

The best way to recover from a party!



I am talking hangover, belly bloat, that horrible day-after feeling from over indulging in food, drink, and staying up too late!



1. Start before you go to bed.
 - Drink some water before your head hits the pillow.
 - Re-fill the glass and put it next to your bed.
 - Put your "go to" headache medicine beside it.

2. Good morning! Now start hydrating.
 - Water, sports drinks, alka seltzer, ginger tea.
 - Maybe lay off the coffee. It can make that head hurt worse in some cases.



3. Eat a healthy breakfast.
 - Some chose greasy, but lets stick with the good stuff: protein, potassium, fruit, veggies.

4. Exercise.
 - Even if you can't manage the full routine, try to at least walk and get some fresh air.
 - Yoga, if you do it, do it. You'll feel better.



5. Sleep.
 - Yes, I know you were waiting for this one. Go ahead and give yourself a couple extra hours of sleep.

6. Meditate.
 - If you do it, do it. You'll feel better.
 - If you don't normally meditate try this:
Get comfy on your bed, cool washcloth on your forehead and back of your neck.
(Works great for migraines too.)
 - Play music.
Search *you tube*, or your favorite music provider, *soothing music for a headache*.
Save it for future use. Play at a nice low volume.

just breathe

The best thing for your body is just don't overindulge. But, since that is probably not going to happen; alternate alcoholic drinks with non-alcoholic drinks, take it easy on the junk food. Arrange for a designated driver, an uber, or cab. Use one if you need one!