Kris Carr’s
Ultimate Wellness Resource Guide

The Crazy Sexy Diet & Lifestyle

Based on years of research and personal experience I have unlocked the secret to healthy living. It’s really simple—create an anti-inflammatory diet and lifestyle. This truth led me to write my third book, Crazy Sexy Diet and my latest book, Crazy Sexy Kitchen. Here are some of the basic principles to get you started: Follow a low-fat, vegetarian—or better yet, vegan—program that emphasizes balancing your body’s pH by eating lots of lush whole foods, low-glycemic fruits, raw veggies, alkalizing green juices, and super-powered green smoothies. Create a lifestyle high in love, joy and peace, and low in stress. Stress is the root cause of most if not all chronic diseases. Vibrant health is built on what you eat, drink and think, proper exercise, periodic detoxification and lots of cozy sleep. I hope these resources super-charge you on your wellness journey. Make juice not war, baby!

Peace and veggies,

Kris Carr
Mind & Body Resources

Kitchen
Juicer: Breville Ikon Multi-Speed, Omega 8003, Omega 4000, Hurom
Blender: Vitamix

Body Care
Annmarie Gianni Skin Care

Super Witch Bath Recipe
Mix 2 cups of Epsom salt or Himalayan Bath Salt Crystals, ½ cup of raw apple cider vinegar, ¼ cup of baking soda and lavender in a warm tub and soak your cares away.

Colon Hydrotherapy Directories
The Colon Therapists Network
International Association of Colon Hydrotherapy

Find A Shrink
National Association of Social Workers
Therapist Directory

Detox Centers
Ann Wigmore Natural Health Institute (Puerto Rico)
Hippocrates Health Institute (West Palm Beach, Florida)
Optimum Health Institute (San Diego, CA & Austin, TX)

Detox Sauna
Full Spectrum Infrared Sunlighten Sauna

Wheatgrass Delivery
Perfect Foods
Wheatgrass Central

Kris’ Basic Supplements & Superfoods (optional)
E3 Live
Life’s DHA
Dr. Ohirra’s Probiotics
Amazing Grasses Green Superfood
Vega Protein Powder

Emotional Freedom Technique (online resources)
Tapping Solution Website
Tapping Insider's Club
EFT Practitioner Directory
Attracting Abundance with EFT by Carol Look

Recommended Books
Mind
The Art of Extreme Self-Care by Cheryl Richardson
You Can Heal Your Life by Louise Hay
The Four Agreements by Don Miguel Ruiz

Veganism
Becoming Vegan by Brenda Davis
Crazy Sexy Diet by Kris Carr
The 30-Day Vegan Challenge by Colleen Patrick-Goudreau
Living Vegan for Dummies by Alexandra Jamieson
Veganist by Kathy Freston

Raw Food
Living on Live Food by Alissa Cohen
Becoming Raw by Brenda Davis
Healthful Cuisine by Anna Maria Clement
Conscious Eating by Gabriel Cousens, M.D.

Cooked Food
Veganomicon by Isa Chandra Moskowitz
The Candle 79 Cookbook by Joy Pierson, Angel Ramos, and Jorge Pineda
Crazy Sexy Kitchen by Kris Carr
Blissful Bites by Christy Morgan
Color Me Vegan by Colleen Patrick-Goudreau
The Conscious Cook by Tal Ronnen
More Great Good Dairy-Free Desserts Naturally by Fran Costigan

pH & GI
GI Handbook by Barbara Ravage
The Ultimate pH Solution by Michelle Schoffro Cook
The pH Miracle by Robert Young and Shelley Redford Young

Health Challenges
Dr. Neal Barnard’s Program for Reversing Diabetes
The Spectrum by Dean Ornish, M.D.
Blood-Sugar Solution by Mark Hyman, M.D.
Crazy Sexy Cancer Tips by Kris Carr
Crazy Sexy Cancer Survivor by Kris Carr
Meals That Heal Inflammation by Julie Daniluk, R.H.N.
Prevent and Reverse Heart Disease by Caldwell Esselstyn, Jr., M.D.
Life Over Cancer by Keith Block, M.D.
Healing the New Childhood Epidemics by Kenneth Bock, M.D.
Eat to Live by Joel Furhman, M.D.

