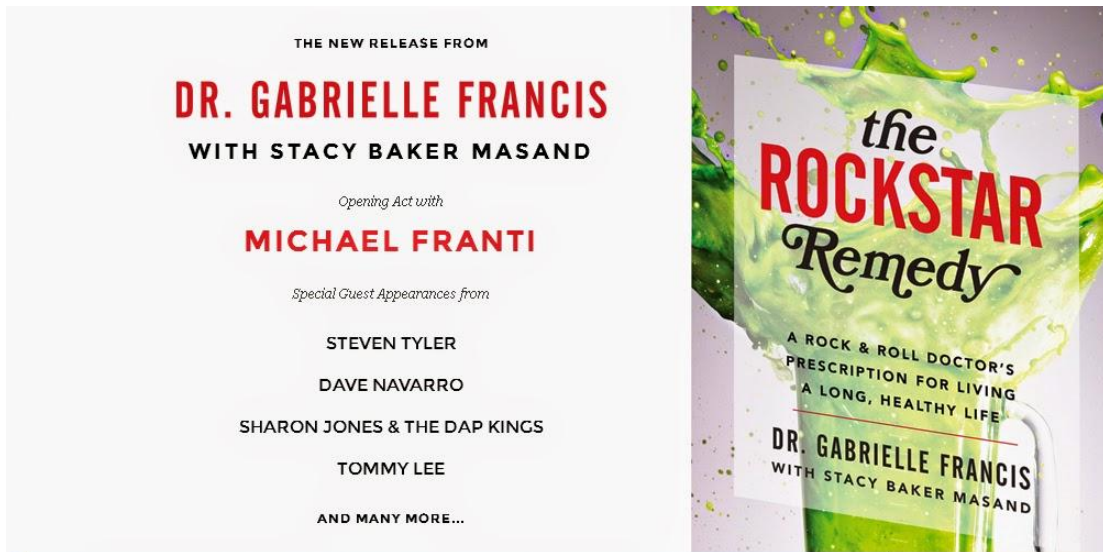


# THE ARRIVISTE

## Grammy Fitness, How to Party Like a Rockstar, The Rockstar Remedy and The Rockstar Remedy Personified, The Springs Los Angeles.



In two weeks time, right in the middle of Awards Season, it's gonna be the Grammy Awards, one of the hardest-rocking party-ing time in Los Angeles, especially in the music business.

For the past couple of years, the Grammys are always held at the Staples Center, part of L.A. Live Media Complex and part of Downtown Los Angeles revitalization.

A few miles away is The Springs Los Angeles, the embodiment of The Rockstar Remedy.

What is The Rockstar Remedy?

Take it from this scribe, "party-ing like a rockstar, which this scribe is entirely grateful for, is an intense burst of an endurance race in the form of fun...;and that's all in one week. One week of non-stop dancing and party-ing.

What happens when you make it your living to "bring it on" onstage every night in a different and strange city everyday?

It wears you out then you crash.

The Rockstar Remedy reveals what it really takes to be "a rockstar" and how touring rock musicians are like professional athletes...without the trainers or the dietians until they crash themselves.

This is when Dr. Gabrielle Francis, the author of "The Rockstar Remedy," steps in then heals and nourishes these hip but stressed souls on the road.

Her experience treating over-worked, non-stop musicians in strange places and less-than-ideal locations, gave her the insight in how to survive and train like "a rockstar" so they can "party like a rockstar."

She compares them to professional athletes without the support network of touring trainers and nutritionists until something bad happens then they call, ask, and beg her to join them. Based from the advance praise for Dr. Francis' book, these rock musicians are glad that she did.

You'll be amazed how many of these tattooed, big-haired, sultry "bad boys" are hard-core vegans, yoga-devotees, and all-around fitness and wellness fans.

Dave Navarro, Michael Franti, David Ellefson, and Scott Ian attest to this. If they feel like garbage and they're subsisting on garbage, they'll never be on top of their game; and they'll disappoint their fans, who paid hard-earned cash to see them. Touring on the road which is the only way musicians can make money... Known as the "Rock 'n' Roll Doctor" to some of the most famous bands in the world, Dr. Gabrielle Francis shares her unique holistic prescription to achieving health and balance—even when you don't live like a saint!

As an holistic doctor to the music industry's elite, Dr. Francis has helped rock stars repair, recover, and refuel from the demanding schedules and occasional overindulgences that come along with the rock star lifestyle.

