

Quick-fix Hangover Detox - Jane Scrivner

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Escape the Hangover From Hell If you wake up after a night out and reach for pain relievers before even opening your eyes, help is at hand. Bestselling detox author Jane Scrivner reveals strategies for preventative measures before you drink, damage limitation while you drink, and recovery remedies after you drink, including: Which drinks to enjoy and when you should just say no Natural remedies you already own that-shockingly-will make that nausea disappear Permission to eat. All day. Seriously. The Quick-Fix Hangover Detox is your ticket out of morning regret-without missing any of the nighttime fun.Author: Scrivner, Jane Publisher: Sourcebooks Illustration: N Language: ENG Title: Quick-Fix Hangover Detox Pages: 00000 (Encrypted EPUB) On Sale: 2010-04-01 SKU-13/ISBN: 9781402249884 Category: Cooking : Beverages - General

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