

## Doctor to rockstars reveals Rx for living a long and healthy life in new book

With the plethora of books and blogs available on health, diet and nutrition from a multitude of celebrity authorities, self appointed and otherwise, rock stars might seem to be the last people to seek advice from in pursuit of optimum health. The words rock and roll tend to conjure images of dissipation and excess, epitomized by the time-worn visage of the Rolling Stones guitarist, Keith Richards. In the first pages of his bestselling autobiography, "Life", Richards tells the incredible story of how he and Ron Wood, along with two others, get pulled over in Arkansas by police while driving a yellow Chevy Impala loaded with coke, weed, peyote and mescaline. The story of how they escaped the inevitable harsh outcome is hilariously recounted in the the first chapter of the book, but the reader is left with the impression that here is a master connoisseur of reckless bodily abuse.

A second look at the music industry today, with its carefully cultivated mega stars who travel with posses of flacks and image consultants, reveals a genre that in actuality might offer up some of the best role models for successful living into advanced years. Husker Du legend, Bob Mould, 55, gave such a raucous and energetic performance on Letterman on the night of February 7th, the dust fell from the rafters of the Ed Sullivan Theater. Bruce Springsteen, 66, still performs at levels that would physically challenge the most adept 20-something X-box fan. And then there is Madonna. The 56 year old pop star appeared at the 57th Annual Grammy Awards to perform her new song, "Living For Love", singing and dancing with a troupe of male dancers half her age. In a tight-fitting, skimpy matador costume, Her Madgesty revealed the gams of an Olympic runner and an upper body toned and fit, yet voluptuous and sexy. These are role models of fitness straight out of the world of sex and drugs and rock and roll.

Dr. Gabrielle Francis, author of the newly released "The Rockstar Remedy", has spent the past thirty years practicing natural medicine, chiropractic, acupuncture and massage while traveling from city to city around the country and across the globe. As she states in the introduction to her book, "my clients have some of the most demanding jobs in the world: they're rock stars." She has helped some of the biggest names in the music industry look and feel great, despite an "exhausting lifestyle that both demands discipline and welcomes overindulgence". In "The Rockstar Remedy" she shares the program that has helped these stars repair, recover, and refuel so that they can perform at their best.

Dr. G, as she is known to her clients and friends, recognizes that the health obstacles facing her most famous clients are the same as those her everyday clients are dealing with. "We're all living this over-committed to-the-max lifestyle," Dr Francis said in a recent phone interview. "People tend to believe that if they go off the diet they sabotage the whole thing." "With this is mind, I created harm reduction tricks - strategies to make harmful things less harmful. It's all about taking healthy things and incorporating them into your lifestyle." As an example, Dr. Francis spoke of a client who was willing to follow doctor's orders up to abstaining from alcohol. To deal with this, Dr. Francis employed one of the harm reduction techniques she outlines in Chapter 10 of her book, "Stage Five: Socialize and Celebrate Good Times". Understanding that alcohol can be rough on the liver, Dr. Francis explains that certain substances impact how the organ metabolizes spirits. She gives grapefruit juice as an example, writing that grapefruit contains naringenin, which slows the detox of alcohol from the liver: therefore the alcohol stays in your blood longer. When you mix alcohol with grapefruit juice, you need to drink half as much to get the same buzz. By the same token, the more you drink, the drunker you get, so drink responsibly, the doctor cautions.

"The Rockstar Remedy" is laid out in four parts: The Philosophy, The Detox, Nourish and Revive, and Heal, Restore and Recover. Dr. Francis offers unique strategies for boosting energy and looking and feeling your best even when dealing with the realities of work, scheduling, parenting and life. The book includes exclusive interviews from artists such as Steven Tyler, Dave Navarro, Tommy Lee, Eve, and members of Megadeth, Def Leppard, Anthrax and many more. Dr. Francis says that we are all "rockstars" living in this over-organized, high pressure world, and that it "is all about discovering the best options for people who are always traveling, eating out, working long hours." She goes on to say "every aspect of our lives has room for tweaks and improvements, and changing your diet is the best way to get natural medicine."

The book release party at the **Martha Washington** hotel on East 29th Street last Wednesday, February 11th, "Love Is the Drug", featured the American funk/soul band Sharon Jones and the Dap-Kings. Jones was diagnosed with bile duct cancer in 2013, and underwent highly invasive surgery and chemotherapy. She is in the clear now, and gives thanks to Dr. Francis' holistic remedies, in addition to the traditional course of treatments she endured. At one point during an energetic and powerful set, Jones revealed the inner journey she experienced when she was first diagnosed. The story was told through a sort of scat/rap narrative that detailed the tumult of feeling and emotion she experienced when looking at her chemo-stricken appearance in the mirror. It was a deeply moving moment with a palpable effect on the audience. As Dr. Francis remarked later, the whole show was like a spiritual experience.

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