



## ***The Rockstar Remedy: A Rock & Roll Doctor's Prescription For Living A Long, Healthy Life Book Out December 30<sup>th</sup>***

Sex, Drugs and Rock 'n' Roll can take their toll, but in reality, most rock musicians work at staying healthy and staving off age-it is the only way they can survive their grueling tour schedules. No one knows this best kept secret of the music industry better than Dr. Gabrielle Francis, the "Rock n' Roll Doctor" who has treated many of today's most celebrated artists with her holistic strategies for restoring health and balance in your life. Now, in *The Rockstar Remedy: A Rock & Roll Doctor's Prescription For Living A Long, Healthy Life* (HarperWave; On Sale December 30, 2014; \$25.99), Dr. Francis shares her unique plan for boosting your energy and looking and feeling your best, even when the realities of a busy life seem to stand between you and your health goals.

"I began to realize that the issues of 'normal' people were very much the same as the issues and circumstances faced by my celebrity clients," Dr. Francis writes. "As I treated more and more patients with crazy work schedules, demanding parental duties, and an array of social obligations, I realized that just about everyone is living extreme lifestyles these days. That's why it's so important to take advantage of opportunities to improve our health wherever they appear. I found myself using the same 'harm reduction' techniques and negotiations with my patients as I had used on tour to keep musicians functioning when they were under the stress of grueling schedules. I learned to teach patients that they could improve the quality of their lives without changing the essence of who they are and what they love to do. This philosophy is the Rock Star Remedy: Improve the quality of your life and health so that you can keep doing what you love to do."

Working so closely with rock stars, Dr. Francis knows it is impossible to ask people to forego fun or the occasional bout of over-indulgence. Her solution is a simple 90/10 plan-10 percent of the time you do what you want-which focuses on making small, sustainable changes to your lifestyle and introduces "harm reduction techniques" that make bad habits a little less destructive. "The key is to take steps to manage your health no matter where you are in your life at this very moment," she says. "My program doesn't promise 'perfect health,' an elusive ideal that is impractical and unattainable for most of us, including celebrities. My plan is simply designed to take your dreams and stretch them a little further. What small, but life-changing, shifts can you make in how you live to move you toward greater vitality, happiness, and longevity?"

There are five stages to what Dr. Francis calls "RxStar Transformation":

Detox: Let go of things that don't serve you physically, mentally, or emotionally.

Food: Learn what foods fuel your performance and how to indulge in balance.

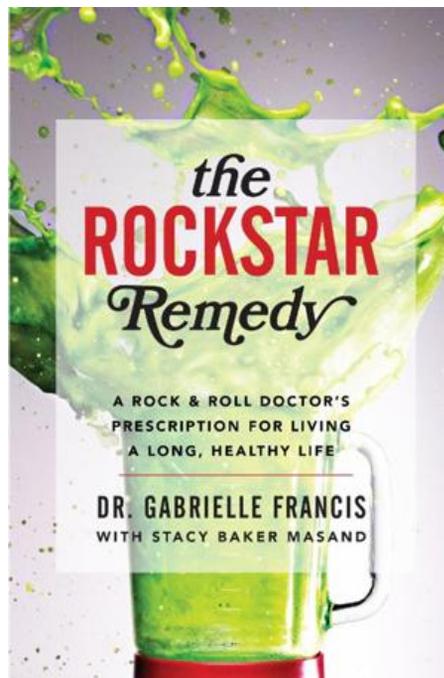
Body: Exercise, like diet, can improve beauty, performance and longevity.

Mind & Spirit: How your thoughts, beliefs, and emotional affect every cell in your body.

Socialize: Balancing indulgence so you can enjoy life without harming your health.

Dr. Francis leads you through the program with nuts-and-bolts steps, and provides invaluable techniques and information, including lists of foods to aim for and avoid, a simple no-starvation detox, and exercise tips-for both body and spirit-that are easily adaptable to your individual lifestyle. Completely nonjudgmental and sympathetic to our very human weaknesses, she helps you weather the challenges of everyday life while achieving health and balance. With dozens of sidebars featuring advice and testimonials drawn from exclusive interviews with such artists as **Steven Tyler, Dave Navarro, Tommy Lee, Eve** and members of **MEGADETH, DEF LEPPARD, ANTHRAX** and many more, **The Rockstar Remedy** is a fun, celebrity-laced approach that really works-even for those who like to party like a rock star.

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