprint. Language: English. Brand new Book. The New York Times bestseller, now in paperback! Kris Carr, 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. Infused with Carr's 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, she lays out the fundamentals of her Crazy Sexy Diet: an anti-inflammatory, 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. Carr empowers readers to move from a state of constant bodily damage control to one of renewal and repair, making this a must-have 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. -...



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