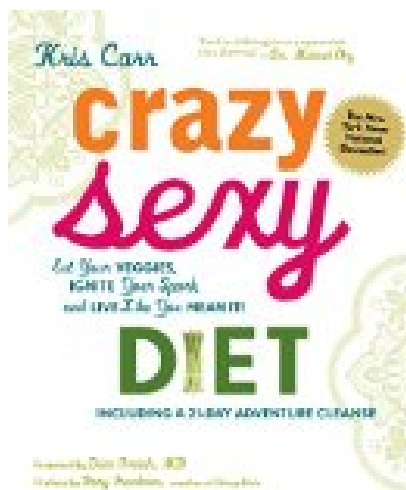


Crazy Sexy Diet Eat Your Veggies Ignite Your Spark and Live Like You Mean It!



BOOK DETAILS

- Author : Kris Carr
- Pages : 240 Pages
- Publisher : Skirt!
- Language : English
- ISBN : 1599218011

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BOOK SYNOPSIS

The Crazy Sexy Diet is a low-fat, vegetarian—or better yet, vegan—program that emphasizes balancing your body's pH and reducing inflammation by eating more lush whole foods, low-glycemic fruits, raw veggies, alkalizing green drinks, and superpowered green smoothies. Visit CrazySexyDiet.com to read more.

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