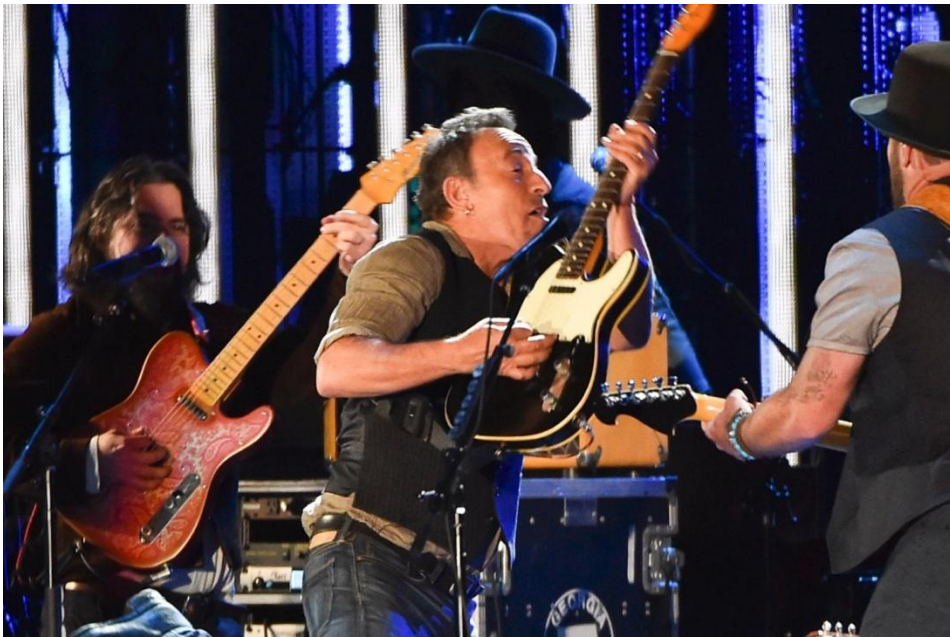


Health and diet advice: Party like a rock star, but make some good choices, too



Surely this is the kind of health advice you've been waiting for: "Socialize — life is a party.

It's normal to overindulge in alcohol, junk food, cigarettes and other vices. The focus [in this chapter] is on treatments and therapies that bring your body chemistry, blood sugar levels, and outside pressures back into harmony so you can enjoy life without harming your health."

That's from "The Rockstar Remedy: A Rock & Roll Doctor's Prescription for Living a Long, Healthy Life" by Gabrielle Francis (with Stacy Baker Masand). Francis is described as a naturopathic doctor, chiropractor, acupuncturist and massage therapist who has toured and worked with rock performers including Kiss, Bruce Springsteen, Aerosmith and the Red Hot Chili Peppers.

She presents a plan whose elements include the 90/10 rule — in which you make "healthy choices" 90 percent of the time and do what you want for the rest. ("Hey, no one is keeping score but you. Maybe you are on the 80/20 plan," she writes.) The book is laden with advice on diet, exercise and individual problems including hydration, tennis elbow (a.k.a. drummer's elbow) and herpes.

And it's peppered with quotes from rock stars — people she describes as hardworking, often stressed and determined not to age a minute before they have to.

Steven Tyler of Aerosmith: "You have to get serious with life at some point." Jessy Greene, who has toured with Pink and the Foo Fighters: "You start to realize that you can have a wonderful, fun life and you can be healthy." And Tommy Lee of Motley Crue: "I do total silence for ten minutes right after a show . . . I find peace in that ten minutes, then it's time to party!"