

Fiery Jungle Curry Steve-O's Sober Side Vegan Chocolate Cheesecake

Expose:
Behind the
Allergy Explosion

VegNews

VeganNEWS PLANETTRAVELBUZZ

SHINE!

Create brilliant & lifelong health in 2011

DITCH YOUR DOCTOR
Staying healthy minus meds
p.36

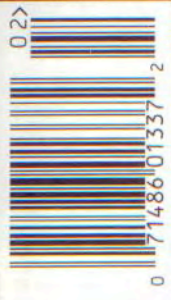
Wellness Rock Star →
Crazy Sexy Diet's
Kris Carr

7 Must-make
Soups

Perfect Winter
Ski Chalets


+
Your Best
Workout
Ever!

\$5.99 US
\$6.99 Canada
February 2011



Eight years after being diagnosed with an incurable disease, activist, inspiration, and mega-motivator Kris Carr shares the specifics of her healthy lifestyle in a new book.

By Elizabeth Castoria



Crazy Sexy Carr

IT'S BEEN EIGHT YEARS SINCE KRIS CARR learned that she has incurable, inoperable, insufferable, intolerable, inscrutable cancer. Hers is a rare form of the disease that's left tumors in her lungs and liver. Upon her diagnosis, the traditional Western medical community threw up its hands and said, effectively, go home, best of luck, let us know if you live. And live she has. Since her diagnosis, Carr has made one documentary for The Learning Channel (*Crazy Sexy Cancer*), penned two books under her Crazy Sexy brand, and gone full-force ahead with online sensation crazysexylife.com, her one-stop shop of bloggers, resources, forums, and more. It's been two years since we first covered Carr in all her crazy sexy glory, and since our last chat she's been busy with book number

What I'm very clear about is that I don't like the word "guru." I don't think that as a 30-something-year-old Western woman that I have any right to call myself that. Especially because I am still a work in process, and I love that.

three: *Crazy Sexy Diet*. Her third work is a compendium of nutrition, a lifeline to the lifestyle that's kept her tumors from growing, and a motivational missive for the masses—not just for those who have an expedited terminal diagnosis. VN caught up with this enterprising inspiration to talk everything from her staple green juice to her upcoming business ventures.

VegNews: Did you always want to write a book like *Crazy Sexy Diet*?

Kris Carr: It was more that I can't hold this information back. I can't just share it with the cancer community, I need to share it with a bigger audience so that we don't continue to build cancer communities. This is the best diet for a patient, and if it's the best diet for a patient, what can it do for you? It's going to blow your energy and your vitality and your immune system through the roof.

VN: And you're still working on crazysexylife.com?

KC: We're finally entering the big leagues with

partners and investors. It's been an amazing little-engine-that-could, which is really made up of me, Corinne Bowen, Brian Fassett [Carr's husband], and some killer volunteers. We've just done the best that we could, and we're so proud of what we have accomplished, but in order to take it to the next level, we've brought some financiers on board so that we can continue to serve people and help them stay well and happy. Happy and healthy—above anything, that's the core message of the brand.

VN: Does it seem to you that our media culture is moving online?

KC: I think so. Especially with Twitter and Facebook and all these ways to communicate, I don't know anybody who isn't just so attached to his BlackBerry or her iPhone. We all spend

10 hours a day at our computer, which is really not healthy. On the other hand, there are so many people who would love to work with me one-on-one, but they live some place far away and they can't afford [traveling to workshops]. So the online world is bringing the education to your home.

VN: Speaking of one-on-one, you recently started doing individual coaching sessions. How are those going?

KC: Amazing. What I realized so much, which is a core component to changing people's diet, is that you have to deal with what's eating them, and not just what they're consuming. When we work on that stuff first, checking under the hood and clearing some of the emotional debris and the stuff that is keeping them from living a full life and making healthy choices, they're so much more likely to stick with the "program." If I just sit there and say, "Alright, 80/20 juice, cut the sugar, cut the gluten, blah blah blah," that could last for a burst, but more than likely they're going to relapse. And

Kris Carr's Favorite Things

In her first VN interview, Carr described her lifestyle as a chair, with the seat of the chair representing her diet, and the four legs representing the mental, spiritual, physical, and daily practice. Sticking to any routine can be challenging, but two years, countless glasses of green juice, and many meditations later, Carr happily shares her favorite aspects of her well-used chair with us.

→ **Juicing** twice a day every day still is [my favorite]. The trick that I do, and the raw food police can totally pull me over and give me a citation, but I juice it all in the morning and then I store it in Mason jars in the fridge and then have 16 ounces in the morning and 16 ounces in the afternoon. It's time management, baby! That's my favorite part of my regular dietary practice.

→ I've really kicked it up a notch with **exercise**, and it happened because of all the research for the book. I was pretty decent on being consistent, but then after writing the book, I was like, dude! You're not moving your ass enough! Shake that sh*t!

→ **Rescuing Lola** has made me hike every day. Having a dog in my life who is my sun and my moon, she looks at me like I'm frickin' crazy and mean if I don't put my sneakers on at some point. Guilt from a little 45-pound Catahoula.

