



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

Kris Carr, Dean Ornish (Foreword), Rory Freedman (Preface)

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Crazy Sexy Diet: Eat Your Veggies, Ignite Your Spark, and Live Like You Mean It! Kris Carr , Dean Ornish (Foreword) , Rory Freedman (Preface)

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 to debunking common diet myths and sharing vital tips on detoxifying our bodies and psyches—advice that draws both on her personal experience as a cancer survivor and that of experts—she 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 advocate

Alejandro Junger, M.D. – author of *Clean: The Revolutionary Program to Restore the Body's Natural Ability to Heal Itself*, and director of integrative medicine at Lenox Hill Hospital, NYC

Rory Freedman – coauthor of *Skinny Bitch* and health advocate

Mark Hyman, M.D. – author of *The UltraMind Solution* and pioneer in functional medicine

Emily Deschanel – star of the Fox series *Bones* and health advocate

Sharon Gannon – author of *Yoga* and *Vegetarianism*, and cofounder of *Jivamukti Yoga*

Wayne Pacelle – president & CEO, The Humane Society of the United States

Stacy Malkan – author and cofounder of the Campaign for Safe Cosmetics

Dr. Lilli Link – specialist in raw foods and integrative nutrition

Frank Lipman – author of *Revive: Stop feeling Spent and Start Living Again* and founder of the Eleven Eleven Wellness Center

Crazy Sexy tips for optimal health:

Flood your body with alkaline nutrients * Flush stored waste products and chemicals * Reduce or eliminate animal products * *Dump sugar, you're sweet enough * Go gluten-free *Shake your booty * Wrangle the monkeys in your mind and turn down the stress * Install healthy boundaries so you don't burn out * Kill

your television and Detox your In Box (Facebook too!) * Take fun seriously * Build a wellness posse support system *Be a "prevention is hot" cheerleader!

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

Date : Published January 17th 2011 by skirt! (first published November 1st 2010)

ISBN : 9781599218014

Author : Kris Carr , Dean Ornish (Foreword) , Rory Freedman (Preface)

Format : Hardcover 230 pages

Genre : Health, Nonfiction, Food and Drink, Food, Cookbooks, Cooking, Vegan, Self Help



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From Reader Review Crazy Sexy Diet: Eat Your Veggies, Ignite Your Spark, and Live Like You Mean It! for online ebook

Wendy says

Seriously? I like reading about my health as much as the next person, but this woman's tone drove me nuts. And that's not to mention that she didn't teach me anything I didn't already know: Eat your veggies, meditate, don't smoke or drink, processed foods and meat are bad. The only reason I stuck with it was because I felt like a loser for not finishing my last book (A Discovery of Witches) and couldn't fail again! This author writes like a Susan Powter for the millennium. I didn't find her adorable for calling me "tootsie" or "sweet cheeks" while making a redundant point. I know many people love this woman and I'm disappointed not to connect. I was bummed when I closed the book with only one new thought from the experience: Maybe I'll try Stevia sometime.

Tarah says

While this book promotes some great concepts (i.e., raw foods, juicing, limiting meat consumption, maintaining your body's pH balance, environmental impact of the foods we eat), there was nothing new in it for me. If you are already a health conscious person, you won't find anything groundbreaking in here. The language, while cute at first, became irritating about halfway through. I actually thought it diminished her credibility. But my biggest gripe was the almost judgmental way Kris looks at people who eat meat, dairy, and don't subscribe to a 100% vegan, gluten-free, caffeine-free lifestyle. I'm sorry, but health need not be so extreme, and for most people this is not practical. Calling meat "corpse" and dairy "mucus" and promoting do-it-yourself enemas just became too much for me. I do not advocate a vegan lifestyle and don't like to be subject to the notion of superiority that people who eat this way sometimes carry. To be fair, if you had cancer like Kris did, I'm sure you'd be willing to try anything at all costs, but for healthy people just trying to focus on conscious eating and positive lifestyle, this book goes a bit too far.

