



No Ragerts

A book to help you cure brown bottle & wine flu

BY VERONICA TURNER

Hangover Cures

How to lose the headache & feel better naturally

BY VERONICA TURNER

This book is dedicated to Crystal, David,
Lori, and Jason.

I can always count on y'all for a good
hangover!

*The following information is of an
educational & general nature and should
not be taken as medical advice. Please use
your own judgement & research. I am not a
medical doctor.*



Too Much Fun!

Beer, wine, whiskey, vodka, tequila.

Birthday parties, quinceañeras, weddings, or just a Friday night.

The next morning... bloody mary? mimosa? replenishment!

So you had too much at whatever function you attended, or maybe it was just a Friday night with the homies. Now, you must be wondering what you did, who did you text/call? I do it all the time. Just ask some of those closest to me. Did you check your call log? Social media postings? Text exchanges? Also who turned up the sun!? It's kinda loud! Well looks like you got yourself a hangover.

What causes a hangover? Well there's several things and I feel like you kinda don't care, so if you don't just go to the next page. But maybe when the head isn't pounding & you wanna know, come back & read this.

First off alcohol of any kind has diuretic properties causing you to dehydrate, causing headaches, dizziness & obviously thirst. Secondly, alcohol increases the body's acid production causing irritation in the digestive system & slowing down the digestive process. Your natural electrolytes become depleted, your immune system is lowered, and excessive drinking lowers your blood sugar. Another thing is that alcohol is a vasodilator. This means your blood vessels widen allowing more alcohol to travel through your blood stream. A lower quality of sleep happens even when you feel so tired after drinking. You need sleep for your body to repair itself. A lower quality of sleep doesn't allow your body to recover properly making you more tired.

The last thing and most important to keep in mind is what type of alcohol you are imbibing. The darker the alcohol the more likely you are to catch that hangover you don't want!

My tried, true, tested Hangover Cure

No OTC medication, this is straight natural stuff to help your body recover
& replenish what was depleted during your celebration



16 oz coconut water
1 tsp chia seeds
1/2 tsp chlorella powder
1/2 tsp maca powder

You can do this two ways. Put all ingredients in a blender, blend it up & drink all at once or over the course of your day. The second way is my preferred method. I add my chlorella powder & maca powder to the coconut water & mix really well, maybe even blend it as the powders tend to settle at the bottom of your glass. Then I add my chia seeds and let it sit for a few minutes (5-10 minutes) so that they can absorb all that hydration from the coconut water. Enjoy on ice!

Let's start with the coconut water. The brand I use comes in a 17+oz can so I just use that. Coconut water is rich in vitamins & minerals that your body needs when it is dehydrated, such as potassium & magnesium. It is also super hydrating providing you with electrolytes & even gives a boost to the energy you depleted during that super fun night!

Chia, no not the pet, although those are fun! Chia seeds are added here for even more of a boost of energy. These little friends are high in fiber, aiding your digestive system after having added all that acid into it & balancing your insulin levels. When added to a liquid they create a gel like substance lining the stomach. They also reduce inflammation which is a cause for most ailments including that puffy feeling the morning after.

If you don't know about chlorella yet, I suggest you start looking into it. It's a blue-green algae with tons of chlorophyll in it with many nutrients to support your body. Chlorella is anti-inflammatory too just like chia seeds, aiding in reducing that heavy feeling. An added benefit to chlorella is that it boosts liver health by helping it to detox the liver.

In this case I like to use maca for the taste and it's adaptogen properties. An adaptogen basically balances any imbalances in the body, such as hormonal or stamina. To me it has a slight caramel taste to it.

Veronica Turner of Nature's Sorcery

Veronica of Nature's Sorcery is a lifelong learner and lover of what nature has to offer, she felt it was time to move away from conventional Western medicine where symptoms are treated & go back to natural ancestral medicinal practices that treat the ailment. Taking what she learned from her grandmothers & great-grandmothers along with her Business degree to create products to help others.

Let's find ways to support your body's natural function, together.
Check out naturesorcery.com to see how we can help.