Detox
Clean by Alejandro Junger, M.D.
Revive by Frank Lipman, M.D.
Crazy Sexy Diet by Kris Carr
Recommended DVDs

**Mind & Body**
- Simply Raw: Reversing Diabetes in 30 Days
- Crazy Sexy Cancer
- Hungry for Change
- Forks Over Knives
- Louise Hay’s You Can Heal Your Life
- A Vibrational Approach to Healing Pain and Illness

**Workout & Yoga**
- Yoga Transformation with Tara Stiles and Deepak Chopra
- Jane Fonda’s Workout: Daily Yoga with Tara Stiles
- Intensati: Intention and Power - A High Energy Workout for Body Mind and Soul
- Transform Yourself with Jivamukti Yoga
- Freeing the Bird of Prana: Yoga Level 2
- The Tracy Anderson Method Mat Workout
- Marisa Tomei Hoop Body

**Recommended CDs**
- Meditations for a Miraculous Life by Marianne Williamson
- The Art of Extreme Self-Care by Cheryl Richardson
- How to Lose Weight by Carol Look
- Self-Healing by Louise Hay
- The Soul of Healing Meditations by Deepak Chopra
- The Ultimate Edge by Tony Robbins

**Daily Go-To Health Booster Recipes**

**Make Juice Not War Green Drink**
It’s our motto and our morning beverage. Here’s what we serve in the Carr/Fassett home daily. This recipe makes almost 32 oz.

- 2 large cucumbers (peeled if not organic)
- Big fist full of kale or romaine
- Big fist full of sweet pea sprouts (if easy to find)
- 4-5 stalks celery
- 1-2 big broccoli stems
- 1-2 pears or green apples (optional)
- *Other optional greens we love: spinach

**Kris Carr’s Green Smoothie**
Makes enough for 2 people. You can adjust the recipe accordingly. My taste buds are different than yours so don’t be afraid to play!

- 1 avocado
- 1-2 pieces of low glycemic fruit: we love green apple, pear, berries & cantaloupe
- 1 cucumber
- A bit of kale or romaine or spinach
Coconut water (or purified water)
Stevia to taste
*You can also add a sprinkle of cinnamon and some cacao.
*You can also use coconut meat or almond butter or nut milk in place of avocado

**Tips for Stocking Your Fridge**

Here’s a sample of some of the foods you’ll find in my fridge and freezer. You do not need everything. This is just a guide, a snapshot of my crisper drawers!

**Veggies**
A pH balanced, anti-inflammatory, low-fat, plant-based diet is the healthiest diet on the planet, end of story. Therefore, veggies are the main event on the Crazy Sexy Diet and Crazy Sexy Cleanse. Some of the top prize fighters include: Cucumbers, broccoli, kale, collards, celery, parsley, cabbage, romaine, red lettuce, spinach, peppers, zucchini, asparagus, red peppers, chard, green beans, alfalfa sprouts, lentil sprouts, mung bean sprouts, sweet pea and sunflower sprouts, onions, garlic, leeks, cauliflower, winter squash, carrots, arugula, bok choy, sweet potatoes, parsnips, turnips, kohlrabi, tat soi, jicama – the list is endless.

**Fruit**
Avocados and tomatoes, green apples, lemons, limes, grapefruit, pears, grapes, and berries are all good choices. While fruits are healthy, low-glycemic fruits (those that are less sweet, like blueberries) are better for your blood sugar. Become familiar with the glycemic index. A good resource is The GI Handbook by Barbara Ravage. Also, keep in mind that fruit is slightly acidifying. That said, fruit is loaded with vitamins and minerals and is very cleansing, so you don’t have to skip it all together. Just go easy, no need to spike your blood sugar, wig out your pancreas, feed yeast (or cancer) or flood your blood with too much insulin. All of which are common occurrences when consuming large amounts of sugar, especially white sugar. Is fruit different? Yes, because it has fiber and the aforementioned nutritional goodies. I tend to be on the conservative side when it comes to sweet treats. Better to be safe than sorry is my motto. Therefore, two or three servings of fruit are plenty per day.

**Sweeteners**
Stevia, yacón syrup, and agave syrup are my favorite alternatives to sugar. Stevia and yacón don’t affect your blood sugar; agave raises it only slightly. Stevia is actually an herb from a plant that grows in Paraguay and Brazil. A little goes a long way—this wonder plant is about 300 times as sweet as sugar. It comes in packets or as a liquid (store stevia in your pantry).

**Flours and Meals**
Gluten-free flours include: amaranth flour, black bean flour, flaxseed meal, potato flour, oat flour, quinoa flour, millet flour, nut flour, and more. Check out Bob’s Red Mill at bobsredmill.com to get an idea of what’s available. Flours are best stored in the freezer.

