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Petronella Ravenshear While no nutritionist would advocate excessive drinking, we've all been there - waking up the morning after with a headache, dry mouth and bad skin, a little less than ready to face the day. We spoke to nutritional therapists Petronella Ravenshear and Angelique Panagos, as well as Pip & Nut founder Pippa Murray, to find out their specialist hangover-curing tips. Advertisement - Continue Reading Below 1 Love your Liver smoothie Ingredients- 3 handfuls of kale or spinach - 2 sticks celery - 1- 2 apples - 1/4 avocado (to make it thick and creamy) - 1 tsp ground flax seeds - 2cm piece of fresh ginger - A squeeze of lemon - 1-3 glasses of pure water (adjust according to how you like the consistency) Benefits"Detoxification is something that your body does daily and quite effectively too", says nutritional therapist Angelique Panagos. You can lend it a helping hand after a heavy night out "by ensuring your body has the right nutrients." Panagos recommends "cleansing foods such as beetroot, carrot, leeks, garlic, onions, eggs, broccoli, watercress and (breath freshening) parsley". This smoothie is "rich in antioxidants (including vitamin C), essential fats and fibre to help move toxins out," too. 2 Avo-cacao smoothie Ingredients- a teaspoon of cacao powder - half an avocado- a small beetroot - a teaspoon of honey- an apple Benefits"Detoxing after drinking alcohol is highly recommended and the ingredients in this smoothie, including apples, avocado and beetroot, can help your body reset its mineral levels and treat your liver and gallbladder," says nutritional therapist Petronella Ravenshear. Ginger is also "very good for nausea", which, coupled with honey "to make the drink taste better," results in a smoothie that is "perfection in a glass" for curing hangovers. 3 The post-party pick-me-up Ingredients- 1 medium banana, cut into chunks - 50g frozen berries - 15g rolled oats - 2 Tbsp cashew butter - 150ml unsweetened almond milk - 1 tsp coconut oil - 1 tsp coconut nectar Benefits"If you're feeling worse for wear, you need something quick and simple to help revive you," says Pip & Nut founder Pippa Murray. "This recipe [taken from her new book, Pip & Nut: The Nut Butter Cookbook (Quadrille, £15)] contains a handful of ingredients, all of which will most likely be knocking around your store cupboard. It takes just one minute to throw together and it's also naturally sweet, so great for picking up your blood sugar which gets lower when you drink alcohol." 4 Coconut water smoothie Ingredients- either fresh coconut water or, for less hassle, Vita Coco's coconut water - 1/2 tsp of turmeric - 2 bananas Benefits"When you're feeling more than a little worse for wear, it's tempting to bury your head beneath a duvet, only coming up for air if it's for a mug of tea or coffee," says Panagos. "However, alcohol is a diuretic, so try to avoid sipping on endless mugs of coffee, which will only dehydrate the body more. Instead, I'd recommend sipping on coconut water, which is rich in electrolytes." For anyone who dislikes the taste, "blend it up into a smoothie with anti-inflammatory turmeric and potassium-rich banana." 5 Lifesaver Liver cocktail Ingredients- a bottle of water (approximately 500ml) - 1g vitamin C and a vitamin B complex - 2-4 capsules of alpha lipoic acid - 200mg n-acetyl cysteine (NAC)BenefitsYour liver is one of the most affected organs after a session of drinking so immediately combating the damage the next day is paramount. While the above ingredients may seem unfamiliar to many, you can find them easily in stores like Holland and Barrett. They are also highly effective in "lessening the toxic effects of alcohol," says Ravenshear, making your supplement cocktails like this one the perfect way to accelerate your body back to its natural equilibrium. 6 Ginger tea Ingredients - hot water - ginger slices or Twinnings' Ginger teabags - a slice of lemon (if required)BenefitsNausea can be one of the most hindering symptoms of a hangover. Panagos suggests "popping the kettle on and preparing some tummy calming ginger tea, which works as an anti-inflammatory in the digestive system" to help ease your stomach. Panagos also likes "sipping on peppermint tea, which can soothe tummy aches and pains, as well as decreasing feelings of nausea". 