



RAVING

THE NATUROPATHIC WAY

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DISCLAIMER

The information in this booklet is for educational purposes only and is not intended as a substitute for professional medical advice. The author makes no guarantees regarding the outcomes of applying the information in this booklet, as individual results will vary. Always consult your GP. There's no completely safe level of alcohol in terms of cancer and other diseases.

*HOW TO GET F***ED-UP WITHOUT FEELING F***ED-UP*

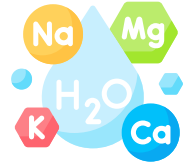
Welcome to the second edition of The Naturopathic Way! Combining two of my passions: Party and Naturopathy, here are my notes on how to make regular raving and clubbing sustainable for our health.

We all do it. But we never get any guidance on how to do it safely. Long festival sessions and frequent nights out can only be fun if we know how to look after ourselves the rest of the time. Otherwise, we risk negatively impacting our longterm physical and mental health.

What is Naturopathy?

Naturopathy is a holistic, non-invasive system of medicine that uses natural remedies to help the body heal itself. It embraces many therapies, including herbal medicine, homeopathy, massage, acupuncture, exercise, and nutritional therapy. Naturopathic medicine treats the whole person: body, mind and spirit; and aims to heal the root causes of an illness, not just stop the symptoms.

STAY HYDRATED!

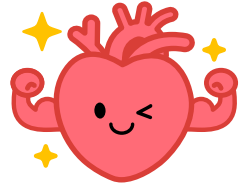


The advice that you hear the most when it comes to drinking and partying. But what is hydration?

Your body needs water to survive and party. It is everywhere in our body, and decrease in its levels will affect all of your functions. But drinking water alone is not enough to maintain hydration. When you drink too much water, your kidneys can't get rid of the excess water quick enough, and your electrolyte concentration levels become too low. Electrolytes are electrically charged minerals (sodium, potassium, calcium, magnesium, chloride, phosphate, bicarbonate) dissolved in body fluids that are essential for hydration, electrical communication via nerves, and muscle contractions. They regulate fluid levels inside and outside cells (osmosis), preventing cramping and fatigue.

 Purchase natural electrolyte concentrates and add to your water bottle as directed on packaging to drink throughout the party. Snack on banana, cucumber, watermelon, oranges, and avocado; these are naturally rich in electrolyte minerals.

YOUR HEART



You are so electric! Literally..

Having electrical currents in all of the cells of your body is what makes it possible for you to move around, have thoughts, and experience emotions.

Your heart is not just a mechanical pump, but a dynamic generator of both physical and electromagnetic energy. It is an electric vortex and you should look after it as such.

Overheating, dehydration and the loss of electrolytes are all extremely dangerous for our hearts and could be life-threatening. These can cause fast or irregular heartbeat and severe anxiety. Alcohol can also raise our blood pressure, so here are some tips on what we can do:



Take time to cool down away from the dancefloor. Avoid saunas and hot baths a few days before and after raving to preserve hydration.



Drink hawthorn tea, supplement Magnesium Taurate, do breathing exercises, get adequate sleep.

YOUR MUSCLES



You got your ticket, you've called your mates, drank your electrolytes, and you are about to have the time of your life. So far AWESOME!

Now, let's stretch!

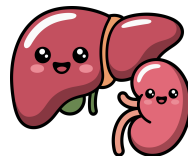
The electrolytes and water are amazing at maintaining the contraction and relaxation of your muscles. But they won't prevent you from having soreness after dancing for hours. **Dynamic stretches before** the party will increase the blood flow to your muscles, reducing the risk of injuries. **Static stretches after** will improve the removal of lactic acid (the thing making you sore). Stretching for even 10 minutes will optimise your recovery. Absolutely essential if you are at a multi-day festival.

⊕ If you suffer with jaw clenching, supplementing Magnesium before a rave could help relax the jaw muscles.

✓ My favourite self-care product to bring to festivals is a magnesium and arnica gel to massage on my legs, this keeps me dancing for hours on end.

YOUR LIVER & KIDNEYS

No one works harder than these two!



Anything you consume, breathe in, put on your skin, will be eventually handled by them. And going out on a bender means they will be overworking.

The liver changes toxins, such as medication, alcohol, caffeine, nicotine, fast foods, and metabolic waste, into harmless substances. This process has three phases:

- Phase I: Modification. Enzymes make these compounds more active and ready for the second phase.
- Phase II: Conjugation. This process neutralizes the harmful substances and prepares them for excretion.
- Phase III: Removal. Elimination via the kidneys as urine or as bile through the intestines.

