
If You Notice... Read...

If you notice...	Read
Heavy and sluggish after the holidays, and thinking about a detox kit	Ch. 1, p. 2; Ch. 2, p. 10
Offered a “heavy metal” test or an IV “metal detox”	Ch. 3, p. 19
Worried about lead, smoke, rice, fish or microplastics at home	Ch. 3, p. 19
Wanting to know what the holidays actually left behind	Ch. 4, p. 32
A heavy head, nausea or shaky hands the morning after drinking	Ch. 5, p. 41
About to buy hangover pills, electrolyte drinks or an IV drip	Ch. 2, p. 10; Ch. 5, p. 41
Needing a painkiller after a night of drinking	Ch. 5, p. 41
Someone very drunk, confused, who can’t be woken	Ch. 5, p. 41
A racing, irregular or pounding heart after a party	Ch. 6, p. 51
Chest pain, breathlessness, fainting, a drooping face, weakness on one side	Ch. 6, p. 51

If you notice...	Read
Forgetting blood pressure or heart pills while traveling	Ch. 6, p. 51
Heartburn or burning behind the breastbone when lying down	Ch. 7, p. 61
A big toe or other joint that's swollen, hot, red and painful	Ch. 7, p. 61
A few kilograms more on the scale after the holidays	Ch. 4, p. 32; Ch. 8, p. 73
Planning to fast or juice for a few days to "flush it out"	Ch. 2, p. 10; Ch. 8, p. 73; Ch. 12, p. 112
Sleeping a lot but still tired, struggling to get up after the break	Ch. 9, p. 82
Sleepy at the wheel in the first week back at work	Ch. 9, p. 82
Wanting to give up alcohol for January, or drink less	Ch. 10, p. 90
Needing a drink in the morning to feel all right	Ch. 10, p. 90
Wanting a liver check	Ch. 10, p. 90
Planning a drink a day "for the heart"	Ch. 11, p. 100
A red face or racing heart after one or two drinks	Ch. 11, p. 100
Pregnant or planning a pregnancy, and wondering about alcohol or fish	Ch. 3, p. 19; Ch. 11, p. 100
Overeating, then starving to make up, again and again	Ch. 12, p. 112
Wanting a New Year's goal that lasts	Ch. 13, p. 120
Wanting one simple plan for January	Ch. 14, p. 131
Wanting next holiday season to be gentler	Ch. 14, p. 131