Being over scheduled, sleep-deprived, overeating, drinking and managing physical and mental stressors aren't lifestyle habits unique to the music industry; they are the same challenges faced by all of us, every day.

In *The Rockstar Remedy*, Dr. Francis shares her unique strategies designed to be incorporated into your hectic lifestyle. Her programs are customized to meet you where you are at, whether an experienced health enthusiast or a beginner.

Completing the 21 day detox will give you a renewed sense of energy and enthusiasm for life, while looking and feeling your personal best. She explains how health is not a destination, but exists on a spectrum, and the simple act of making better choices every day—even if they're not the best choices—helps us achieve balance in both mind and body.

With tips for improving energy levels, easy food guidelines and a simple no-starvation detox, Dr. Francis offers a simple, effective plan for staying healthy and happy amid the chaos of our daily lives. Her popular "Harm Reduction Techniques" and "90/10 Rule" make it easy to celebrate life with occasional indulgences while maintaining good health. This is not a temporary fix; this program brings long-lasting, life-changing results.

Returning home, after being on tour, these rock musicians need some major recharge and refresh before being back to normal.

In her book, "The Rockstar Remedy," Dr. Francis offers three, different types of detox regiments and the surprisingly mainstream, "middle-of-the road" sustainable, "90/10 Rule."

Dr. Francis breakdowns the Detox Regiments into 3 groups based on lifestyle and experience.

The Backstage Cleanse are best suited for people who will have some downtime in the next three weeks. They live a fairly clean lifestyle and done a few detoxes in the past. They're already fit yet they're searching to improve themselves.

Dr. Francis said that the Backstage Cleanse is the strictest of the three.

This scribe qualifies for the "V.I.P. Cleanse."

In that, this scribe wants to be healthier but too busy to do it, especially during the hectic holidays and this Awards Season and the food and music festivals during the Summer.

Since this scribe covers and socializes with rock musicians (do admit, this is pretty cool), doing a detox while eating out in restaurants is a reality. Basically, the "V.I.P. Cleanse" is for the busy professional with little downtime. It's easier and more realistic to focus on eating smaller meals throughout the day.

The Groupie Cleanse is for the neophytes, the newbies. Young, struggling musicians living out of vans and force to eat gas station snack food and think fast-food is a decent meal.

The people who fall under this, want to get better but end up under a doctor's care and taking medications and never detox or cleanse.

Dr. Francis said if this is your first detox and have a preexisting condition, talk to your doctor about trying nutritional component of the cleanse only. If the doctor gives the okay, follow the food recommendations to the best of your ability. She said DO NOT take the RxStar Detox Shake until the doctor says it is okay!

Here's the "V.I.P. Cleanse" for the busy professionals, the talent manager/agent/publicist in all of us...

## VIP RxStar Cleanse:

Breakfast: RxStar Detox Shake

2 scoops of Functional Food Powder (1 serving)

2 teaspoons Intestinal Repair Formula

1 scoop Green Food Powder

or

1 cup fresh-pressed green juice

1/2 teaspoon probiotic powder

1 scoop fiber powder

1 tablespoon flaxseed oil

1/4 cup yogurt, rice milk or almond milk

1/4 cup frozen organic berries or fruit.

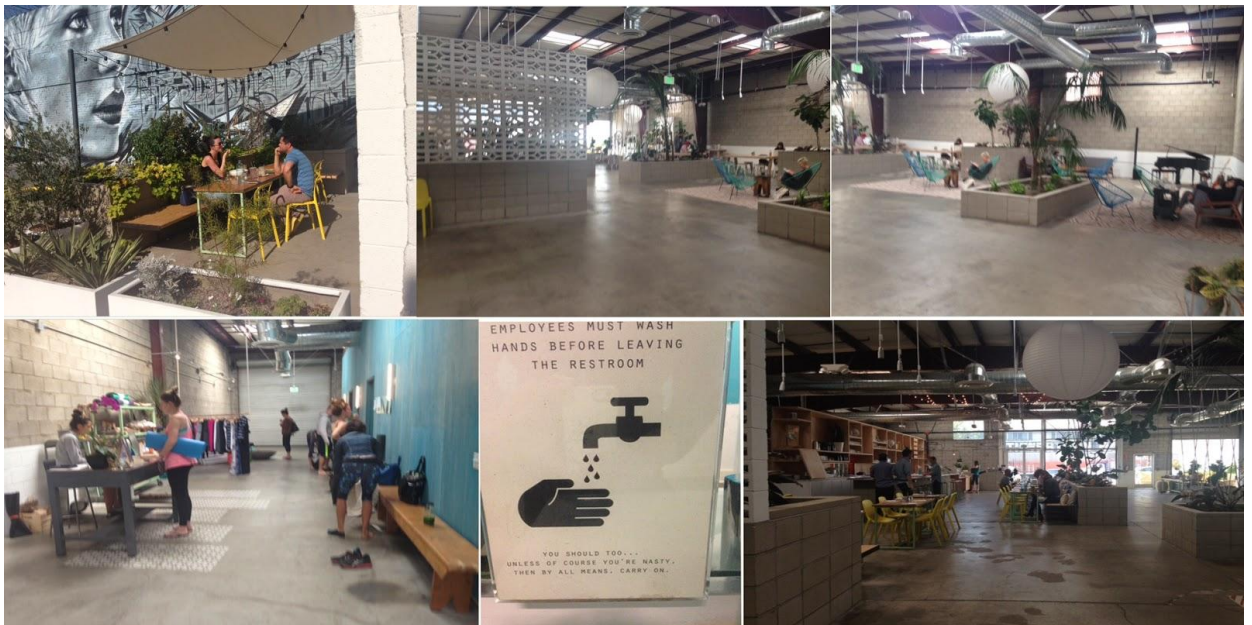
Give this a whirl and sip for breakfast.

