

# Fast fixes for your holiday overindulgences

## Lipstick Powder N Paint

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By Karen Kwan

Tis the season—for overindulging! Showed little restraint this holiday season? No worries. We've got tips to help you get back on the straight and narrow.

**Problem:** You've got a killer hangover.

**Solution:** "First, drink plenty of water to restore hydration," says [Aviva Allen](#), a Toronto-based nutritionist. A homemade smoothie is another option—"with its antioxidants, and potassium from the banana, and natural sugars, this will help bring your blood sugar back up," she says, recommending the addition of a supplement powder high in vitamins and minerals to replenish your nutrient stores. And while you may have heard that Gatorade will help your hangover symptoms, Allen advises against drinking these types of beverages because while these sport drinks contain electrolytes, they are also loaded with refined sugar and artificial colours.

As for what to eat, while a big greasy breakfast has never been proven to cure a hangover, eggs may help you recover faster from your hangover, as eggs contain cysteine, a compound that helps breakdown acetaldehyde, the toxic by product of alcohol produced by the liver, says Allen. Plus, they also contain high levels of other important vitamins and minerals that you have depleted.

Also, a painkiller may help you feel better, however it only masks your symptoms. Allen's top hangover remedy is eating a Umeboshi plum, a traditional, naturally processed, pickled plum used throughout Japan for its incredible health-promoting properties and powerful alkalizing qualities. "Our blood can become too acidic from consuming an excessive amount of alcohol," she says. "Umeboshi plums help to balance, or often eliminate, the symptoms of excessively acidic conditions, including a hangover." You can find them at your local health food store. To prepare it: Soak one

plum for five minutes in hot water. Then, drink the liquid and eat the plum together.