



Hangovers

If you actually believe there is a magical cure for hangovers and overeating I'm afraid you are **DREAMING!**

Here some tips to help you survive the festive season:

- Too much **raw or cold food** will damage the stomach's ability to breakdown food properly.
- **Hot and spicy food** will create heat in the stomach which will result in Qi rising and cause stomach pain and bad breath.
- **Eating late** in the evening, when the body is preparing to rest, can cause flatulence and burping.
- **Eating too quickly** will not give saliva a chance to assist with the breakdown of food.
- **Green tea** is cooling and provides a mild **detoxifying** action on the liver - perfect for post drinks.
- **Mint** is a stimulating herb which **soothes** the stomach. Try drinking a fresh mint leaf infusion rather than peppermint tea.
- If **hiccoughs** are unrelenting try sipping **warm water**. Warm water will also help if a lot of cold food has been consumed.
- **Melons, sprouts and mung beans** are very cooling and will help the body to **cool down** after too much fun in the sun.
- You may feel like slipping into a heavy slumber after those **big lunches** but remember a little **exercise** will always help stimulate your Qi