



Hangover Relief Beverages

Created by Holistic Nutrition Nut



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Responsible Drinking Tips: Insights from a Holistic Dietitian and Nutritionist

While enjoying the festivities of any party, it's important to prioritize your health and well-being. Ana Coyle, a holistic dietitian and nutritionist with 19 years of experience in holistic health, offers a few valuable tips to help you drink responsibly and avoid the dreaded hangover.

1. Keep Hydrated!

Staying hydrated is crucial when consuming alcohol. Make it a habit to drink plenty of water throughout the day or night. For added benefits, consider incorporating a high-quality electrolyte powder without harmful sweeteners like Splenda (sucralose), aspartame, and many others. Also, steer clear of artificial colors too. Remember, popular sports drinks like Gatorade and Prime may not meet these criteria, so opt for cleaner options!

2. Don't Skip Meals

Now is not the time for fasting! Eating well-balanced meals that include protein, fiber, and healthy fats will help stabilize your blood sugar levels. When you have food in your stomach, it slows the absorption of alcohol into your bloodstream, allowing your body to process it more effectively.

3. Supplement Wisely

Alcohol consumption depletes B vitamins, so it's essential to replenish them after drinking. Consider taking supplements like liposomal glutathione, NAC (N-acetylcysteine), and silymarin (milk thistle) to support liver detoxification. Activated charcoal can also be beneficial while drinking, as it may help reduce the effects of alcohol.

4. Timing is Key

Pace yourself! Aim to have a glass of water between each alcoholic beverage. It takes about 15 to 45 minutes for the effects of alcohol to hit your system, so take your time and enjoy the moment.

5. Choose Low-Sugar Alcohol

When selecting your drinks, opt for those with low added sugar. Many cocktails and mixers are loaded with sugar, which can exacerbate hangover symptoms. Look for spirits that are less sugary or consider making your own cocktails with fresh ingredients. Many drink mixers like Sugar-Free Red Bull, even low-sugar tonic mixes often use less desirable sugar substitutes like sucralose or aspartame. Be sure to steer clear of those sweeteners!

6. Plan for a Good Night's Sleep

One of the worst feelings is waking up in the middle of the night, unable to fall back asleep after drinking. This often occurs when your body finishes metabolizing the alcohol. To avoid this uncomfortable situation, plan ahead and monitor your intake. Remember, the older we get, the more pronounced these effects can become. Usually, these negative effects on sleep are pronounced in peri-and post-menopausal women but can equally affect men as well.

7. Try a Mocktail!

If you're looking to cut back on alcohol without sacrificing flavor and fun, consider trying a mocktail! The variety of delicious non-alcoholic options available today means you won't even miss the alcohol, and your body will definitely thank you for it. From refreshing fruit-infused drinks to sophisticated herbal blends, there's a mocktail for everyone!

8. Hangover Relief Beverages

If you do end up with a hang over the next day, then try these Hangover Relief Beverages to help ease the time you aren't feeling great. They are hydrating, nourishing, and refreshing!



Watermelon Mint Agua Fresca

5 ingredients · 10 minutes · 4 servings



Directions

1. Slice your watermelon into rounds and then into quarters. Slice off the rind. Dice the watermelon and add to blender with maple syrup and water.
2. Divide mint and lime wedges into drinking glasses. Use a muddler or the end of a wooden spoon to mash them together.
3. Add ice (optional) and pour watermelon agua fresca into each glass. Stir to combine and enjoy!

Notes

Less Pulp

Strain your agua fresca after blending.

Garnish With

Lime wedge, mint leaves or coarse ground sea salt.

Likes it Fizzy

Use sparkling water instead of flat.

No Maple Syrup

Use honey instead.

Watermelon Size

This recipe was developed and tested using a 5 lb. watermelon.

Ingredients

1/2 Seedless Watermelon (large)

2 tbsps Maple Syrup

1 cup Water

1/4 cup Mint Leaves

1/2 Lime (sliced into wedges)

Nutrition

Amount per serving

Calories	198	Protein	4g
Fat	1g	Cholesterol	0mg
Saturated	0g	Sodium	9mg
Trans	0g	Potassium	669mg
Polyunsaturated	0g	Vitamin A	3284IU
Monounsaturated	0g	Vitamin C	48mg
Carbs	50g	Calcium	60mg
Fiber	2g	Iron	1mg
Sugar	41g		

Green Lemonade

3 ingredients · 10 minutes · 2 servings



Directions

1. Combine all ingredients in a blender and blend until well incorporated. Enjoy!

Notes

Leftovers

Best enjoyed the same day. Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately two cups.

More Flavor

Add cinnamon, cucumber, kiwi, chia seeds, honey, or maple syrup.

