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BOOKS TO KICK-START A HEALTHY NEW YEAR



Keep your health and wellness resolutions or make new ones with help from the following titles.

The Rockstar Remedy (HarperCollins). Author Gabrielle Francis got a taste of working in the music industry soon after becoming a massage therapist 30 years ago. Decades later, her practice includes some of the most famous folks on stage, although mums the word on a list of who's who for patient-client confidentiality, of course. Longevity is the key for these luminaries, whether over a long tour or over a long career – her longest standing patient is an actively touring 74-year-old drummer, no less. Francis uses her multi-disciplinary skills as a naturopath, chiropractor, acupuncturist and massage therapist for a regimen to keep her clients rockin' and who of us couldn't use a little of that stardust?

Link: <http://www.everythingzoomer.com/books-kick-start-healthy-new-year/#.VcjtunG6eHs>