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Dealing with a hangover involves rehydrating your body to help you deal with the painful symptoms. The best time to rehydrate is before going to sleep after a drinking session. Painkillers can help with headaches and muscle cramps. Sugary foods may help you feel less trembly.

Hangover cures - NHS

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Instant hangover cures: 10 bizarre things that will make you feel human again 1. Pickle juice
This hangover cure might be a bit hard to handle, but if you can stomach it it's worth it.
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Sex can instantly cure ...

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