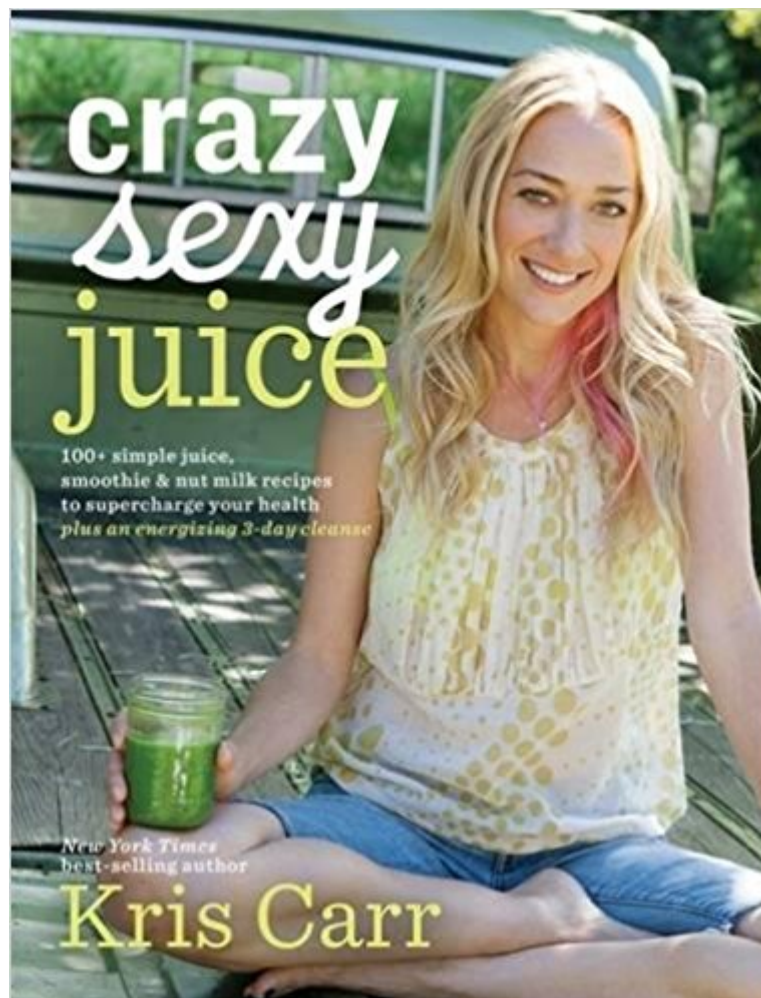




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Crazy Sexy Juice: 100+ Simple Juice, Smoothie & Elixir Recipes To Super-charge Your Health



Synopsis

In *Crazy Sexy Juice*, wellness advocate and New York Times best-selling author Kris Carr teaches you everything you need to know about creating fresh, nutritious juices and smoothies, and creamy, indulgent nut and seed milks. With enough recipes to keep your juicer and blender humming through every season, she shows you how to fit them into your life, helping you make health deposits—instead of withdrawals! She guides you through her wonderful world by teaching you:

- How to create flavor combinations that tantalize your taste buds
- How to choose the best juicer, blender, and kitchen tools
- Ways to save money while prioritizing fresh, organic produce
- Troubleshooting advice for common kitchen mishaps
- Tips for selection, storage, and preparation of ingredients
- Suggestions for juicing and blending on the go
- Tips on how to get your family onboard and make this lifestyle stick
- And oh, so much more . . .

Whether you're an old pro at making liquid magic or just starting out, Kris will help you experience juicing and blending as a fun and delicious journey into the transformative powers of fruits and veggies! By simply adding these nutrient-dense beverages to your daily life, you can take control of your health—one sip at a time. Cheers to that! Includes an easy and energizing 3-day cleanse!

Book Information

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Customer Reviews

Kris Carr titillatingly turns a supermarket into a pharmacy. -- Dr Mehmet Oz I recommend Kris to you in the highest possible terms ... She is a fresh, authentic, and empowering voice. -- Marianne Williamson bestselling author of *The Age of Miracles* and *A Return to Love* Kris Carr's riveting

journey started a revolution... -- Oprah Winfrey Kris is the ray of light that is needed to raise awareness... a true leader of courage and inspiration. -- Donna Karan Kris Carr is a tireless advocate for health and she'll be your coach, confidant and companion. -- Neal Barnard, MD I love Kris, she glows. It's not just because of what she's done, which is extraordinary, it's who she is. -- Dean Ornish, MD Highly recommended. YOGA magazine --This text refers to an out of print or unavailable edition of this title.

Kris Carr is a multi-week New York Times best-selling author, speaker, and wellness activist. She is the subject and director of the documentary *Crazy Sexy Cancer*, which premiered at the SXSW Film Festival and aired on TLC, The Discovery Channel, and The Oprah Winfrey Network. Kris is also the author of the award-winning *Crazy Sexy* book series. Her latest books, *Crazy Sexy Diet* and *Crazy Sexy Kitchen*, will change the way you live, love, and eat! Kris regularly lectures at hospitals, wellness centers, corporations such as Whole Foods, and Harvard University. Named a "new role model" by The New York Times, she has been featured in *Glamour*, *Vanity Fair*, *Scientific American*, *Success*, *Forbes*, *People*, *Good Morning America*, the *Today* show, *CBS Evening News*, *The Early Show*, *Access Hollywood*, *The Doctors*, *Super Soul Sunday*, and *The Oprah Winfrey Show*. As an irreverent foot soldier in the fight against disease, Kris inspires countless people to take charge of their health and happiness by adopting a plant-passionate diet, self-care practices, and learning to live and love like they really mean it. In Oprah's words, "Kris Carr's riveting journey started a revolution." Visit her at KrisCarr.com.

Not a quickly thrown together book to take advantage on her popularity-a lot of thought went into this one. It isn't a book just about juicing-lot's of tidbit's from her journey are thrown in along with suggestions for just getting along with life in general. Not a quick read either-but worth the effort. Thanks gorgeous!

Great information presented in an entertaining way. There is a lot of wierd and erroneous "health" information out there, but this is the real deal. Wonderful recipes - I especially love the Turmeric Milk. So expensive to buy, but very economical to make. And mind blowing let healthy! If you want to take your healthy eating to the next level, this is for you.

New breast cancer diagnosis prompted me to clean up my act, literally, and bought all of her books. Fun, great recipes and supportive. I use this book every single day and am definitely a long term

juice/smoothie maker. I especially like that there's narrative for each recipe on it's health benefits. Would highly recommend.

all of Kris Carr's materials are wonderful with her signature groovy vibe. I have't had a chance to make the smoothies, but book is divided between juicing, smoothies, other things - well laid out & colorful.

I love Kris Carr's writing style. She's so personable it's like talking to your BFF. Also, no preachiness here, just suggestions on how to live a healthier, happier life through the power of plants!

Love love love this book. So many choices. I don't have a juicer but she gives smoothie recipes too. I love Kris Carr

I am new to the juicing world. This book simplified everything and made it very easy for me to get started. It has a ton of very yummy recipes to boot.

These all look so easy to make! Now... to actually make them! Kris is SO upbeat, yet also so authentic. So vibrant even though the stage IV cancer remains.... What a warrior, and a lover of life! Thank you, Kris.

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