

# Mrs. Hypochondriac



## **Singer-songwriter Alu's latest album provides an honest look at life with MS.**

Alu (pronounced "A-loo") is a singer-songwriter who lives with multiple sclerosis. She tells **Momentum** that after she was diagnosed with MS in 2012, she wrote the song, "Marie," whose lyrics include:

"Oh, Marie. Life is never what it seems.  
You can plan and prepare but please beware:  
Life will humble you."

Alu says she uses music to help her deal with the unpredictability of life with the disease. Even as a child, she says on her website, "I was very sensitive to sound. I would get agitated in loud, chaotic situations. The only thing that would calm me was music. My adult life is pretty much the same." She also tells **Momentum** her other strategies: "I try to stay focused on the present moment and laugh as much as possible. Working on music and creative projects helps me stay inspired and motivated." She says the lyrics to her song "Phoenix," explain it best:

"And the music in my mind will save me every time.  
Just one sweet melody and I know I'll be just fine."

The 37-year-old Los Angeles native, whose music has been compared to Kate Bush, Tori Amos and Bjork, recently released a playfully haunting new album, "Mrs. Hypochondriac," which explores her journey through divorce and her MS diagnosis. Watch the video for the title track below.

For more information on Alu, visit [alumusic.com](http://alumusic.com).