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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 ...

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## **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,  
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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

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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 ...**

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 on the fast track to vibrant health,

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happiness and a great ass!  
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**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

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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 ...**

Kris' third book, Crazy Sexy Diet (January

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Crazy Sexy Diet: Eat Your Veggies, Ignite  
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Paperback - Dec 20 2011 by Kris Carr  
(Author), Dean Ornish (Foreword), Rory  
Freedman (Preface) 4.6 out of 5 stars  
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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

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Sexy Diet is a beautifully illustrated resource that puts you on the fast track to vibrant health, happiness and a...

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