

10 STEPS TO CURE A WINE HANGOVER

If you're reading this, then you are/have experienced the dreaded 'wine flu'. I have many years of experience & therefore wanted to share my wisdom with you...

By TravellingCorkscrew.com.au

1 SLEEP AS LONG AS POSSIBLE

Sleep as long as you can, when you're sleeping you're not feeling the pain and you may even be able to sleep it off.

2 GET FLUIDS IN YA

Drink as much as you can (non-alcoholic beverages of course!), my favourite is a frozen coke or sprite. Icy cold and the sugar really helps. Of course water is the ultimate beverage to get stuck into when suffering a dreaded wine hangover, but sometimes you just don't feel in the mood for it, right?

3 POP A FEW PILLS

Painkillers, the sooner you can get some neurofen, panadol or disprin down ya, the better!

4 ENJOY SOME EGG PORN

Eat a couple of softboiled or poached eggs. Eggs have cysteine in them which helps break down the toxins in your body.

5 MISO ME BABY

Miso Soup! The soup contains lots of nutrients and vitamins which helps soothe the tummy. I swear by it!

6 GET YOUR BA-NAY-NAY ON

You loose potassium when you drink wine. So eating bananas which are full of potassium the next day helps replenish your potassium levels and the fructose helps process the alcohol quicker.

7 RE-HYDRATE WITH POWER

Powerade & sports drinks are full of sodium, calories and electrolytes which are exactly what you need after dehydrating your body with all that wine!

8 PLAIN JANE FOOD

Eat bland food like crackers, toast or plain 2-minute noodles, they'll help raise low blood sugar levels whilst not irritating the stomach like greasy fatty foods will.

9 STEAMY SHOWER TIME

A hot shower, this will help relax your body and may even help you sleep to succeed at step 1!

10 GO-CO-NUT TIME

Eat a fresh coconut or drink some coconut water. Coconuts are full of anti-oxidants which are exactly what a wine flu sufferer needs! And if you're still struggling, then perhaps 'hair of the dog' is more your style, so why not chuck some rum in that coconut water!



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Marcel A. Müller



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