

Holistic Partying Guide

A holistic nutritionist's harm-reduction guide to imbibing and feeling (as) good (as possible)

Balance Your Blood Sugar, Boo

Blood sugar spikes followed by crashes can leave you feeling drained, moody, anxious, or irritable. Alcohol, refined carbs, sugary drinks, and skipping meals can intensify this rollercoaster by disrupting insulin response and depleting your energy reserves.

Party Hacks:

- Eat before you imbibe: Choose a balanced meal or snack with protein, fiber, and healthy fats to keep blood sugar steady.
- Bring blood sugar-friendly bites: Having snacks on hand can save you from crashing or grabbing something sugary in a pinch.
- Snack ideas: Jerky sticks, nut butter packets, trail mix, cheese, and low-sugar protein bars.



Keep that sh*t regular

Your gut and liver work together to detoxify and eliminate waste. Poor digestion = poor detox = low energy and higher toxicity. Fiber supports elimination and feeds beneficial gut bacteria.

Party Hacks:

- Eat fiber-rich foods (veggies, fruits, chia, flax, beans)
- Consider supplementing with magnesium citrate or glycinate if you're backed-up.
- Include fermented foods like kombucha, sauerkraut, kimchi, or yogurt to support gut bacteria and regularity.

Hydrate Like You Mean It

Alcohol and other substances can dehydrate you, making you feel like garbage the next day and, in extreme cases, leading to dangerous electrolyte imbalances. Hydration supports your brain, energy, digestion, and detox pathways.

Party Hacks:

- For every alcoholic drink, have a glass of water to stay ahead of dehydration.
- Bring your favorite electrolyte packet with sodium, potassium, and magnesium. DIY option: sea salt, lemon, and honey.
- Can't bring your own water bottle? Just grab the overpriced one at the venue so you actually have it and use it.



Vitamins, Minerals & Herbs for Recovery

Alcohol and other substances can deplete key nutrients and stress your body. Using supplements, foods, and herbs can support your body's recovery process.

Party Hacks:

- Consider supplementing before bed with B vitamins, magnesium, and zinc.
- Sip herbal teas or take tinctures that support the nervous system, stress response, and mineral replenishment.
- Helpful herbs:
 - Nervines (calm the nervous system): ex. chamomile, skullcap, passionflower
 - Adaptogens (manage stress): ex. ashwagandha, rhodiola, lion's mane
 - Mineral-rich herbs (replenish nutrients): ex. nettle, oatstraw, red raspberry leaf.