7 Liquid probiotics WhatProbiotics are live bacteria and yeasts that can be found in liquid form in products such as Symprove. BenefitsRavenshear recommends "taking a measure of a liquid probiotic as soon as you wake up the morning after drinking". Your liver will be feeling the effects of alcohol consumption at this time and "probiotics act like fuel for [the organ] to help it detoxify and also get rid of nausea." She also suggests drinking Miso soup "instead of having a fry pizza", and a nine-count order of cinnamon rolls when you use this coupon. When: Through December 31Kroger WineThe deal: Take 40% off Kroger Wine's Winter Whites 12-pack with the code "SAVE40." You can also get 20% off the Winter Whites six-pack with the code "SAVE20."When: Through January 4IHOPThe deal: The home of the pancake is extending its Kids Eat Free deal. If they're under 12, they eat for free with the purchase of an adult entrée.When: Through January 1, 4-10pmOther Deals Available on New Year's Eve and New Year's DayApplebee'sThe deal: Applebee's Neighborhood Drink of the Month is bringing back the Dollarita. It's a one-dollar margarita. Only this month, it's called a Merry Dollarita and comes with a little pomegranate in the mix. When: Through December 31Wendy'sThe deal: For just \$2, you can buy a Wendy's Frosty Key Tag that will land you a free Frosty with any purchase every day for a year. When: Can be purchased through January 31, 2020Shake ShackThe deal: Get free delivery from GrubHub with an order of at least \$10. When: Through December 31Burger KingThe deal: Get free delivery from Burger King on delivery orders of at least \$10 through GrubHub. When: Through January 6Snuffer'sThe deal: Get yourself a free order of Cheddar Fries when you sign up for the Snuffer's loyalty program through December 31. When: Through December 31WinThe deal: The code "wincholidays" is going to land you 35% off your first order from the hand-picked wine subscription service. When: Through December 31B.GOODThe deal: For every \$1 donation you make to a GOOD's partners at FoodCorps - in-store or through the B.GOOD app - you'll get a coupon for a free side, shake, or smoothie. When: December 3-31Wahoo's Fish TacoThe deal: Half-price appetizers are available for a limited-run happy hour because everyone needs a little bonus through the holidays. When: Monday through Friday, 4-7pm through January 5Carrabba's Italian GrillThe deal: Get \$10 off any bottle of wine. You can also get any pizza for \$9.99.When: Ongoing, every WednesdayInstacartThe deal: Spend at least \$18 on DiGiorno products and you'll get \$5 off your order or free delivery. When: Through February

2MOD PizzaThe deal: For every MOD-size salad you buy in January, MOD will help you keep healthy eating going by giving you a free one in February. The deal can be redeemed in the MOD Pizza app up to four times in January. When: January 1-31McDonald'sThe deal: Get a \$.99 Premium Roast or Iced Coffee in any size once a day through the end of the promotion. You'll find the offer in the McDonald's mobile app under "Deals."When: Through February 2Wendy'sThe deal: A six-piece order of Chicken Nuggets is going to run you just a buck if you use the offer found in the Wendy's mobile app. When: Through December 31Wendy'sThe deal: Also in the Wendy's app: buy one Baconator, get a second Baconator for just one dollar. When: Through January 5Wendy'sThe deal: Yup. One more app-based deal. Get a free large order of fries with any mobile order purchase. When: Through January 5 Here's our huuuuuuuge running list of all the free food you can get right now, as well as the best reward programs, birthday freebies, and holiday gift card deals you'll find. If you want a little more than, say a free taco, we also have you covered with a long list of meals you can get at fast food chains under \$5. You're welcome.Sign up here for our daily Thrillist email and subscribe here for our YouTube channel to get your fix of the best in food/drink/fun.Dustin Nelson is a Senior Staff Writer at Thrillist. Follow him @dlukenelson.

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