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## **Crazy Sexy Diet Eat Your**

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 ...

## **Crazy Sexy Diet: Eat Your Veggies, Ignite Your Spark, And ...**

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

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green drinks, and scrumptious  
smoothies.

### **Crazy Sexy Diet: Eat Your Veggies, Ignite Your Spark, And ...**

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.

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

### **Crazy Sexy Diet: Eat Your Veggies, Ignite Your Spark, and ...**

Infused with a bit of sass and an advice-from-the-trenches style, Crazy Sexy Diet is a beautifully illustrated resource and plant-based, vegan diet plan to put you

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on the fast track to vibrant health,  
happiness and a great ass!

### **Crazy Sexy Diet - KrisCarr.com**

Infused with Carr's signature sass, wit and advice-from-the-trenches style, "Crazy Sexy Diet" is a beautifully illustrated resource that puts readers on the fast track to vibrant health and happiness, laying out the fundamentals of 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.

### **Encore -- Crazy sexy diet : eat your veggies, ignite your ...**

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Paperback – Dec 20 2011 by Kris Carr  
(Author), Dean Ornish (Foreword), Rory  
Freedman (Preface) 4.6 out of 5 stars  
744 ratings

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