**This is the Ultimate Hangover Cure: The Banana and Honey Sandwich**

The right diet can do incredible things and this is something I believe *very* strongly. Our body is physically composed of the vitamins, minerals, amino acids and other nutrients that we eat. Thus our health and physical performance are intrinsically tied to diet and if we don’t get everything we need, we simply *can’t* feel or act our best.

And that’s why I really enjoy finding examples of foods that really demonstrate this power. Take the banana honey sandwich for instance. This might sound like an innocuous enough meal but in fact it is packed with some incredible goodness that makes it the perfect antidote to any raging hangover!

Read on…

**Why the Banana Honey Sandwich Works as Well as it Does**

So what is it about this concoction that makes it so effective? On the face of it, it will quite likely seem like exactly the kind of thing that you *don’t* want to eat when you’re hungover! Sickly sweet and stodgy is not what you crave!

But in fact the sandwich works wonders in various ways. For starters, the bread will line your stomach and soak up alcohol. This in turn helps you to immediately slow down the effects of any lingering alcohol in your system.

At the same time, all three components provide you with more energy in the form of simple carbs. You’ll feel instantly more awake after a rough night’s sleep and the honey in particular will work to provide both fructose *and* sucrose.

But it gets a lot more impressive…

You see, the bananas also provide lots of potassium. This is an electrolyte that gets depleted when you drink and that leads to cramping. This will help to reduce that muscle soreness and weakness you feel the next day.

Simultaneously, the bananas are very alkaline, meaning that they will act as a natural antacid and neutralize the acids in your stomach, reducing sickness.

Best of all though is the effect that honey has on acetaldehyde. Acetaldehyde is the primary toxic substance in honey that makes us feel as bad as we do. It is created as the body breaks down alcohol and is what causes headaches and many more symptoms. But acetaldehyde is neutralized by fructose – which is found in honey in large quantities! In other words, honey can help you to break down the very toxins making you feel rough in the first place!