

Get Back To A Healthier You With The RxStar Detox

By: Kweli Wright

Ready for fantastic health? I know I am. For many of us, loving life tends to include giving in to things you love to indulge in. This summer for me was no exception. Whether it's a couple mimosas at brunch, a Netflix binge with wine and popcorn, or putting in late hours at work, a cleanse can help your body get back to healthy.

Dr. Gabrielle Francis, the backstage tour doctor to The Rolling Stones, actor Adrian Grenier, and musician Mark Ronson ("Uptown Funk") has a simple and safe RxStar DETOX that's extremely gentle. It's designed to support the liver, kidneys, and gastrointestinal organs BEFORE toxins are removed. This means no crazy side effects, no hunger, and no mood swings.



Reap the benefits of the RxStar DETOX by starting each day with a nutritious RxStar Shake. Dr. Gabrielle Francis also sent us tips on cleansing your body, mind, and even your home. Check them out below!

A Rock & Rolls Doctor's SAFE, SIMPLE, & ROCKTAR Approved Cleanse To Your Healthier Self



The
RxStar DETOX:

By: Dr. Gabrielle Francis

- No crazy restrictions.
- No mood-swings.
- No fasting.
- No cravings.

A cleanse For Your BODY, MIND & HOME

Whether you had **a little too much fun at brunch**, **skipped a workout**(or two), relied on a **vending machine diet**, or simply **want to be at your healthiest self**, the **RxStar Detox** is for you!

Dr. Gabrielle Francis' Tips for An EFFECTIVE Detox:

- ✓ **Detox Your Diet:** Start off each morning with the RxStar Detox Shake.

This delicious shake is packed with **nutrients that support the liver, kidneys, GALT, and intestines:**

- 2 scoops Functional food powder
- 2 teaspoon intestinal repair formula
- 1 scoop green food powder OR 1 cup fresh-pressed green juice
- ½ teaspoon probiotic powder
- 1 scoop fiber powder
- 1 tablespoon flaxseed oil
- ¼ cup yogurt, rice milk, or almond milk (optional)
- ¼ cup frozen organic berries or fruit



The RxStar Detox Shake

What's In It For YOU:

- ✓ Reduced cravings for caffeine, nicotine, sugar, alcohol
- ✓ Increased energy
- ✓ Increased mental clarity
- ✓ Weight Loss
- ✓ Improved digestion
- ✓ Clearer Skin
- ✓ Strengthened Immune System
- ✓ Less stress, anxiety, and depression

- ✓ **Detox Your Body :** Specific exercises & body treatments not only help move out physical toxins; they also help **purge emotional toxins like stress & anxiety:**

- **Aerobics:** 15 mins, 3-7 days per week
- **Body Scrubs:** Once a month
- **Epsom Salt Baths:** 20 mins, Once a week
- **Hot/Cold Shower or Baths:** 10 mins hot, 3 mins Cold. Repeat
- **Massage Therapy:** 1 session per week/month
- **Steam/Sauna:** 10-20 mins, 2 days per week
- **Walking:** 20 mins daily
- **Yoga & Stretching:** 15 mins daily



- ✓ **Detox Your Mind:** Goodbye Negativity, Hello Happiness!

- Incorporate **meditation, mindfulness, prayer, psychotherapy** to stay happy and positive.
- **Abstain from Addictions:** Yes, TV, Internet, & shopping are included
- **Avoid Draining Relationships:** Just say "no". Life is too short to be filled with things and people we dread.
- **Eliminate Self-Loathing and Self-Criticism**
- **Process Grief and Loss**

✓ **Detox Your Home:**

- **Deep-Clean** the house from the top to bottom, saving the floor and carpet last.
- **Open Windows** to exchange stale air with fresh
- **Remove Toxic Cleaning Products**
- **Start a "No Shoes Indoors"** policy to keep dirt and debris outside
- **Sleep 8-10 hours per night**
- **Detox Your Technology:** Use radiation guard on your computer screen, use a headset or Bluetooth when talking on a cell phone (this reduces microwave radiations by 80%).
- **Replace free-radical-emitting fluorescent lightbulbs in your home with full spectrum bulbs.**
- **Spice Up Your Home With Essential Oils**



Dr. Gabrielle Francis has been practicing natural medicine for more than 30 years, while touring and working with the most famous rock bands in the world including Mötley Crüe, Jane's Addiction, Aerosmith, Toto, Anthrax, and Courtney Love just to name a few.

A naturopathic doctor, chiropractor, acupuncturist, and massage therapist, Gabrielle maintains a thriving practice in New York City.

