

ALOHA



5 Hangover Helpers for the Morning After

There's no time for hangovers when you've got an early wake-up call the next day and then another party the next night. Check out these Rockstar Remedies for helping ease the next-day aches and pains.

1. Ditch the burgers:

Instead, eat food that hydrate and ease symptoms, including. Add electrolyte replacements like coconut water and vegetable broth. Drink 8 to 10 glasses of water throughout the day to flush toxins. Eat easy-to-digest foods: oatmeal, rice, and soup.

2. Chase the aspirin:

Sometimes "take two and call me in the morning" isn't enough. Supplement with vitamins and nutrients that hydrate and ease symptoms, including: B-complex vitamins —per bottle instructions. ALOHA Daily Good Greens — one to two packets daily. Vitamin C — 1000 mg daily.

3. Listen to Mother Nature:

Herbs can ease the symptoms. Try: Dandelion tea — one to two cups daily. Milk Thistle — daily, per bottle instructions.

4. Be kind to your body:

The day-after isn't the time to run a marathon or start a new exercise bootcamp. Take it easy: Sleep — 8 to 10 hours nightly. Sauna or steam to sweat out the toxins. Exercise — walk for 20 minutes. Acupuncture — weekly, using acupuncture points: ST 36, LI 4, ST 44, LV3, PC 6.

5. Dig the naps:

Studies show that 30-minute “Disco Naps” can help you make up for sleep lost to holiday parties, added stress, and extra commitments. I also recommend what I call “Lost Sleep Sessions” for the seriously snooze deprived. If I’ve pulled several straight days of little sleep, I’ll give myself one day to crash for several hours straight. It’s a great way to rejuvenate when you can squeeze in a day off.



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[See Bio](#)