



A soothing soak in Epsom salt can help you recover faster at any age.

HOW TO RECOVER LIKE A ROCK STAR

- + Eat a whole-foods diet.
- + Eat protein at every meal.
- + Drink eight to 10 glasses of water or herbal teas daily.
- + Sleep eight to 10 hours per night for recovery.
- + Give yourself rest days.
- + Get 20 minutes of sunlight every day.
- + Stretch before and after each workout.
- + Get massages monthly.
- + Have a chiropractic alignment before you begin your training regime.
- + Take Epsom salt baths weekly during intense training.
- + Be sure you are happy with your exercise regime — life is too short to do things that you do not enjoy.

— DR. GABRIELLE FRANCIS, a New York City-based naturopathic doctor, chiropractor, acupuncturist, massage therapist and author of *The Rockstar Remedy: A Rock & Roll Doctor's Prescription for Living a Long, Healthy Life* (Harper Wave, 2014). (Francis provides natural medicine for performing artists on tour.)

In your 40s

Hurdle: This is typically when you hit your career peak growth and when you're juggling the demands of kids, which can tax your body and brain more than you realize. "You can still train hard and heavy, just not as frequently, and a bit more recovery time is needed," Ross says. Your metabolism, meanwhile, is tanking, while your hormones are going haywire.

How to get over it: Shorten the duration of your workouts, Rowley suggests, while learning how to practice deep breathing. "It's more critical than ever to emphasize overall digestive health and proper elimination because of the way estrogen gets broken down," says Stevenson, who recommends probiotics and fermented foods. Sugars and processed foods should be reduced to an absolute minimum — prep meals in advance so that you don't fall victim to mindless snacking while handling family stress.

Recovery aids: Take a higher dosage of vitamin D, plus 10 ounces of tart cherry juice before and after workouts; multiple studies, including a 2014 report in *Nutrients*, have found that it decreases inflammation and oxidative stress from tough workouts.

In your 50s and beyond

Hurdle: "We often keep stating the same fitness goals over and over without revisiting them," Ross says. "They need to inspire you but also be varied enough to provide a highly diversified stimulus to your body." Dr. Laurie Steelsmith, a naturopathic physician in Honolulu and the author of *Natural Choices for Women's Health* (Harmony, 2005), adds that training too hard is especially troublesome at this age. "For women who are postmenopausal, extremes in over-exercising don't help support and nourish their bodies. They tend to experience health issues that stem from lowered vitality and wellness."

How to get over it: Take some advice from Rosalie Welch, a 52-year-old Vermont fitness instructor who still spends seven hours a day at the gym either teaching or training. "Hydration!" says Welch, who always has a bottle of water — including one filled with essential amino acids — at her side. She also eats six small meals a day.

Recovery aids: Women 50 and older should seek multivitamins high in calcium, magnesium and vitamin D, Steelsmith says. And keep sneaking protein into those small meals. A U.S. National Institutes of Health study found that people between age 50 and 60 lose muscle strength by about 1.5 percent each year, Stevenson reports. ●