If any of the phases slows down, it means that we will have more toxicity to deal with. This could manifest as worse hangovers, gut issues, bad skin, bad mental health, inability to focus and work efficiently, hormonal imbalances, etc.



✗ Avoid Coffee

Coffee, smoking and alcohol all speed up Phase I.

If Phase I is moving too quickly, Phase II starts to fall behind as it cannot keep up with the demand. Toxins are transformed into more reactive molecules creating oxidative stress and inflammation. Avoiding coffee and caffeinated drinks before and after a rave will reduce the oxidative damage and toxicity, and improve detoxification.

✓ Take Antioxidants

To prevent the damage to our cells caused by the oxidative stress and toxins, we can take antioxidants. Antioxidants neutralize free radicals and support detoxification. Vitamin C is an example of an antioxidant, so are berries, citrus fruit and leafy greens.

⊕ Support your liver and kidneys with:

- nutrient-rich foods: cruciferous veggies such as kale and broccoli; asparagus, rocket leaves, eggs, garlic.
- herbal teas: milk thistle, artichoke, dandelion root and leaves.
- anti-inflammatory foods: turmeric and ginger.

DRUGS & ALCOHOL



Many drugs are metabolized by CYP450 enzymes in the liver (Phase I). Alcohol can inhibit or induce these enzymes, leading to:

- Slower drug clearance → toxicity
- Faster metabolism → reduced effectiveness

Even small amounts of alcohol can alter drug effects. The highest risk combos are with opioids, paracetamol, benzodiazepines, and some antibiotics. The risk is also extremely high with Antidepressants (SSRIs, MAOIs) and Sleeping drugs: Drowsiness, impaired coordination, risk of dangerous blood pressure changes.

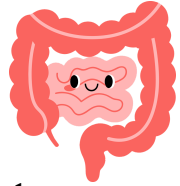
All these interactions are **LIFE THREATENING**.

If you are taking prescribed medications, focus on your recovery first, get better, either finish your medication, or go dancing sober. Surround yourself with dancers that remind you of that.



Avoid the coffee and a paracetamol after a rave, instead do yoga and take anti-inflammatory turmeric. You want to party until you are 101 years old? This is how.

YOUR GUT



We have 1.3 times more bacterial cells than human cells within us and we ought to look after them all equally.

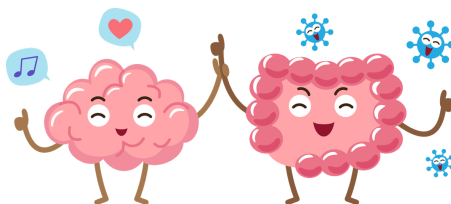
Not all, but a lot of these bacteria are in your gut – our gut microbiome. We give them home and food, they produce all sorts of things for us: vitamins, enzymes, amino acids.

Alcohol consumption alters the balance of gut bacteria (dysbiosis), leading to leaky gut. It is an antibacterial agent, and given that we are 1.3 times more bacteria than human, means that it's bad for us. Drugs also result in dysbiosis, whether they are prescription or recreational. So here are some simple ways to look after your gut:



- Hydration: Alcohol dehydrates bowel and gut lining
- High-fiber foods: Vegetables, fruits, oats, and legumes
- Probiotic foods: Yogurt, kefir, kimchi, sauerkraut
- Prebiotic foods: Garlic, onions, asparagus, bananas
- Daily Bowel movement: Psyllium husk
- Gut-brain relaxation practices: Yoga, meditation, and mindful eating can help bacterial balance

GUT-BRAIN RELATIONSHIP



Looking after your gut means looking after your brain, your emotions, your decision-making abilities and your mental health as a whole.

Our Gut and Brain are connected in many complex ways: gut microbiome, enteric nervous system and Vagus nerve. They are constantly exchanging messages about digestion, cognition and emotions. Our brain talks to the whole body, but its connection with the gut is very special. More information passes between your brain and your gut than any other body system. In fact, there are more nerve cells in your gut than anywhere else in your body outside of your brain.

Over 90% of the body's serotonin, along with GABA, dopamine, and norepinephrine, are produced or influenced by the gut microbiome and enteric neurons to regulate mood, digestion, and behavior.

YOUR BRAIN



The brain is THE BIG BOSS.

From whether you feel like partying, your choices of where and how, to how you act and feel after, it is (mostly) your brain. So if you don't look after your brain, forget having a good time. These are some things to do before you step on the dancefloor:

First, **hydrate your brain**: drink 2 litres pure water daily. No sauna before or after a big rave as they are dehydrating.

Second, **feed your brain**: if you do not eat enough good quality protein, everyday will be a bad trip. Eat your beans, lentils, nuts, seeds, organic tofu and tempeh, and your local farm's eggs daily. Combine these with complex carbs (quinoa, brown rice, whole-wheat) to get B vitamins which are essential for your feel-good neurotransmitters.

