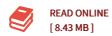




Crazy Sexy Diet: Eat Your Veggies, Ignite Your Spark, And Live Like You Mean It! (Hardback)

By Kris Carr, Sheila Buff

ROWMAN & LITTLEFIELD, United Kingdom, 2011. Hardback. Condition: New. Language: English. Brand new Book. 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. 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...



Reviews

This ebook is definitely not effortless to start on studying but extremely enjoyable to read through. It can be loaded with knowledge and wisdom You will not feel monotony at whenever you want of your time (that's what catalogs are for concerning should you request me).

-- Vincenzo Collins

Extensive guideline for book fanatics. Sure, it is engage in, nonetheless an amazing and interesting literature. I am effortlessly can get a delight of studying a composed pdf.

-- Rhea Dare

Related eBooks



How to Be a Man (Hardback)

HarperCollins Publishers, United Kingdom, 2018. Hardback. Condition: New. Language: English. Brand new Book. Are men supposed to be fighters? Lovers? Hunter-gatherers? Fashionistas? Business gurus? Culinary experts? You're wrong if you think one man can't be a jack AND a master of all...



Life's Healing Choices: Freedom from Your Hurts, Hang-ups, and Habits (Hardback)

SIMON & SCHUSTER, United States, 2007. Hardback. Condition: New. Language: English. Brand new Book. LIFE HAPPENS. Happiness and Healing are yours for the choosing. We've all been hurt by other people, we've hurt ourselves, and we've hurt others. And as a result....



Minecraft Guide to The Nether and the End: An official Minecraft book from Mojang (Hardback)

Egmont UK Ltd, United Kingdom, 2017. Hardback. Condition: New. Language: English. Brand new Book. Now that you've mastered the Overworld, the time has come to brave the perilous Nether and End dimensions. But survival will be even more difficult here and you'll...



That's Not the Monster We Ordered (Hardback)

Skyhorse Publishing, United States, 2016. Hardback. Condition: New. Richard Fairgray, Terry Jones (illustrator). Language: English. Brand new Book. The day the Turner family gets their very own monster is a momentous event in the neighborhood. Everyone gathers for the occasion. The monster...



On Your Marks: The Adventure Begins (Hardback)

Byways, United States, 2015. Hardback. Condition: New. Library ed. Language: English. Brand new Book. Ewan, Zane, and Ganix--three half-brothers take sibling rivalry to new lengths as they race each other across their homeland. Magic isn't the only legacy Mr. Ian Johns wants...



Minecraft: Exploded Builds: Medieval Fortress: An Official Minecraft Book from Mojang (Hardback)

Egmont UK Ltd, United Kingdom, 2016. Hardback. Condition: New. UK ed. Language: English. Brand new Book. Check out the brand new series of official Minecraft Guides. The first four titles in the series, Guide to Exploration, Guide to Creative, Guide to Redstone...