



THE
HEDONIST'S
HANGOVER PROTOCOL™
DAMAGE CONTROL FOR HIGH
PERFORMERS

By Kosta Stan

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THE HEDONIST'S HANGOVER PROTOCOL™

THE MISSION

**You drank last night. Maybe too much.
Amateurs spend the next day lying in bed, ordering
junk food, and feeling guilty.**

You are not an amateur.

You have a business to run.

**Follow this checklist to flush the toxins
(Acetaldehyde), restore your neurochemistry, and
get back to 90% capacity within 60 minutes of
waking up.**

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PHASE 1: PRE-GAME (BEFORE THE FIRST SIP)

Ideally, you do this BEFORE you go out. If you missed this step, proceed to Phase 2.

[] The Liver Shield: Take 600mg NAC (N-Acetyl Cysteine).

Why: NAC creates Glutathione, the master antioxidant that protects your liver from alcohol toxicity.

[] The Grease Layer: Eat a meal with Protein and FAT (Steak, Salmon, Burger without bun).

Why: Fat slows down the absorption of alcohol into the blood. Never drink on an empty stomach.

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PHASE 2: IN THE ARENA (WHILE DRINKING)

[] The 1:1 Rule: For every glass of alcohol, drink one glass of sparkling water.

Why: Alcohol is a diuretic. Your brain shrinks when dehydrated = Headache.

[] Select Your Poison:

- **✓ Green Light:** Tequila Blanco, Vodka, Gin (Clear spirits).
- **⚠ Yellow Light:** Dry Champagne, Dry White Wine.
- **✗ Red Light:** Beer (Liquid Bread), Cocktails with Syrup, Cheap Red Wine.

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PHASE 3: THE CRITICAL WINDOW (BEFORE YOU SLEEP)

Most men fail here. They pass out. You must execute this protocol before your head hits the pillow.

[] Electrolyte Load: Drink 500ml of water with a packet of Electrolytes (Sodium/Potassium/Magnesium).

Why: Water alone is not enough. You need salt to retain the fluid.

[] Magnesium Glycinate (400mg):

Why: Alcohol ruins sleep quality (fragmentation). Magnesium helps stabilize the nervous system.

[] Advil/Ibuprofen (Optional): Take 400mg to lower inflammation.

WARNING: NEVER take Tylenol (Paracetamol) with alcohol. It becomes toxic to the liver when mixed.

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PHASE 4: THE RESURRECTION (THE MORNING AFTER)

You woke up feeling like trash. Execute these steps immediately.

08:00 AM — HYDRATION

[] Do NOT drink coffee yet. It will dehydrate you further.

[] Drink 500ml water + Electrolytes (or sea salt) + Lemon juice.

08:15 AM — THE SHOCK

[] The Cold Shower (Non-Negotiable).

- **Get in. Turn it to cold. Stay for 2 minutes.**
- **Why: This forces a massive release of Adrenaline and Dopamine. It clears the "fog" instantly and constricts blood vessels to remove headache.**

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08:30 AM — THE FLUSH

[] Do the "Cortisol Flush" Breathing (Video from Toolkit).

- **Why: You need to blow off CO2 and oxygenate the blood to wake up the brain.**

09:00 AM — MOVEMENT

[] Go for a 15-minute walk outside (Zone 1).

- **Why: Movement pumps the lymphatic system to clear toxins. Sunlight resets your circadian rhythm.**

10:00 AM — CAFFEINE (Now you can)

[] Drink your coffee now.

[] The Fast: Try not to eat until 12:00 PM. Let your liver finish cleaning the alcohol before you give it food to process.

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EMERGENCY FOOD (IF YOU MUST EAT)

If you are too nauseous to fast, eat this:

- **Eggs + Avocado:** Choline in eggs helps the liver. Potassium in avocado helps hydration.
- **AVOID:** Pancakes, Pizza, Bread. Carbs will spike your blood sugar and make you crash again in 2 hours.

STATUS CHECK:

If you checked all the boxes, you are now operational.

Go build your empire.



Live Fast, Clear Faster
Kosta Stan