Farnoosh Brock says

Similar to other reviewers, I really didn't like the condescending tone of the author, blaming the food industry for all our problems, and just using the off-putting language to get attention. Her story is inspiring, but the writing voice wasn't resonating with me. I do like Kriss and I feel she has a great message, is it possible to package it in a more compassionate way without all the finger pointing?

I also wish this book had more smoothie and green juice recipes. There is very little creativity there and those two food groups are what I consider to be the best parts of the crazy sexy diet.....

So I changed my rating from 3 star to 2 star after reading more of the book. I think the message is great, and nothing unique: Get more raw fruits, vegetables, herbs and plants into your body. Less animal products. More raw nuts and seeds and a few other goodies. The end :)!

Kimberly says

As a breast cancer survivor and smart-ass I love Kris Carr and her writing style. She has what I find is lacking in a lot of people nowadays: a sense of humor! She remains light and funny and positive in the face of cancer. I find her refreshing, this book has helped me and I've never felt better in my life. Energetic, happy, bouncy, crazy and sexy, all things I wanted but found hard to get, now I have them! Becoming vegan is a lifestyle, not a fad diet. It's not eating the 'same way' forever as there are soooo very very many yummy recipes and foods you can eat! Take it from a former cheeseburger & fries girl, it is possible and it feels wonderful. I went vegetarian 2 years ago after seeing Food, Inc. So this was a moral choice as well as a health choice. Love the book and the author!

Kate Singh says

Colorful and fun to read, this book is about a woman that had some pretty intense cancer and was given 10 years to live at age 30 something. She went on a vegan diet and is thriving today (over 10 years later). She covers everything from how, why, and the benefits of going into a plant based diet. She also covers spiritual and emotional healing.

Laura Titschler says

Kris is my new Idol. Her book is FANTASTIC - not just for a health-conscious person like myself, but for ANYONE looking for a healthier way to live and add years to their life! Green juice is Kris' motto, and it is working for me! I have never felt better! I am going to a book-signing tomorrow night - I have never been to a book-signing in my life, but I just have to meet Kris Carr in person. What an amazing and hilarious and uplifting and positive and inspiring writer/person (I could go on with the compliments).

Kris - Thank you for changing my life. As I said, I was already trying to live a pretty healthy lifestyle, but this has just given it another kick in the booty! I grew up on donuts and Jimmy Dean sausage - I have come a long way! My family of origin think I am nuts! I only wish they would jump on the Juice Bandwagon with me! I have a whole room in my home dedicated to yoga and meditation. The only furniture in it is an alter like Kris describes. I plan to become a yoga teacher this year, and continue my meditation/chanting/juicing/save the planet and myself lifestyle, for a VERY, VERY long and joyful life!!!! I am a Reiki Master already, and the positive energy that I have gotten from Kris is helping me in that field as well! All I can say is thank you, thank you, thank you, from the bottom of my very full and grateful GREEN heart!

Namaste,
Laura

Paige says

Sigh. What can I say other than-

This. Book. Is. A. Godsend.

Kris delivers in every way and she is my hero. And listen, I don't run around calling people heroes very often...if ever. Please, please....buy this book and help yourself and your loved ones. Inform and arm yourself with the best information on how to be your best you.

Here is a lifestyle book chock full of informative goodness...spiritually, physically and digestively! If you want to live like you mean it and do it healthfully...then here's your fun-loving, enlightened, kick-in-the-pants, empowering and down-right practical resource!!