Lastly, **rest your brain**. Sleep 8 hours a night regularly. You can also try Yoga Nidra (Yogic Sleep): it promotes deep relaxation and better sleep quality, aiding cognitive recovery and emotional resilience.

YOUR MENTAL HEALTH



If you have followed the advice in this booklet you should be feeling pretty okay after a bender. However, it's Tuesday or Wednesday and you feel sorry for yourself...

✗ Do not supplement single amino acids! No 5-HTP, no Tyrosine, no nothing. Alcohol changes the amino acid ratios in your blood. Supplementing high dose single amino acids can further disrupt the balance. This can slow recovery, impair detoxification, alter neurotransmitter synthesis or contribute to hangover fatigue.

Alcohol is a depressant and will affect your mental health, but there are things you can do to feel better.

✓ Book a Sound Bath: Theta and delta brainwave activity during and after sound baths promotes sleep readiness, aiding memory consolidation and brain recovery.

Practice Yoga Nidra: it enhances prefrontal cortex function leading to better decision-making and impulse control, and reduces activity in the amygdala, lowering emotional reactivity and anxiety.

⊕ Drink nervine teas such as chamomile, lemon balm, passionflower or lavender.

YOUR EARS



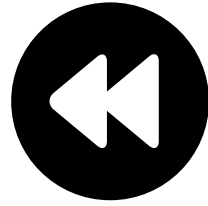
One of my favourite pleasure organs: the Ears! Once they are gone, that's it. But luckily, there is a lot we can do to help them stay young and beautiful:

- Excessive alcohol can increase susceptibility to noise-induced hearing loss by affecting blood flow and cochlear function. Proper hydration maintains blood flow to the inner ear.
 - Antioxidant-rich foods (berries, leafy greens) may reduce oxidative stress in hair cells
 - High-fidelity earplugs (musician's earplugs)
 - Gentle background noise can help auditory system recalibrate after the party (time for Laraaji!)
 - Avoid high-volume headphones immediately afterward
 - Some studies suggest magnesium supplementation may protect cochlear hair cells from noise damage
 - Foods: nuts, leafy greens, whole grains
 - Sound baths after the festival for stress and auditory system recovery, which may enhance long-term hearing health
- ⊕
Ginkgo Biloba tea, Turmeric, Vitamin D

YOUR RAVING CHECKLIST:



PREPARE



- Go into the session well rested
- Decide on maximum number of alcoholic drinks
- Eat a nutritious meal: complex carbohydrates such as whole grains, healthy fats like olive oil and good quality protein: beans, lentils, organic tofu
- Make an antioxidant spinach, berry and citrus smoothie
- Prepare some healthy food for when you come back
- Supplement liposomal vitamin C, good quality magnesium (taurate or glycinate) and methylated B complex vitamins
- Skip the sauna to preserve hydration
- Dynamic stretch or yoga before you go out
- Liver support: Drink milk thistle and/or dandelion tea



PARTY



- Stay hydrated with natural electrolyte concentrate added to your water or coconut water
- Stick to one type of alcohol
- Have nutritious snacks such as banana, orange, watermelon, cucumber, nuts, dates
- Stay away from energy drinks or drinks with artificial vitamins to keep you going
- Take breaks away from the party to rest
- Stay cool! Literally, do not overheat.
- Have fun!
- Transcend the dancefloor..



RECOVER



- Rehydrate + light snack
- Gentle stretching or yoga
- Warm shower to relax muscles, magnesium or arnica gel massage
- Dim lights, soft music, or guided meditation
- Nervine teas: chamomile, lemon balm, passionflower or lavender
- Yoga Nidra or Sound Bath
- Avoid coffee
- Eat real, organic food. Avoid store bought juices. Make your own or buy from near-by juice bar
- Gut friendly foods
- Neuroprotective chai recipe: 1 tbsp lion's mane powder, ½ tsp turmeric powder, some cardamon, Ceylon cinnamon, black pepper, coconut milk, local honey to taste



Well, that's it folks!

I hope this information serves you to have the best days and nights of your lives!

As a Naturopathic Nutritional Therapist and Yoga Teacher, I am committed to spreading the knowledge of health, empowering people to become the best version of themselves. There is so much more that can be said, and many more things can be done to optimise our wellbeing on and off the dancefloor.

If you are interested in working further with me, visit my website or get in touch via Instagram.

Dance and party with love. Celebrate your life to the fullest. Feel united with people you have never met before.

Enjoy the music. Let's find peace in our humanity!



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CHEERS!

