



## The Hangover Handbook: 15 Natural Cures to Knock Out Your Hangover Quickly Effectively (Paperback)

By Brett Weisman

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Hangovers will no longer effect you. Hangover refers to the experience of some of the unpleasant psychological and physiological effects which are resultant of alcohol consumption. It is featured with a discomfort feeling that is very severe which can last up-to one day. Normally, some of the common symptoms that are resultant of hangover include concentration problems, headaches, dry mouth, drowsiness, anxiety, hyper-excitability, nausea, sweating, gastrointestinal complaints, fatigue and dizziness. This guide has been designed to give you the 15 best ways of overcoming hangovers effectively and in the most efficient ways. With this you will have both the pre-drinking and post-drinking ideas that will help you cure a hangover after your alcoholic beverage intake. They are more than remedies in that you will have ways which are natural to control your hangover and get rid of it. Normally you will hear people saying that, "They will never drink ever again" after waking up after a night they spent drinking. In this case most people experience some of the mentioned symptoms which are severe including...



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