

# Chicago Tribune

## 'The Rockstar Remedy': How to detox, eat better, enjoy life



**Doctor-to-the-stars Gabrielle Francis shares some of her health advice for rock 'n' rollers — and other business travelers.**

You may not sing like Aerosmith's Steven Tyler or play the guitar like Dave Navarro of Jane's Addiction fame. But you can have something in common with a lot of rock musicians: a healthful lifestyle.

No one knows that better than Gabrielle Francis, a practitioner of natural medicine, acupuncture, chiropractic and massage who has been working with rock musicians for 30 years, including Tyler and Navarro.

Francis, teaming up with Stacy Baker Masand, has written "The Rockstar Remedy: A Rock & Roll Doctor's Prescription for Living a Long, Healthy Life" (HarperWave).

As musician Michael Franti puts it, the rock 'n' roll lifestyle "is not that much different from that of a very intense business traveler; living out of airports, taxis, and hotels; dashing from appointment to appointment; working very late; getting up too early; answering emails; taking calls; and eating on the run."

If uncontrolled, that can all add up to serious health issues. But through smarter eating, exercise and additional nutrients, even someone living the rock 'n' roll lifestyle can be healthy.

Francis advocates good habits and smart choices, but she is no drill sergeant. She has her 90/10 rule — make healthy choices 90 percent of the time, and enjoy life's pleasures the other 10 percent. As your body gets stronger from that straight-and-narrow 90 percent, the other 10 percent of the time, when you feel the effects of overindulgence, becomes less attractive.

There are five stages to Francis' RxStar Transformation:

**Detox:** Get rid of things that don't serve you physically, mentally or emotionally.

**Food:** Eat foods for optimal looks, stamina and focus. She offers advice on shopping, cooking and meal planning.

**Body:** Develop an exercise program you love.

**Mind and spirit:** Manage relationships, strengthen connections with those you love and eliminate those that are negative.

**Socialize:** Learn therapies and treatments that bring you back in harmony so you can enjoy life without destroying your body.

The book also offers resources, checklists, reading recommendations and the thoughts of dozens of musicians who have benefited from Francis' wisdom.