

Healthcare Professionals' Tell All: The Hangover Guide



'It was for a good cause.' Ringing in the new year is a fun time to gather with your loved ones and say goodbye to last year and hello to a season for new beginnings. Better to ring in the new year than wake up with that ringing in your head that makes you feel like you'll never be normal again. We've all been there. We've talked to some medical and healthcare professionals to give you this Hangover Guide. How to prevent, combat and move on.

Pro-tip: Stay away from sugary mixers, those are a killer.

Dr. Gabrielle Francis "Good news: Wine is an excellent source of antioxidants and anti-aging compounds. Bad news: It can be loaded with pesticides. The key is to look for organic or biodynamic varieties. No options, no problem. Choose Old World brands from France, Spain or Italy, which contain fewer toxins," Dr. Gabrielle Francis, MD said. Dr. Francis is a Naturopathic Doctor, Chiropractor, Acupuncturist, and Licensed Massage therapist practicing in New York City as The Herban Alchemist. She also operates Backstage Alternative, which is her natural medicine road show that provides chiropractic, massage, acupuncture, nutrition and herbal remedies to performing artists on tour.