**Dairy Alternatives**
Dumping dairy is way easier than you think. Rice, almond, oat, and hemp milk are my personal favorites as alternatives to dairy. Favorite cheese alternatives include: Brooklyn-based Dr. Cow (dr-cow.com) nut “cheeses”, Eat in the Raw “parmesan” from nuts, and Daiya cheese. Daiya is a tapioca-based “cheese” that melts like the real thing. It’s great for the occasional vegan quesadillas, lasagna, and grilled cheese sandwiches. Now to the butters… Earth Balance Natural Buttery Spread kicks dairy butter’s ass! For a good mayonnaise alter-
native, try Vegenaise or make your own raw “mayo” with cashews.

**Egg Replacers**
Eggs are the Elmer’s glue of cooking—they hold ingredients together. But you can find great stand-ins in the form of soft tofu, flax meal, mashed bananas, arrowroot powder, and chick-pea flour. You’ll need to experiment a bit to see what works best in different recipes. You can also try Ener-G Foods’ egg replacer for baking jobs.

**Mock Meats**
Okay, let me be honest. Faux meats are highly processed, and too much of them in your diet defeat the purpose of living a veggie lifestyle. However, some mock substitutes are healthier than others, and if you are having trouble transitioning to a plant-based diet, meat substitutes serve a valuable purpose. Here are my favorite brands (some contain gluten): Gardein, Sunshine Burgers, Field Roast, Morning Star, and LightLife. As much as possible use soy products that are close to their whole form. Soybeans, edamame, tempeh, and moderate amounts of tofu are your best choices.

**Nuts and Seeds**
Nuts and seeds are packed with vitamins, minerals, good fats, protein, and fiber. Your options include: almonds, pecans, walnuts, macadamias, hazelnuts, pine nuts, pumpkin seeds, flax-seed (use a small grinder for these or buy them already ground), sesame seeds, hemp seeds, chia seeds (these make yummy cereals and puddings), and sunflower seeds. For spreads, try raw almond butter, cashew butter, and tahini (made from sesame seeds). Always buy fresh raw nuts and store them in the fridge or freezer; roasted nuts go rancid much more quickly. Peanuts and peanut butter are usually heavily sprayed with pesticides. Even organically grown peanuts can harbor mold, including dangerous kinds that give off toxins called aflatoxins. If you enjoy peanut butter, buy organic, and eat it in moderation.

**Fermented Foods**
Naturally fermented foods such as raw (vinegar-free) sauerkraut and kimchi are high in good bacteria; they’re also a good source of B vitamins. They must be raw, however. Pasteurization kills life (good and bad), destroys enzymes, and reduces the nutrient content. Another reason a plant-based diet loaded with complex carbs and raw fruits and veggies is so great for you is that their fibers act as prebiotics. Probiotic bacteria dine on prebiotics. This nourishment makes them strong and healthy, allowing them to multiply and keep their king-of-the-roost status in your colon. Fermented foods include Bragg’s organic unpasteurized apple cider vinegar, tempeh, raw sauerkraut, and unpasteurized white miso (awesome in dressings, spreads, and soup).

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**Tips for Stocking Your Pantry**

Here’s a sample of some of the foods you’ll find in my pantry. Again, you do not need everything! This is just a guide, a snapshot of my kitchen.

**Gluten-Free Grains and Noodles**
Whole grains (gluten-free, if you’re sensitive) are a big part of the Crazy Sexy approach. Good choices: millet, quinoa, buckwheat, brown rice, wild rice, amaranth, and teff as whole grains or pastas, 100 percent buckwheat soba noodles (most brands contain wheat), Tinkyada rice pasta, and Ancient Harvest quinoa pasta. Oats are fine even for the gluten-sensitive or those with celiac disease, as long as they are from a safe brand (one that processes oats
Gluten and Non-Gluten Breads and Snacks
Corn tortillas, mochi, and other brown rice products. I love the brown rice crackers made by Sesmark, San-J crackers, and Edward & Sons. Food for Life Baking Company makes awesome gluten-free breads and wraps. Amy’s gluten free pizza is great too. Check out Glutino and Glutano snacks and Pamela’s Products for cookies, dessert mixes, and pancake mixes. Whole Foods makes a gluten-free line as well. Just read the labels, because some of the foods contain milk and eggs.

Note: If you do not have a gluten sensitivity, try Ezekiel brand sprouted bread.

