

ALOHA



How to Party Like a (Healthy) Rockstar

“The problem with people who have no vices is that generally you can be pretty sure they’re going to have some pretty annoying virtues.” — Elizabeth Taylor

Once, I was on tour with a rock band that had “given up alcohol” because the promoters said that the pre-show revelry was delaying the concert start times and the quality of the music. Instead, they stocked the backstage area with beer and wine! After all, beer and wine were not “real” alcohol. Since that’s not the case, I encouraged them to limit the preconcert spirits to two before going on stage and I made them drink tons of water and eat protein too. This helped to minimize the unruly behavior and make the promoter happy. Not to mention the shows were so much better! Like being on tour, the holidays are classic times when we all find ourselves bending the rules a bit. For this reason, I’ve created countless signature tricks—I call them Harm Reduction Techniques—and test-driven them on tour over the past two decades. They’re easy, fun to use, and designed to make some of your not-so-healthy vices and habits a little nicer and less toxic. The best part is that you don’t have to sacrifice the fun (or miss the party) to stay healthy through the holidays.

1. Hook up with free spirits.

Want healthier choices for holiday spirits? Go gluten free. Think potato-based (vodka) juniper-based (gin) or agave-based (tequila) options. They’re more distilled than rye-, barley- or other grain-based liquors so they’re cleaner and easier on your liver.

Here's the list:

- Gluten-free beer
- Organic wine
- Potato- or grape-based gin
- Potato-, grape- or corn-based vodka
- Rum
- Tequila
- Champagne
- Cider
- Ouzo
- Bourbon
- Junmai sake



2. Drink it through the grapevine.

Good news: Wine is an excellent source of antioxidants and anti-aging compounds. Bad news: It can be loaded with pesticides. The key is to look for organic or biodynamic varieties. No options, no problem. Choose Old World brands from France, Spain, or Italy, which contain fewer toxins.

3. Live by my grapefruit trick.

One of my rock stars' favorite Harm Reduction Techniques is cocktailing with grapefruit juice. When it's mixed with spirits (say, vodka and grapefruit juice) the naringenin in the citrus causes the liver to slow its metabolism of alcohol, therefore keeping it in the bloodstream longer. This means you need half the amount of alcohol to feel the same socially lubricating effects. When you mix with grapefruit, remember less=more. (It saves on the calories too!)

4. Be the designated driver.

Parties are just as fun when you aren't drinking. But, not everyone feels comfortable enough to "Just Say No." Unless of course, you're in charge of the car keys—then you're off the hook no questions asked. Sip on a nada colada, seltzer and lime, bitters and tonic, or a non-alcoholic beer, even if it's in a fancy glass.

5. Tame your Joe.

There is nothing like a little coffee or tea to warm you up on a cold winter night. Problem is they're also highly acidic, which makes them harsh on the stomach lining and prone to leaching vital minerals out of your body. To de-acidify your caffeine fix (and spread holiday cheer), add seasonal chai spices such as cinnamon, cardamom, vanilla, chicory or nutmeg.

6. Punch out.

A giant bowl full of juice with chunks of floating fruit may seem like a health lover's dream at a holiday party. Sorry to be a buzzkill, but fruit juice is highly concentrated with sugar, and even the natural kind can suppress your immune system for hours. Instead, make your own Italian soda: Add a dash of the punch or juice to natural seltzer water.

7. Say cheese.

Not all parties are equipped with organic cheese plates. Compensate by going for varieties made with goat and sheep's milk. They're lower in pesticides and hormones and easier for your body to digest.

8. Pick the wild-caught "Phish."

Opt for wild-caught fish, which contain more omega-3 fatty acids than farmed. When they're paired with leafy greens like kale or spinach, the chlorophyll in the greens acts as a chelator, protecting you from the mercury and heavy metals in the fish.

9. Keep your options open.

Don't panic if you are in a situation without organic, healthy, , you have options. The next best thing would be to choose wild-caught seafood, lamb, goat and sheep cheeses, or vegetarian entrées, which contain fewer harmful toxins.

10. Avoid the sugar blues.

The fastest way to spike holiday depression (without a Taylor Swift song) is by eating too much sugar. Who can blame you? Sweets are everywhere at the office, events and parties. One strategy is to volunteer to bring dessert and sweeten your recipe with stevia, coconut sugar, honey or agave instead of the white stuff. Bet the guests can't tell the difference. Most likely, they'll love it even more and won't feel bad the next day.

11. Give in to chocolate cravings.

Chocolate is jam-packed with antioxidants, magnesium, and phenylalanine (the chemical that produces mood-enhancing endorphins and makes people enjoy being around us). To maximize the benefits of this magical bean, remember that the darker, the healthier. Pick brands that have higher than 60 percent cacao designated fair trade and sweetened with natural sweeteners.



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