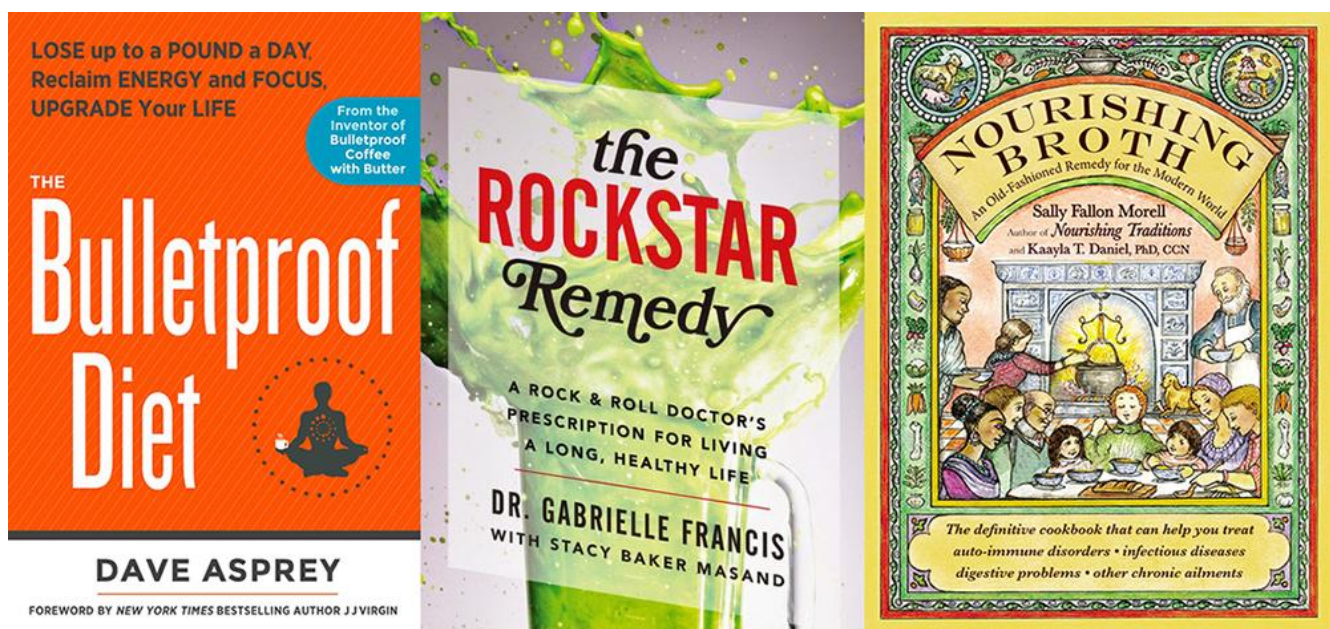


Mizzfit®

FITNESS FASHION TRENDS

3 DIET TRENDS SHAKING UP WELLNESS WORLD

As I write this, I'm recovering from the WORST food poisoning of my life, which makes the practice of eating CAREFULLY so much more relevant to me. The last few days have been...well...extremely cavity opening. But I'll leave it at that because had I followed the advice from any of these books, I wouldn't have suffered through the last few days (and if you've had food poisoning before, you know what I'm talking about!).



The Rockstar Diet by Dr. Gabrielle Francis

Rockstars are always on tour, partying at the hottest clubs, making early morning press appearances and somehow still looking sexy, slim and forever young! How the hell do they do it? The book *The Rockstar Remedy: A Rock & Roll Doctor's Prescription For Living A Long, Health Life* will shed some light on this because the author behind it, Dr. Gabrielle Francis, has been known as the "Rock 'n Roll Doctor" for years. She's worked with some of the most famous rockbands using purely holistic strategies that cater to their busy lifestyles.

She wrote this book at first realization that normal people have just as busy and extreme lifestyles as her celebrity clientele. She found that they were often just as overscheduled, sleep deprived, stressed and suffering from conditions of over-eating and binge drinking. The reason her approach works is because Dr. Francis believes that the whole body can't be healthy without each individual part being healthy to create a greater balance.

This diet starts out with a 21-day non-starvation detox and from there focuses on a 90/10 plan to help you lose weight. The book takes you through 5 RxStar Transformations stages that will help you achieve balance to maintain your results. And if you thought this book was just for women, think again! Dr. Francis worked with Steven Tyler, Tommy Lee, Dave Navarro, Megadeth and Def Leopard. So feel free to give this book to a dude. Get the book here on Amazon for \$18.

Link: <http://mizzfit.com/blog/post/id/848-3-diet-trends-shaking-up-wellness-world.sls>