

# How to detox your body after eating and drinking too much during Tet holiday

After a week of holiday binge eating and partying, it's time to get back to normal. Here's how to detox your body and get back in shape for the new year after a week of Tet.

After a week of eating banh chung, chicken, candy, jam, drinking alcohol and partying during the holidays, it's time to start your daily life again. Here's **how to detox your body and regain your health for the new year after a week of overeating during the Tet holiday** .

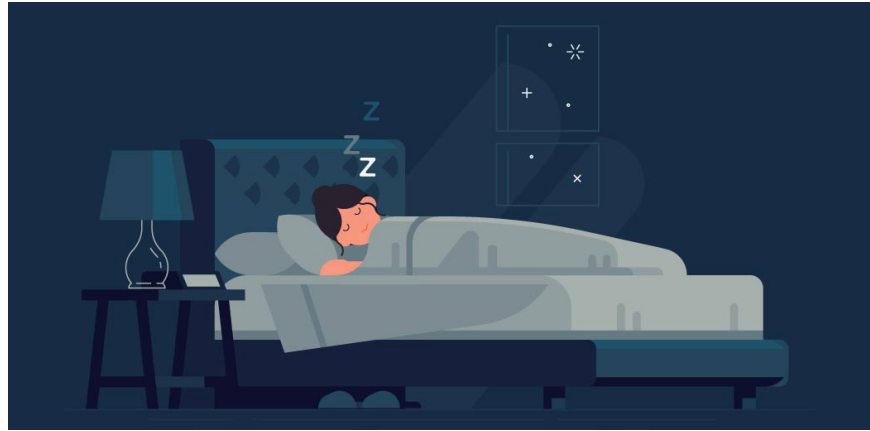


## Rehydration

Drinking plenty of water can help your body flush out toxins and waste. Keeping a large water bottle next to your desk during the workday is a great way to stay hydrated. The National Academies of Sciences, Engineering, and Medicine have determined that adequate daily fluid intake for men is 3.7 liters, and for women it is 2.7 liters.

## Increase your fiber intake

Fiber can also help eliminate toxins. Foods rich in fiber include whole grains, such as rice, quinoa, and whole-wheat bread; fruits, such as apples, berries, and pears; legumes, such as beans and lentils; and vegetables, such as broccoli, carrots, and leafy greens.



## Get enough sleep and exercise

You may have been staying up late during the holidays and skipping your exercise routine. When things slow down after the holidays, this is a great time to get back on track with your workouts — or create a new exercise routine. Make sure you're getting enough sleep at night, too.

## Cut down on alcohol

Eating, drinking and being merry are the main activities of the holiday season, January is a good time to cut back on the wine and cocktails. Some people even choose to go Alcohol Free January, a challenge where they don't consume any alcoholic beverages for the month to help their bodies recover and start the new year off on a great note.



## Slow down and rest

The holidays can be a fun but stressful time of year. With fewer social obligations on your schedule, the start of a new year is a great time to take a break and slow down. Taking time to relax, read a book, find fun activities to do at home with your family, and practice self-care — these are all great ways to recover from the busy holiday season.

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