



# The Quick-Fix Hangover Detox: 99 Ways to Feel 100 Times Better

*Jane Scrivner*

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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. Seriously.

*The Quick-Fix Hangover Detox* is your ticket out of morning regret-without missing any of the nighttime fun.

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