

POST-PARTY DETOX PLAN

POST-INDULGENCE STRATEGY

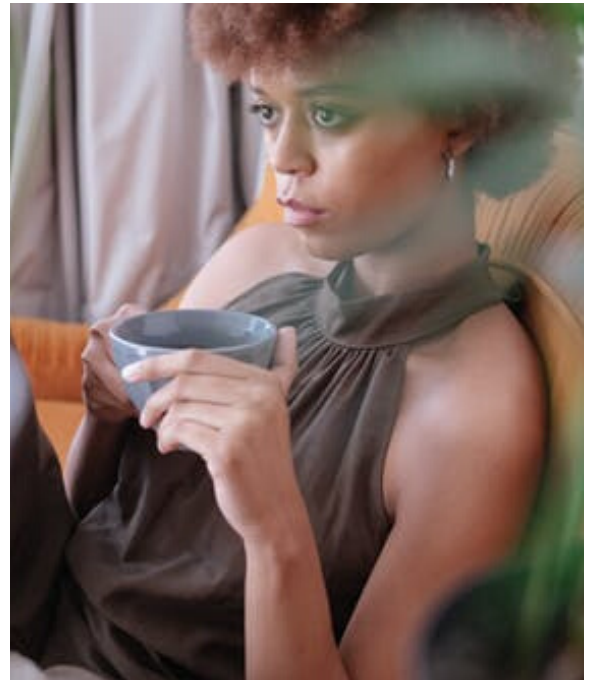
To Boost Your Energy & Your Joy!

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POST- PARTY CYCLE

Celebrating good times (c'mon) is wonderful. You eat, drink, and have fun with the best of them. Magic is in the air and life is quite sweet. The next day, in comes the post-party energy crash. Ever feel like you overindulged in binge eating or binge drinking at the last office potluck, holiday gathering, birthday party, or on your last (way past due) vacation?

What Are The Post-Party Energy Crash Symptoms:-Brain Fog, Low Energy, Increased Mood Swings, Limited Concentration, Constipation, Dehydration, and Headache.



PRE-PARTY PREP

Make sure to drink 8-12 glasses of water to ensure you are hydrated. Prioritize eating healthy whole food based meals. See my easy and simple Free Make It Easy Meal Plan for healthy options. Try to get extra rest the night before if you feel like you may be staying up late. Try to exercise at least once before going to the party, exercising can help stabilize your mood and counter effect overeating/ overindulging impulses.

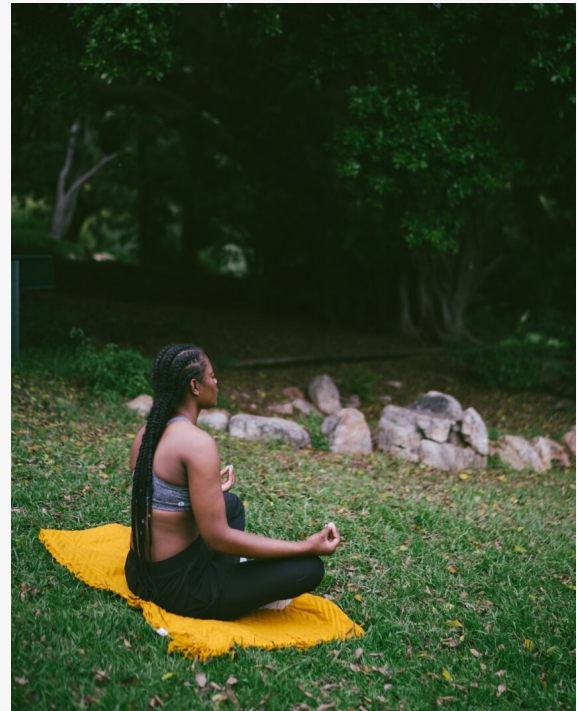


DURING THE PARTY

Drink water as you go, 1-2 cups of water every 2 hours throughout the party. Try to eat healthy options at the party. Try to practice moderation with any foods that aren't healthy, eat whatever you want but try to limit eating anything unhealthy to just 10%-15% of your plate. If drinking, try to limit drinks to 2 cocktails maximum for every 3 hours. This works great for vacationing too!

POST-PARTY COOL DOWN

After the party, make sure to drink 1 more glass of water. This helps to make sure you feel energy balance for your next morning. Drink my Hangover Cure Lemonade, it helps to remove any sign or symptom of hangover, food poisoning, and detoxes your body as soon as you drink it! Go to sleep; try to get as much rest as you need. You may notice you are naturally feeling pretty good and can wake up when you normally would.



Hangover Cure Tonic Lemonade

Ingredients: 2 Cups Water, 1 Tbsp. Apple Cider Vinegar, 2 Tbsp. Monk Fruit Sweetener or Stevia, 1/4 Tsp. Activated Charcoal (food grade), 1 Pinch of Sea Salt, 3-4 Ice Cubes (optional).

Directions: Pour water into a drinking glass. Next, add apple cider vinegar and sweetener. Finally add in the activated charcoal and sea salt and stir all of the ingredients together. Add ice if you'd like. Enjoy!

