



The Rockstar Remedy: A Rock & Roll Doctor's Prescription for Living a Long, Healthy Life

Gabrielle Francis, with Stacy Baker Masand. HarperWave, \$25.99 (352p) ISBN 978-0-06-231060-6

"Do the things that bring you joy while being mindful of your health" and you can still party like a rock star. That's the premise and the promise of this book from "naturopathic doctor" Francis, developed over 25 years of working with some of the world's most famous—and infamously indulgent—music gods. The key: live a consciously healthy life 90% of the time and you'll minimize the negative effects of the excesses you enjoy during the other 10%. Francis's simple, no-nonsense plan gently guides readers toward healthy, nutrient-dense foods, fit-anyone's-schedule exercise options, and easy-to-incorporate damage control tips. Broken up into five stages, the program begins with a 21-day diet detox; continues with a detox plan for body (exercise, spa treatments, and bodywork), mind (meditation, prayer, and personal relationships), and home (eradicating household toxins and clutter); then segues into maintaining that 90-10 balance whether you're traveling, eating out, having drinks, or at work. Sprinkled throughout are self-assessment quizzes and handy reference lists, as well as engaging backstage stories and quotes on mindful living from the rock stars themselves. Francis's prescription may not be revolutionary, but her lively approach to presenting sound and solid advice should make it a hit.