

## Celeb trainers' best kept secrets



### **DR. GABRIELLE FRANCIS, THE ROCK N' ROLL DOCTOR, AUTHOR**

Many medical practitioners specialize, but Dr. Gabrielle Francis found an unusual niche: rock and rollers. Backstage Alternatives, her mobile holistic medical practice, treats touring rock musicians. While these stars face grueling schedules and many temptations to indulge, Francis found many parallels between her celeb and non-celeb patients. Ordinary people had such crazy work schedules and demanding duties that she began to apply her harm-reduction techniques to them, too. She advises people to follow the 90/10 rule. Make healthy decisions 90 percent of the time, but leave a 10 percent margin for indulgence. **BING: WHAT STARS SHARE THEIR VIEWS ON HEALTH IN FRANCIS' BOOK "THE ROCKSTAR REMEDY"?**