

Top Cures to Kick a Hangover



Drink Water

Drink several glasses of water right before bed to help prevent dehydration the next day.



Replace Electrolytes

Replace important electrolytes and fluids by sipping on sports drinks or coconut water.



Take Prickly Pear Extract

Take prickly pear extract 5 hours before drinking to reduce the severity of hangover symptoms the next day.



Shoot Pickle Juice

Shoot 1/4 cup of pickle juice right before bed or first thing in the morning to restore electrolytes.



Drink Kombucha

Drink a glass of fermented tea (kombucha) to reduce inflammation and settle an upset stomach.



Take Red Ginseng

Take a red ginseng supplement to reduce blood alcohol levels and hangover severity.



Take Essential Amino Acids

Take an essential amino acid supplement to mitigate the stress alcohol puts on your liver.



Drinking Matters How To Cure A Hangover 12 Copy Counterpack

Jianjun Gao



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