

HARKLINIKKEN HAIR HYDRATING MASK AND THE ROCK STAR REMEDY: MY FAVORITE THINGS IN JANUARY

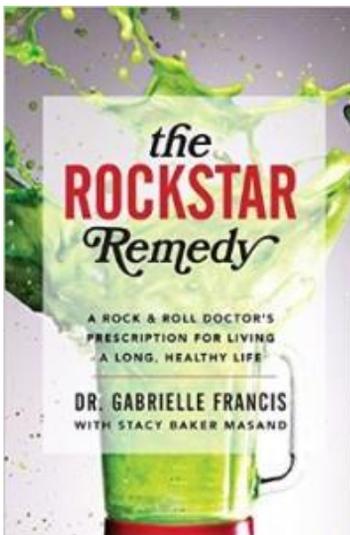
By: Stuart Brazell

Each month I like to highlight new products I've discovered that I'm really enjoying! Here are My Favorite Things in January:

THE ROCKSTAR REMEDY BY DR. GABRIELLE FRANCIS

From the woman known to some of the most famous bands in the world as the "Rock n' Roll Doctor" comes a holistic prescription to achieving health and balance—even when you don't live like a saint. These days we are all so busy and constantly plugged in working early mornings and late nights, our schedules might feel more like a rock star's! Perhaps we are just missing some of the glamour?

I'm currently reading this book and loving it! I'm constantly on the road, working hours that vary day to day and always need to be ON and look GREAT! I find Gabrielle Francis' guidance on how to repair, recover, and refuel from my demanding schedule and occasional overindulgences (yes I've been known to do a five course food and wine paring) extremely helpful!



In *The Rockstar Remedy*, Gabrielle shows readers that our health exists on a spectrum. This is key for me! This approach does not make me feel overwhelmed or like I have to completely change my life. Really the simple act of making better choices every day—even if they're not the best choices—helps us achieve balance in both mind and body. With tips for improving energy levels, lists of foods to aim for and avoid, a simple no-starvation detox, and her popular "damage mitigation techniques," which show you secret ways to reverse the damage caused by less-than-perfect choices, Gabrielle offers a simple, effective plan for staying healthy and happy amid the chaos of our daily lives. This is an excellent book for the new year! Get your copy here.