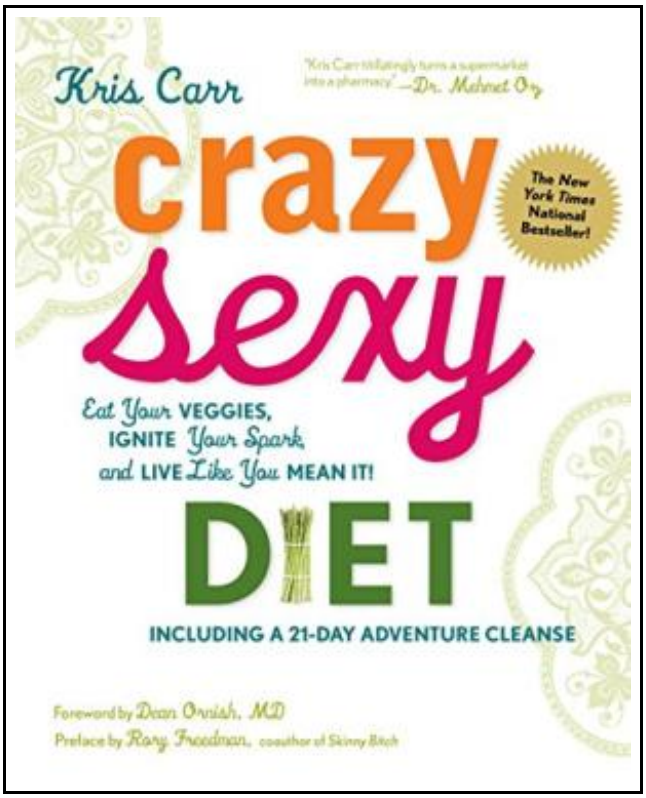
Crazy Sexy Diet: Eat Your Veggies, Ignite Your Spark, and Live Like You Mean It



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Reviews

Very good e-book and valuable one. It really is packed with knowledge and wisdom I am just very easily could possibly get a satisfaction of reading a created pdf.
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Skirt!. Hardcover. Book Condition: New. Hardcover. 240 pages. Dimensions: 9.2in. x 7.5in. x 0.8in.On the heels of Kris Carrs best-selling cancer survival guidebooks and her acclaimedTLC documentary comes her new journey into a realm vital to anyones 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 psychesadvice that draws both on her personal experience as a cancer survivor and that of expertsshe 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 advocateAlejandro Junger, M. D. author...

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