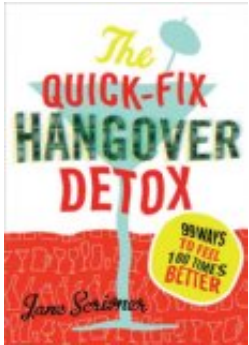


Published based on [The Quick-Fix Hangover Detox: 99 Ways to Feel 100 Times Better](#)

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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. Se



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