

# GLAMOUR®

## **WATCH YOUR DIET** **(MOST OF THE TIME)**

**“Desserts and partying are inevitable,” says Gabrielle Francis, a chiropractor and naturopath who works with Top 40 musicians and is the author of *The Rockstar Remedy*. So adopt a 70-30 rule: Eat healthy 70 percent of the time—say, on party-free weekdays—and whatever you want the other 30. “And really enjoy that 30 percent,” says Francis. “No stressing about the dessert you ate. Life is to be celebrated!”**