



50 Natural Ways to Relieve a Hangover

By Raje Airey

Anness Publishing, United Kingdom, 2004. Paperback. Book Condition: New. illustrated edition. 196 x 154 mm. Language: English . Brand New Book. This informative guide provides 50 practical ways to deal with the classic symptoms of a hangover, including nausea, headache, dehydration and exhaustion. The recommended treatments are completely natural and include complementary therapies such as aromatherapy, reflexology and shiatsu, relaxation techniques, gentle exercises and herbal remedies such as nux vom, ginseng and Echinacea. There are also suggestions for dietary remedies from herbal teas to super foods that will restore, cleanse and detox an overloaded system. A range of illustrated step-by-step treatments show how to treat specific symptoms, from queasiness to tiredness. With its easy-to-use approach, this handbook will be indispensable when treating and preventing this common if self-inflicted condition.

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