*I will be back to give this book the proper review it deserves. I'm having a hard time summing that up right now...it's just THAT GOOD. In the mean time, read other reviews (amazon has some great ones already) and get yourself this book. And I bet that soon after, you will be swooning over this hilarious, healthy lifestyle book and calling people (Ahem...Kris Carr) heroes too.

veganjilly says

About a third of the way through this book I was kinda annoyed by the language, but still enjoying the information that this book had to offer. Now that I have finished it, though, I have a different perspective! By the end of the book the author TOTALLY won me over, to the point that I was so interested in what she was saying that the language became completely irrelevant to me. I like the layout of this book, and enjoyed the lovely photographs. And as I said, the info was great! I learned a few new things. My favorite part about this book is that the author does not make you feel bad for whatever your choices are. She emphasizes repeatedly that small, gradual steps are the way to success, though if we choose cold turkey we can succeed that way, too! I grew to love her super positive, can-do attitude. So many times when I read a book about health or nutrition and I desperately want to implement changes in my own life, I beat up on myself if I "fail" or if I don't do it perfectly. She stresses that our lives are a journey and we are meant to make mistakes; so when it happens, just giggle and move on! I loved that I didn't feel STRESSED about the changes I wanted to make in my life after reading this book. I just felt inspired!

Diane says

After getting over myself and embracing the silly voice of Kris Carr, this book became a fantastic game changer for me. If I'm going to fill my head with things, why not make them happy things? If I'm going to put things in and on my body, why not make them healthy things? I may not be fighting rare incurable cancer (with veggies and unicorns) like Kris, but I do want to live a healthy, happy life and I would recommend this to anyone who is interested in doing the same.

Emily Crow says

I give five stars to the amazing Kris Carr as a person, but only two for this book. It's fun and inspirational and makes me want to eat more veggies. That's good. And Kris seems so upbeat and genuine, I wish she lived next door to me and we could be "besties." But then I'd feel mean saying this about my bestie's book: I can't really get into cleanses and colonics, which she recommends.

It's a problem I have with a lot of these "alternative" type health books. They have all this great stuff about eating lots of veggies and avoiding processed foods and cultivating a vibrant mindset -- huge yes to all of this! -- but so frequently that goes along with a lot of faddish, unnecessary stuff. I worked for gastro docs for five years as a medical coder, which meant I had to read the procedure report for each and every colonoscopy they performed. Not one single person -- not one! -- ever had toxic matter built up in their bowels. Even if you eat nothing but meat and junk food, even if you swallow your gum, that will not happen. Other things might happen, like diverticulosis or colon polyps. But no reason for anyone to ever get a colonic. (And don't take my word for it -- Dr. Andrew Weil is not in favor of colonics, either, and he's an expert I really do trust.)

Anastasia says

I hate diets. I hate the concept of eating one way for the rest of your life. Because that's the only way most diets will work. "I lost 18 lbs on the Atkins diet, but the first time I ate a potato I gained 25 lbs back." I've been on all of them. Cabbage soup diet, the Mayo Clinic diet (I use to like grapefruit juice) Atkins, South Beach...blah blah blah. But I like food. I also love to cook food. But being diabetic I have a lot of guilt when it comes to food. And being overweight I tend to berate myself when it comes to food.

But if I was to be on a diet, I would definitely like it to be a Crazy Sexy one. Right? So much better then "I'm on the blood type diet."

It's written by Kris Carr who did the documentary "Crazy Sexy Cancer." on TLC. She found out she had cancer. A rare cancer that couldn't be operated on. She of course saw all kinds of specialists, then she changed her diet. She became a certified nutritionist and learned what food really does to you. She became vegan, gluten-free, sugar-free, caffeine-free and ate mostly raw. And her cancer stopped. She's not cured but it hasn't migrated or gotten any bigger either. She is in full remission.

I've been vegan before, I've even given up caffeine, and being diabetic I tend to steer clear of refined sugar as much as I can. Gluten free would be hard, but I've worked in gluten free bakeries so I knew I could work around it and what to look for. But the raw thing would be the hardest. I love to cook. My family's heart is in our kitchen. My girls and I cook together, my husband and I cook together. I didn't want to sacrifice that. So I said okay I can do this, but I will probably still cook my vegetables. I started the 21 Day cleanse excited and looking forward to feeling better. I got five days in and just couldn't do it. I felt like pooh. I know that's part of detoxification, but I don't want to feel like pooh. So I gave up. I drank a diet soda and I had some enchiladas. I failed. I am not crazy or sexy. At least when it comes to dieting.

