



Rock Star Remedy for Stress



Some people may dream of living like a rock star, but may not want the stress that comes along with it. One New York holistic physician has developed her own "rock star remedy" to help them roll with the punches. Time Warner Cable News' Kristen Shaughnessy explains in this Healthy Living report.

As the mom of two teenagers who often gets up at 2:30 a.m. for work, I know how stressful life can get. Whether you are staying home with the kids, you are an emergency worker who never knows what kind of situation you will be dealing with, or you are a rock star on tour. I figured who better to ask how to live a healthy life than the woman who is known as the doctor to the rock stars, Dr. Gabrielle Francis - or as Billy Joel's former longtime drummer calls her, "rock and roll's savior."

Liberty DeVitto was Billy Joel's drummer for 30 years. Now in his 60s, he is with the band The Slim Kings, and he credits Dr. Gabrielle Francis with helping him find balance.

"It's working because obviously I'm lying here in my underwear with total strangers in the room and I'm not stressed out at all," says DeVitto.

Dr. Francis uses acupuncture to release the tension and inflammation in DeVitto's muscles.

"He's a veteran rocker but he is playing in a band with 20 and 30-year-olds right now and he's kicking their asses," she says.

Dr. Francis practices holistic medicine. She is also a chiropractor and therapeutic masseuse who, for 25 years, has helped keep big stars from getting stressed out. Her advice for them is the same as it is for us. Unplug from your electronics for at least a hour a day and find time to meditate or just be still.

"Start the day with a lot of protein and if you don't like to eat have a protein smoothie," she suggests.

DeVitto swears by her nutritional advice, acupuncture, massage and working out. "When we get up there and start playing the vocalist will say 'I'm kind of worn out man I don't want to play that hard, do we have to do the set that long?' And it's like, 'Come on let's go for it,' and I'll do it and they're like 28 years old and going like 'How does he do that?'"

So when a deep breath just will not cut it, remember Doctor Francis's advice.