

A Hangover Hangs No More

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It's a question I often have to ask myself come Sunday morning... "How will this hangover subside?" Well, maybe I don't say "subside" I don't usually say anything, in fact it's even hard to formulate sentences sometimes, but nevertheless here I have for you some news.



Very recently I attended a Women's Health Event in New York City, and during the event a Holistic professional gave a small introductory speech into Holistic medicine.

What she said was interesting, I was intrigued, but when she said, "To the ladies in your twenties, start drinking coconut water." I was taken aback.

Apparently Coconut water has more potassium than what's found in a banana and five essential electrolytes, which by the way is more than most of our fancy sports drinks. Perfect for post workout and...A hangover cure!

I have sampled this coconut water, and I say it's delicious. My favorite is Zico. Zico original coconut water only has 60 calories, no added sugar and 15 carbs. Not bad. Check online at www.zico.com. Enjoy.