

How to Recover From an Indulgent Holiday Weekend

Okay, so a holiday weekend is over and you overindulged and the scales show a slight gain and your pants are fitting a bit tighter than they did last week.

There are ways to get back on track and lose that bloated feeling fast. Our experts share their best tips.

Avoid a carb load cure:

Whatever you do, don't try the greasy cheeseburger and French fries cure.

Dr. Gabrielle Francis, a naturopathic doctor, chiropractor and acupuncturist, said, "A good place to start is the detox shake I recommend which is packed with antioxidants, protein, fiber, flaxseed oil, and green juice. This shake leads to a cleaner liver, but it can also be used on the morning after to help you replenish lost vitamins and bounce back. Also, the more hydrated you are, the more your symptoms will ease. Replenish with electrolyte replacements like coconut water and vegetable bouillon along with 8-10 glasses of water to flush toxins."



"Pass on the leftover pizza and eat easy-to-digest foods like oatmeal, rice, and soup. Supplements I recommend are B-complex, Emergen-C (1-2 packets daily), and vitamin C (1,000 mg) to replenish your vitamin levels. And herbal remedies to support your liver, like dandelion tea (1-2 cups) or milk thistle (per bottle instructions)."

Sleep is also important. Get at least 8-10 hours. If you make it to an acupuncturist, she said to ask for the add-on points ST 36, LI 4, ST 44, LV 3 and PC 6.