It’s easy to get run down when you have too much on your plate: Heavy work load, family pressures, and the famous Sun God Festival!

Miriam Jirari, HDH’s new Wellness Dietitian wants you and your friends to be prepared for this extravaganza with easy to make recipes and a bit of nutrition education to help put you back on the road to recovery.
Scrambled Eggs with Salsa & Avocado

2 servings • Makes 2, 1.25 c servings
Active Time: 5 min
Total Time: 10 min

Ingredients:
• 7 eggs
• 1/2 avocado, diced
• 1 c salsa (homemade or favorite brand)
• Cilantro

Directions:
1. Crack eggs and pour in to large mixing bowl. Beat until mixed well.
2. Add salsa in to egg mixture and gently mix.
3. Pour all contents of the bowl in to pan and scramble to desired doneness.
4. Cut avocado slices on top.
5. Sprinkle with cilantro if desired. Serve with whole grain tortillas or toast if needing more carbohydrates.

Recipe submitted by SparkPeople user ZILLYONS. A lightened version of Rick Bayless’ recipe. Adapted by Miriam Jirari.

Nutrition Facts (per serving): Calories 320.5, Total Fat 18 gm
Cholesterol 645mg; Sodium 400mg; Total Carbohydrate 43 gm,
Dietary Fiber 5 gm, Protein 30 gm
Kale-Aid Smoothie

3 servings
Total Time: 10 min

You will need: blender, knife, cutting board, measuring cups and spoons

Ingredients:
• 1 cup, chopped Kale
• 1 lemon
• 1 apple, peeled
• 1 cucumber, peeled
• 1 celery stick
• 2 tsp. ginger root
• 1/2 cup ice
• 1/2 cup water

Directions:
1. Blend!!!
2. Infuse your cells with antioxidants, anti-inflammatories, delicious, bright fresh flavors, and a symphony of vitamins and more! Feel the heal!

Recipe adapted from thebettyrocker.com

Nutrition Facts (per serving): Calories 58 , Total Fat 0.3 gm, Cholesterol 0 mg; Sodium 14 mg; Total Carbohydrate 14 gm, Dietary Fiber 2.8 gm, Protein 1.6 gm, Sugars 4.5 gm, Potassium 323 mg, Vitamin A 47%, Vitamin C 54%, Iron 4%, Calcium 6%
Top Tips for Healing Quickly

**Take a Long Nap**
During sleep after drinking, the problem is that alpha wave patterns are heightened, which doesn’t happen during normal sleep. Alpha activity tends to occur when the brain is awake but quietly resting, in metabolic break mode. Having both delta and alpha activity together therefore leads to disrupted sleep, since the alpha functions tend to offset any restorative efforts the brain neurons are trying to squeeze in. Napping the afternoon away can help your body heal and pass the time that it will take to feel better.

**Hydrate, Hydrate, Hydrate**
Alcohol is a diuretic, encouraging the body to lose more water than it takes in, which can lead to dehydration. This can result in fatigue, thirst, headache, or lightheadedness. To help prevent dehydration while drinking alcohol, try alternating each alcoholic beverage with a glass of water, and drink at least 16oz before bed. If you wake up dehydrated try guzzling some electrolyte-rich fluids, including sports drinks, coconut water, or even Pedialyte, in addition to regular H₂O. Coffee type drinks may worsen your symptoms due to its diuretic effect; however if you typically drink caffeine in the AM you might get a headache if you don’t. Up the H₂O intake if you go for the coffee.

**Fuel Up on Food**
While you may have heard that filling up on greasy foods can help fight off a hangover, experts say that’s not the best move.

Fruits like mangoes, grapes, pears, watermelon, and plantains have natural sugars that may help get alcohol out of your system a little faster. Salmon, rich in B6 and B12 vitamins, may also be a good boost, since lower levels of B vitamins are said to intensify hangovers.

If you’re feeling queasy, try to stick to bland foods. This is what we call the ‘BRAT’ diet: Bananas, Rice, Applesauce, and Toast, and some ginger tea. These plain foods are easy for the body to digest and can help settle an upset stomach, a common symptom of a hangover. They also tend to contain carbohydrates, which can help boost your blood sugar.

Sources: Julie Zumpano, a registered dietitian at the Cleveland Clinic, CBS News, TIME magazine
Helpful Hangover Foods

1. **Avocado** Heavy drinking can deplete the mineral potassium, which is an essential electrolyte that maintains cellular fluid homeostasis. This can lead to muscle spasms, dizziness, and weakness, but luckily, this superfood will counteract that. It’s also full of fiber, B6, carotenoids, and heart-healthy fats, and as an added bonus, enables neuromuscular function, proper heart function, muscle contraction, and keeps sodium under control.

2. **Ginger lemon herbal tea** There’s a reason your mom always made you drink ginger ale during a stomach virus - ginger works wonders for nausea relief and contains anti-inflammatory compounds. But skip the super-sugary soda and opt for the fresh root and slices of lemon in hot water instead. The vitamin C and potassium boost from the lemons will soothe your nerves.

3. **Eggs** This breakfast staple is a brunch all-star for a reason. Eggs are full of hardworking amino acids like cysteine and taurine. Taurine boosts liver function and may help prevent liver disease. Cysteine breaks down acetaldehyde, the yucky headache-causing chemical that’s left over when the liver breaks down ethanol.

4. **Coconut water** For a quick pick-me-up and major potassium boost sip on a cold glass of coconut water. With more potassium than a banana or a sports drink, coconut water works like magic. Abracadabra, hangover be gone! The sweet, nutty taste will curb your sugar craving with just the right amount of carbs and calories to prevent sugar overload.

5. **Green juice** A night of over-indulging can cause nausea, vomiting, headaches, and irritability due to dehydration and a loss of electrolytes and sodium. A vegetable cocktail can solve this, though preferably one without alcohol -- hair of the dog is a myth! Aim for something with celery and get a boost from its natural sodium.

Sources: Thrillist.com Jaqueline Aizen RD, Greatist.com

**Greasy Food**

Contrary to popular knowledge, heading to the local greasy spoon is not a great idea. Turns out a large fatty meal is better at preventing a hangover than curing one, since fried foods can irritate the stomach. Chowing down on a big burger *before* the liquor starts flowing can help insulate the stomach, preventing alcohol from being absorbed into the stomach lining and bloodstream.

**Orange Juice**

Lay off the OJ after a night on the town. Sour citrus like orange and grapefruit can irritate an already sensitive stomach. Also, skip tomato juice, since it is also acidic, making a Bloody Mary at brunch probably the worst choice for a morning hangover.

**Hair of the Dog**

This wacky expression comes from a Norwegian folk saying that claims the best cure incorporates the substance that did the damage in the first place. Scandinavian wisdom aside, boozing in the morning is not the solution to a hangover. An alcoholic beverage can help take the edge off in the morning, but it will further dehydrate the body and lead to even worse hangover symptoms later in the day.

Resources: TIME magazine, Greatist.com, CBS News, Thrillist.com