Ingredients

3 1/2 cups Water

1 cup Baby Spinach

2 Lemon (juiced)

Nutrition

Amount per serving

Calories	14	Protein	1g
Fat	0g	Cholesterol	0mg
Saturated	0g	Sodium	21mg
Trans	0g	Potassium	133mg
Polyunsaturated	0g	Vitamin A	1409IU
Monounsaturated	0g	Vitamin C	23mg
Carbs	4g	Calcium	59mg
Fiber	0g	Iron	0mg
Sugar	1g		



Orange & Carrot Juice

3 ingredients · 10 minutes · 3 servings



Directions

1. Add all of the ingredients to a blender and blend until smooth.
2. Place a nut-milk bag or a fine strainer over a large bowl and pour in the juice. Using clean hands, squeeze out all the liquid. Pour the strained juice into a glass pitcher and serve. Enjoy!

Notes

Leftovers

Refrigerate in a glass pitcher for up to three days.

Serving Size

One serving is approximately 1 1/3 cup.

Save the Pulp

Freeze the pulp to use in smoothies or muffins.

Ingredients

- 2 Navel Orange (medium, peeled)
- 2 Carrot (medium, peeled, chopped)
- 3 cups Water

Nutrition

Amount per serving

Calories	62	Protein	1g
Fat	0g	Cholesterol	0mg
Saturated	0g	Sodium	34mg
Trans	0g	Potassium	285mg
Polyunsaturated	0g	Vitamin A	7024IU
Monounsaturated	0g	Vitamin C	58mg
Carbs	16g	Calcium	77mg
Fiber	3g	Iron	0mg
Sugar	10g		



Mango Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

More Flavor

Add honey, maple syrup, stevia, avocado, spinach or kale. Use rice milk, oat milk, almond milk or coconut milk instead of water.

More Protein

Add hemp seeds, chia seeds, a scoop of protein powder or a spoonful of nut butter.

More Fiber

Add ground flax seed.

Ingredients

1/2 cup Frozen Mango

1/2 cup Frozen Cauliflower

1 Banana (medium)

1 1/2 cups Water

1 1/2 tps Apple Cider Vinegar

Nutrition

Amount per serving

Calories	173	Protein	3g
Fat	1g	Cholesterol	0mg
Saturated	0g	Sodium	26mg
Trans	0g	Potassium	692mg
Polyunsaturated	0g	Vitamin A	977IU
Monounsaturated	0g	Vitamin C	68mg
Carbs	43g	Calcium	66mg
Fiber	7g	Iron	1mg
Sugar	27g		



Ginger Orange Iced Tea

7 ingredients · 5 minutes · 1 serving



Directions

1. Add all the ingredients except for ice cubes and orange slice(s) to a cocktail shaker. Shake well for one minute or until everything is mixed together.
2. Place the orange slice(s) in a glass if using. Add ice and pour the mixture into the glass. Enjoy!

Notes

Leftovers

Refrigerate in an airtight jar or pitcher for up to two days.

Serving Size

One serving is equal to approximately 1 1/3 cups.

More Flavor

Add mint.

No Honey

Use maple syrup instead.

No Cocktail Shaker

Mix everything well together in a glass instead. Make multiple servings at once and store in a pitcher. Pour over ice once ready to enjoy.

Ingredients

2/3 cup Earl Grey Tea (brewed, cold)

1/4 cup Orange Juice

1 tbsp Lemon Juice

1 tbsp Honey

1 1/2 tps Ginger (fresh, minced)

5 Ice Cubes

1/8 Navel Orange (thinly sliced, for garnish)

Nutrition

Amount per serving

Calories	104	Protein	1g
Fat	0g	Cholesterol	0mg
Saturated	0g	Sodium	6mg
Trans	0g	Potassium	240mg
Polyunsaturated	0g	Vitamin A	168IU
Monounsaturated	0g	Vitamin C	47mg
Carbs	28g	Calcium	16mg
Fiber	1g	Iron	0mg
Sugar	23g		



Pineapple Basil Mocktail

6 ingredients · 10 minutes · 2 servings



Directions

1. Add all the ingredients except for the ice cubes to a blender. Blend until smooth.
2. Divide the ice cubes between glasses. Pour the drink overtop and enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to approximately 1 1/2 cups.

No Maple Syrup

Use honey instead.

No Basil

Use mint instead.