Don't get me wrong, the book is fantastic. Carr is amazingly supportive and so is the online community. Carr really feels like she is your best friend and is rooting for you. I do agree with her that our diet can cause a lot of pain and suffering. Who knows what the chemicals they use will do to us eventually? And the FDA does

not have your best interest at heart. Sorry. So if you have more willpower than I do, please buy her book. I guess if I get cancer, I can chalk it up to being a lazy dieter.

Laura says

Ok - so while I don't ever think that I will be a complete vegetarian, Kris Carr's book has really helped me understand why it is vital to eat REAL food and why. With many excerpts from doctors and other allied health professionals as well as natural foodies, the science really comes to life as to why incorporating these vital nutrients that we often forget into our diets.

I have been fighting the diet struggle for years with calorie counting, carb counting, and even points counting, but this book makes it easy to understand what foods to avoid or limit and why. I think after reading this book I have a new found appreciation for eating the right foods for the right reasons, as well as taking care of myself as a woman and not always thinking that I am selfish for doing so.

It may be because as a 30 year old female, it was easy to read her writing since she is a 30 something herself and writes uninhibited as if having a conversation with you. You learn to appreciate her frank and bold expressions of her opinions but I value this and appreciate that she also expresses that not everyone will stop eating all meat or become a full fledged vegan because of her book.

Highly recommended - even if you are not a vegetarian or a vegan or a raw foodie - but you may appreciate it even more if you are.

Stacey says

I bought the Kindle version of this book and have returned it. It is not formatted for Kindle, which meant that important pieces of the content - most notably the 21-Day Cleanse - could not be read on the Kindle. Those pages were very small and very light, and could not be manipulated (the font size could not be changed, the zoom was disabled). There are complaints about this in the Amazon reviews, so I hope the publisher will take notice and address the issue.

Apart from the legibility issues, I was disappointed in the book. Carr's writing style put me off, and the overuse of the words "crazy" and especially "sexy" was nearly mind-numbing. But mostly I just didn't find anything new here - it was a mishmash of several other books I have read, but without the scientific acumen and written in a tone that didn't really inspire me the way I think it was meant to.

I realize that Carr has a compelling personal story, and I applaud her efforts to educate others about the benefits of vegan eating with high raw content. I did enjoy the chapter on meditation, and I also thought some of the recipes looked good, but otherwise it was a disappointment. Overall, though, the book just didn't work for me.

Pam Asberry says

I loved this book! It is filled with suggestions for making positive changes to your diet and elsewhere in your life that will improve not only your physical health but also your mental state and emotional well-being. I will admit that I'm not ready to convert to a completely vegan lifestyle just yet but I am definitely taking steps in that direction and I am already feeling and looking better. Recommended!

Crystal (VanillaHearts62) says

I'm a bit torn on this book, so I'll do the pros and cons.

Pros:

- covers a wide range of topics including pH balance, sugar, dairy, meat, digestion basics, yoga, supplements, and ingredient lists.
- small selection of recipes (more would have been better)
- covers topics that are a bit controversial like factory farming
- the ingredients list was my favourite because it went over the different artificial colours, sweeteners, and preservatives
- testimonials were good to show how the subject relates to someone's life, but not very credible. I read them like examples, not true cases.

Cons:

- righteous attitude (if you eat meat, then you are bad! why can't you drop everything and eat 100% organic and vegan?). Her views on the topic are very extreme. "my way or the highway"
- language in the book was not user friendly, and I can see it making some readers feel even worse than they already do. Writing via fear attacking?
- the scientific stuff wasn't backed up. She would throw in a stat like "40% of blah did this!" but where was the study with the 40%? How was the study conducted? There are sources in the back but they are of other books like this one - not scientific journals.
- Many doctor's had little tidbits in the book, but what is their credibility like? Are they medical doctors or people with PhDs?
- She assumes that since she went to the extreme, the reader will too.
- she referred to a hamburger as "tushie" and cheese as "mucus." Ummmm...
- her obsession with enemas was a bit unsettling
