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How to Cure a Hangover

Andrew Irving

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How to Cure a Hangover Andrew Irving
Get relief from last night’s excesses with this collection of the very best hangover cures from the world's most celebrated bartenders

All manner of weird and wonderful remedies have been developed to soothe the effects of a hangover, from eating a plate of owl's eggs to rubbing the rind of a lemon into the armpit. Fortunately for today's drinkers, this compilation features popular and effective modern fixes taken from leading bartenders that use much more palatable ingredients. More than 40 "hair of the dog" mixtures, such as Banana Cow and Suffering Bastard, are offered along with 45 recipes for nonalcoholic juices and smoothies. Information and guidance on the effects of alcohol on health is also provided, with sections covering the effects of drinking on the liver, the relationships of drinking with heart disease and weight gain, and the long-term consequences of overdoing it. Hand-tinted stills from the golden age of Hollywood show film stars in a range of compromising states and add a tonic of whimsy to this tasty blend of humor and sound advice.

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A lot of people always spent their particular free time to vacation or perhaps go to the outside with them friends and family or their friend. Did you know? Many a lot of people spent these people free time just watching TV, as well as playing video games all day long. In order to try to find a new activity this is look different you can read a book. It is really fun for yourself. If you enjoy the book you read you can spent the whole day to reading a publication. The book How to Cure a Hangover it is rather good to read. There are a lot of those who recommended this book. They were enjoying reading this book. In case you did not have enough space bringing this book you can buy the actual e-book. You can m0ore simply to read this book from a smart phone. The price is not to cover but this book offers high quality.

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