Ingredients

- 2 cups Pineapple (chopped)
- 4 fl ozs Pineapple Juice
- 2 tbsps Lime Juice
- 2 tbsps Maple Syrup
- 2 tbsps Basil Leaves (chopped)
- 8 Ice Cubes (as needed)

Nutrition

Amount per serving

Calories	163	Protein	1g
Fat	0g	Cholesterol	0mg
Saturated	0g	Sodium	6mg
Trans	0g	Potassium	248mg
Polyunsaturated	0g	Vitamin A	243IU
Monounsaturated	0g	Vitamin C	98mg
Carbs	42g	Calcium	53mg
Fiber	2g	Iron	1mg
Sugar	34g		



Blueberry Ginger Lime Sparkling Water

5 ingredients · 5 minutes · 2 servings



Directions

1. Divide blueberries, lime slices, ginger and ice between between mason jars or glasses. Top with sparkling water. Enjoy!

Notes

No Sparkling Water

Use flat water instead.

Extra Flavour

Muddle the berries and limes in the bottom of the jar for extra flavour.

Switch it Up

Swap out the blueberries for blackberries, strawberries or raspberries. Swap out the lime for lemon or orange.

Ingredients

1/2 cup Blueberries

1 Lime (sliced into rounds)

1 tbsp Ginger (peeled and sliced)

6 Ice Cubes

3 cups Sparkling Water

Nutrition

Amount per serving

Calories	29	Protein	0g
Fat	0g	Cholesterol	0mg
Saturated	0g	Sodium	8mg
Trans	0g	Potassium	67mg
Polyunsaturated	0g	Vitamin A	31IU
Monounsaturated	0g	Vitamin C	10mg
Carbs	8g	Calcium	41mg
Fiber	1g	Iron	0mg
Sugar	4g		



Ginger Iced Tea

4 ingredients · 30 minutes · 1 serving



Directions

1. Add the water and ginger slices to a small pot and bring to a boil. Lower the heat and let simmer for about five to 10 minutes, or to your desired strength.
2. Remove from heat and stir in the honey and lemon juice. Let cool before serving with ice. Enjoy!

Notes

Leftovers

Refrigerate for up to three days.

No Honey

Use maple syrup, stevia, agave, or your sweetener of choice.

Ingredients

- 1 1/4 cups Water
- 1 1/2 tbsps Ginger (peeled, sliced)
- 1 tsp Raw Honey (to taste)
- 1/4 Lemon (small, juiced, to taste)

Nutrition

Amount per serving

Calories	30	Protein	0g
Fat	0g	Cholesterol	0mg
Saturated	0g	Sodium	7mg
Trans	0g	Potassium	50mg
Polyunsaturated	0g	Vitamin A	1IU
Monounsaturated	0g	Vitamin C	5mg
Carbs	8g	Calcium	32mg
Fiber	0g	Iron	0mg
Sugar	6g		



Pink Iced Tea

5 ingredients · 10 minutes · 4 servings



Directions

1. Combine the grapefruit juice, cranberry juice, strawberries, and earl grey tea in a blender and blend until smooth. Strain the liquid (optional) and serve over ice. Divide between glasses and enjoy!

Notes

Serving Size

One serving equals approximately 1 1/2 cup (355mL).

More Flavor

Add your sweetener of choice.

Ingredients

- 3/4 cup Grapefruit Juice
- 8 fl ozs Cranberry Juice
- 1 cup Strawberries (stems removed)
- 2 cups Earl Grey Tea (brewed)
- 12 Ice Cubes

Nutrition

Amount per serving

Calories	60	Protein	1g
Fat	0g	Cholesterol	0mg
Saturated	0g	Sodium	6mg
Trans	0g	Potassium	223mg
Polyunsaturated	0g	Vitamin A	237IU
Monounsaturated	0g	Vitamin C	45mg
Carbs	15g	Calcium	15mg
Fiber	1g	Iron	0mg
Sugar	9g		



Detox Charcoal Lemonade

4 ingredients · 10 minutes · 4 servings



Directions

1. In a large pitcher, combine all ingredients and stir to mix well. Add ice if desired.
2. Pour into glasses and enjoy!

Notes

Warm it Up

Serve it hot as an elixir.

Likes it Sweet

Add maple syrup to sweeten.

Activated Charcoal Powder

A black powder that can be purchased at health food stores or online.

Ingredients

8 cups Water (cold)

5 Lemon (juiced)

1 tbsp Activated Charcoal Powder

1/4 tsp Sea Salt (optional)

Nutrition

Amount per serving

Calories	13	Protein	0g
Fat	0g	Cholesterol	0mg
Saturated	0g	Sodium	158mg
Trans	0g	Potassium	62mg
Polyunsaturated	0g	Vitamin A	4IU
Monounsaturated	0g	Vitamin C	23mg
Carbs	4g	Calcium	51mg
Fiber	0g	Iron	0mg
Sugar	2g		

