

Keeping Safe On New Year's Eve



Linda Levine
December 2009

How to keep safe on New Year's Eve, have fun and not get a hangover.

After doing a LOT of research, this is the advice that was written. (*My response is in italics.*)

1. Eat starchy carbs such as bread and pasta, which will slow down absorption of alcohol. *So, you have been on a diet, for a month, to get into those gorgeous, sexy clothes and you are supposed to "blow it" over pasta and bread. Right.*
2. Drink milk so the alcohol will absorb slowly. Order fruit cocktails to replace the vitamins you lose while drinking. Stick with light-colored drinks; dark-colored drinks may cause headaches. *Are they saying to drink Brandy Alexander's, White Russians and Pina Coladas? Or, do they want us to drink cosmopolitans or apple martinis? Maybe, we're safe with vodka. It has no color. It's so confusing...*
3. Drink a cup of water with every drink. *Good advice and this could prevent us from overeating, too.*
4. Avoid caffeine; it will dehydrate you. *And I thought you were*

supposed to drink coffee at the end of the evening. But, what do I know?

5. Before going to sleep, take vitamins B & C with lots of water.
Good advice

What to do to get over it:

1. Sleep.
2. Eat mineral rich foods like pickles and canned fish. Some people in Poland drink pickle juice. *Pickle juice!! While having a hangover!*
3. Replenish your body with fruit juice, water, sports drinks. *I'd rather drink my Arbonne sports drink instead, from the Pomegranate Fizzing Tabs. It's loaded with anti-oxidants, delicious, gives me energy with no additional sugar.*

***Be safe and have a wonderful,
happy NEW YEAR!***

Linda Levine
Independent Consultant
Arbonne International
www.lindalevine.myarbonne.com

Teaching consumers about Arbonne's wonderful products provides me with great personal satisfaction". All of Arbonne's Swiss-formulated products are made in the United States and are botanically-based, dermatology tested, vegan-approved, recyclable, and free of mineral oil, chemical fragrances or dyes. Arbonne products are all pH balanced, do not contain animal by-products and are not tested on animals. Also, Arbonne's active ingredients are approved by the FDA