
Holiday Hangovers

*Handle that Holiday Headache in 90 Seconds
without Popping a Pill or Downing a Drink*

THE AMAZING ASIAN HANGOVER CURE...

Just in time for New Year's Eve, Dr. Jerry Teplitz shares his amazing Asian two-minute hangover cure. No more hair-of-the-dog morning-after drinks, which only make matters worse. And no more popping painkillers, which experts say don't work anyway and can damage the liver.

But the Japanese have a little-known secret called Shiatsu that can handle a holiday hangover in 90 seconds and a migraine a matter of minutes.

A hangover is caused by constriction of the blood vessels. When alcohol enters the body, the blood vessels open wider. Then, when the alcohol is gone, the vessels react by tightening up and constricting circulation so much that it's painful. The more one has to drink, the more violently the blood vessels react.



Shiatsu (literally “finger pressure”) is a pressure point massage technique that's been around for thousands of years. It opens up the blood vessels to restore circulation and relieve pain quickly. It's much safer and more effective than ingesting more alcohol, which only postpones pain relief.

You can do it for a partner or on yourself. Best of all, it doesn't cost anything!.

Dr. Teplitz can demonstrate on your show or describe in detail for your readers the finger pressure technique that can banish those holiday hangovers for good.

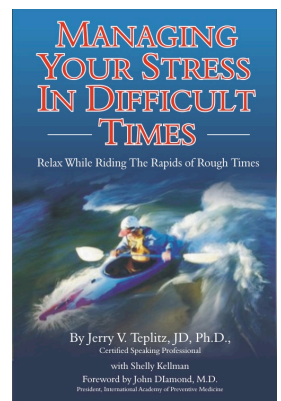
Illustrations available.



Jerry V. Teplitz, J.D., Ph.D.

Jerry V. Teplitz, J.D., Ph.D., is a professional speaker and pioneer in the area of stress management teaching people how to have greater business and personal success by showing them how to tap into the power of their own personal energy systems. He has given more than 1,700 presentations to more than 1 million people since 1974, including many Fortune 500 companies.

Dr. Teplitz is the author of four books, including *Managing Your Stress in Difficult Times*, and has been interviewed on more than 300 radio and television shows. He is based in Virginia Beach, VA.



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