

Thursday, December 28, 2006

## Quenchers

**Too much cheer?**

This time of year, when the spirit of the season often takes the form of consuming spirits, folk cures for hangovers abound -- including aspirin for headache and ginger juice for upset stomach. Amy & Brian All Natural Coconut Juice with Pulp is the perfect drink for the morning after, because it is a natural isotonic beverage. Made from coconuts, the salt concentration matches that of the body, enabling efficient fluid and mineral replacement and rehydration. Available at Whole Foods markets and online at Amazon.com, the price is \$1.69 for a 17-ounce can.

*Kate Lawson / The Detroit News*

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