Lunch: Clean Meal (easily done with Tavern's DineLA Pre-Fixe Lunch of "Soup of the Day" then followed by healthy Omega-Oil Grilled Salmon,  
<http://www.discoverlosangeles.com/what-to-do/restaurants/tavern#poi-tabs>)

Dinner: Clean Meal

Snacks: Optional two with lean protein and healthy carbs.

What the Grammy performers are doing to get prep for one night of intense performance is more intense detoxing and exercising. They replace their lunch with a double dosage of the RxStar Detox Shake, one for breakfast then another one for lunch. They save the clean meal for dinner, after all that rehearsing.



The Springs, <http://thespringsla.com/>, is the living embodiment of Dr. Francis' "The Rockstar Remedy."

It maybe a holistic, raw vegan community center/cafe for vegan devotees but it is welcoming to anyone and it's a refueling oasis for those who need to "The Rockstar Remedy" in order to survive "living and rockin' like a rockstar." For rehearsing musicians a mile away at the Staples Center, The Springs is more like a "rockstar refuge."

There's a yoga studio. They offer: massage, reiki, cranio-sacral, acupuncture, gravity colon hydrotherapy, infrared sauna sessions, and more.



The free-flowing cafe/lounge/community performance space, with a grand piano, is the buzz and the hum of the place.

Obviously, the big draw is the surprisingly delicious food and drinks at The Springs.

For those Grammy-training performers, nothing beats a fresh brew from the tap but fresh, foamy kombucha from the tap comes close. This scribe guzzled that sucker down like beer after an hour of power yoga.

The Strawberry Geranium Bars, at \$6, made from almond-oat pastry with a strawberry-date filing tasted and felt more like the sesame-candy bar, Havlah, than raw vegan cuisine.

Proving clean living and a raw vegan regiment doesn't mean dull and boring...and tasteless, The Springs does a S'More Smoothie, a blend of : banana, cacao powder, cacao nibs, maca, cinnamon, vanilla powder, thai chili, and maple syrup. This is reminiscent of Local Table's Maca Chocolate Shake.

This is the current trend this scribe recognizes in the smoothie world, chocolate and maca for vitality in complexion and libido, two very important things for a rockstar.

This helps for those who can't make it to Local Table or The Springs or Downtown LA for that matter. Just pick up a bag of maca powder then blend it into your chocolate smoothie with regular banana, maple syrup or honey, cinnamon, and whatever milk you prefer or have available at an accessible price.

Back to "The Rockstar Remedy," after you detox, Dr. Francis recommend the 90/10 Percent Rule and you can use it any way you like.

You can be strict and be clean for 90% of the time then "cheat" 10% of the time. This is how hard-core fitness fanatics and athletes maintain themselves.

If you can't go that route, you can do 90% normal because it's more attainable out in the real world; and you wouldn't go crazy with starvation and deprivation then go "healthy" 10% of the time so you can feel good about yourself.

Simply put, it's all about balance and enjoying life.

Remember, "The Rockstar Remedy" and The Springs is about taking the "craziness" out of your life so you can enjoy life at its ultimate peak. This is when you "rock!"

Link: <http://luxurist.blogspot.com/2015/01/grammy-fitness-how-to-party-like.html>