Beans and Legumes
Beans are a wonderful source of protein and fiber and there are a wide variety to choose from. Chickpeas, lentils, adzuki, white beans, black beans, limas, and pinto beans are the easiest to digest. To cut down on gastric discomfort (aka methane explosions!), soak dried beans overnight in twice as much water as beans and add a 1/2-inch strip of kombu (seaweed) to the soaking water. Discard the soaking water and rinse the beans before use. If you don’t have the time to soak beans, Eden brand canned beans are a good alternative. Other brands contain preservatives, but Eden uses only beans, kombu, salt, and water. Rinse before using to remove the added salt.

Seasonings
Fresh and organic seasonings are best, but dried herbs are fine, too. My staples are pretty simple: Celtic or Himalayan sea salt, Herbamare (sea salt and herbs), dulse flakes, wheat-free tamari, Bragg’s Liquid Aminos, ginger powder, garlic powder, basil, parsley, cilantro, mint, dill, rosemary, thyme, black pepper, curry, turmeric, cinnamon, cayenne, mustard seeds, and wasabi. Spice Hunter (spicehunter.com) makes fun blends. My favorite is a peppy, salt-free mixture called Zip. Pumpkin spice and apple pie seasoning, vanilla bean or alcohol-free vanilla extract are great to add to smoothies.

Seaweed
Seaweed is loaded with minerals and flavor. I especially love to make raw or cooked nori rolls, a mouthwatering mineral delight. Here’s another great tip: Plop leftover veggies and grains on a nori sheet, wrap, and zoom. Popular seaweeds include dulse (great on top of salads), arame, hijiki, and wakame (add this one to miso soup).

Healthy Snacks
Brown rice cakes, flax crackers, fresh salsa, hummus, guacamole, blue corn tortilla chips, oil-cured olives and air-popped popcorn. Once you start exploring raw foods, you’ll run across some really tasty raw snacks. Check out Lydia’s Organics, Foods Alive crackers, Lärabars, Just Tomatoes dehydrated veggies, products from Glaser Organic Farms and Ruth’s Hemp Foods (they also make a great chia cereal, too).

Chocolate & Ice Cream
Please remember that low-glycemic sweets are your best choice for regular use. The following suggestions should be consumed in moderation por favor! Dagoba and Green & Black’s are two high-quality tasty brands. For a raw chocolate treat try UliMana chocolate truffles. Carob is also a terrific choice, especially because it doesn’t contain any caffeine. Goldie’s Carob Bars are my personal favorite. How about ice cream? Check out Rice Dream pints
and Turtle Mountain coconut milk ice cream and Larry and Luna’s Coconut Bliss, all are perfect choices to satisfy an ice cream fix. My pals at Organic Nectars make a delish raw nut-based ice cream. You can also make your own.

**Healthy Fats**

Organic cold-pressed extra-virgin olive oil, flaxseed oil, hemp seed oil, walnut oil, and Udo’s Choice (a blend of healthy oils) are loaded with healthy omega-3 fatty acids—important for memory, reducing inflammation, and lots of other good stuff. More great salad oils include macadamia nut oil and avocado oil. For cooking, choose olive oil (but use low heat), sesame, grapeseed, and coconut oil. Though technically a saturated fat, in a moderate amount coconut oil is terrific for you. It gets a bad rap when turned into a partially hydrogenated trans fat. But in its natural and unrefined form, coconut oil is healing and delicious. It’s about 50 percent lauric acid, the same wonderful substance found in breast milk, and boosts immunity. Coconut oil also contains anti-fungal properties therefore it’s a great oil to use if you suffer from candida.

**Toss it list!**

*Time for a little fridge and cabinet makeover my friend. I know it might seem wasteful to throw out “perfectly good” food. But consider this, if it drains your energy bank account then there’s nothing good about it. So now it’s time to disco over to the dumpster and say “au revoir, adios, sayonara, later gater” to…*

- Coffee, soda, diet soda, energy drinks (red bulls and other BS), flavored waters & booze.
- All refined sugars and artificial sweeteners (choose low glycemic fruits and sweets)
- The whites. This includes white table salt (bleached and striped of minerals), white rice, white bread, and white potatoes.
- Gluten. Be a super sleuth and dump it for a while—if you notice that you feel a lot better without it, keep gluten on the adios list. If gluten doesn’t bother you, chomp on some sprouted whole grain bread (Ezekiel brand rocks).
- Dairy. It sucks, it’s gross, and it’s loaded with excess estrogen, drugs and hormones. Let it go.
- Eliminate animal foods or at the very least, reduce to no more than twice per week (but not on the cleanse – dump it).