Hey I just met you and this is crazy

But I'm hungover. Is this your baby?

Picture courtesy www.funnypictureoftheday.net
Hangover Cures That Work

“How come if alcohol kills millions of brain cells, it never killed the ones that made me want to drink?” ~Author Unknown

“When I read about the evils of drinking, I gave up reading.” – Author Unknown

What caused your hangover? Your liver is unable to quickly enough process and break down the by-products of alcohol. Water is necessary to aid the process; lack of water forces the liver to take water from other organs, even the brain. No wonder you wake up with a throbbing headache! It follows therefore that drinking water is essential in combating a hangover…

Picture credited to moronsareeverywhere.com
A bit late for this advice unfortunately, and so, here you are, stuck with a mother of a hangover you don’t deserve (really?). If I come across as hard, cold and VERY unsympathetic, I guess you’re right. I don't drink at all you see, and as such I cannot really relate too much to your hangover misery. Then again, it’s your own fault since you either never learned when to stop drinking or at least how to prevent a hangover. And now…well I’m sure “the morning after the night before” is just about killing you…

“I feel sorry for people who don’t drink. When they wake up in the morning, that’s as good as they’re going to feel all day” ~Frank Sinatra

Typical symptoms of a hangover include fatigue, weakness, thirst, headaches, muscle aches, nausea, vomiting, stomach pain, decreased deep sleep, vertigo, sensitivity to light and sound, decline in attention and concentration, anxiety, irritability, depression, tremor, sweating, increase in pulse. Every person with a hangover experience the symptoms in varying intensity and the combination of symptoms will vary from occasion to occasion.

Picture courtesy cheezburger.com
How long does a hangover last? Typically about 24 hours. Ouch! Twenty four hours! Are you kidding me? I need to know how to cure a hangover fast NOW! (24 minutes are too long). Sorry to dash your hopes, there honestly are no quick hangover cures, no magic hangover pill that can snap you out of your drunken stupor. The very best thing for a hangover is to sleep it off.

“A real hangover is nothing to try out family remedies on. The only cure for a real hangover is death.” Robert Benchley

Assuming you need to get to work, (or whatever it is you need to do today whilst feeling like a train has run over you, or that you have been hit by the very bus you took to the office) try these hangover tips:

What to drink:

- **DO NOT** drink coffee for a hangover (or tea, or any other beverages that contain caffeine for that matter)! You are already dehydrated (hence the thirst); beverages with caffeine are diuretics which will only aggravate the condition, and will not fix a hangover. Instead, start out by drinking as much water as you can handle.

Credit to [www.brontewater.co.uk](http://www.brontewater.co.uk)
• Fruit juice will help to restore sugar levels in the body, naturally increasing your energy levels.

• Some advocate a Bloody Mary (Hair of the Dog) as a fast hangover cure; this however is not the best way to fight a hangover. Think about it, how can consuming more alcohol cure a hangover? All you’re doing is adding more toxins for your body to deal with and essentially you are delaying the inevitable: a worse hangover (at some stage you will have to get sober again!). Rather drink sports drinks that contain electrolytes (potassium, chloride and sodium) which my research has shown to be very popular with many people and apparently quite an effective remedy for hangovers. These include Gatorade and Powerade.

• For those who prefer natural remedies, electrolytes are found in abundance in coconut water. Hangovers should greatly benefit from this nonfat, low-calorie drink.

• Cure hangover nausea by sipping on herbal teas like ginger or peppermint tea.
- Flat ginger ale is great as hangover nausea cure. It brings welcome relief from nausea symptoms. Ginger is oftentimes prescribed for motion sickness, so yea, should definitely help with nausea. Taking 2 ginger capsules every hour for a few hours for those who can’t handle the taste will also help to prevent vomiting.

- Pickle juice is considered one of the best hangover cures around: sip on 2 ounces to replenish sodium and electrolyte levels.

**How to cure a hangover headache:**

- Take aspirin-based pain killer (Alka Seltzer) or ibrufen (such as Advil), but NOT Tylenol, as Tylenol contains acetaminophen which causes even more damage to your liver. Your liver can process (metabolize) about .015 of blood alcohol concentration (BAC) in an hour (that is about 1 ounce of liquor which is a standard drink).

  “**Hangovers heighten your senses. I can hear people blinking their eyes this morning.**” - Unknown

- Fruits such as bananas (rich in potassium, easy on the stomach as it is a natural antacid), kiwi and watermelon (high in fructose and tasty way to boost hydration).
• Toast/crackers with a)marmite (rich source of vitamin B complex – should rid you of hangover depression) or b)sardines (high in omega 3 fatty acids) or c)honey (loaded with antioxidants and concentrated fructose will soothe your dry throat)

The above “hangover helpers” are by no means the only hangover cures that work; they are amongst the best in hangover treatments…

Prevent hangovers

Now that you know how to get over a hangover (and assuming I still have your attention), I’d like to tell you more about hangover prevention – take note of the good advice BEFORE you leave for that party…)

“Listen, I'm not an alcoholic, alcoholics go to meetings. I'm a drunk, we go to parties”. – Unknown

How to avoid a hangover? Surefire method: don’t drink at all! (Sorry, I just couldn’t resist - lol)

Relax; I have some sound advice for the wise…

• As fat slows down the absorption of alcohol, it makes sense to eat fatty foods like pastas and pizza. For the health conscious, try oily fish which contains fatty acids like sardines, trout, salmon and mackerel. Alternatively, (if you can stomach it), swallow a tablespoon of olive oil or dip some bread into it and eat.

Courtesy 98country.com
• Alternating each alcoholic drink with non-alcoholic drinks like water (best option) or other soft drinks like juice

• Do NOT mix drinks. Stick to your preferred drink, i.e. beer, wine, vodka, rum, gin, or whatever, and avoid “diet” mixers.

• Know your limits. Try to stick to only 1 drink every hour, with no more than 3 drinks every 2 hours. Limiting yourself to a maximum of 5 drinks per night should prevent a serious hangover.

Without sounding too condescending, you do understand that unless you bother to actually take the precautions mentioned here, chances are you will (once) again look for hangover remedies that work? See you soon…

Credit to hypehumor.com

Author: My name is Sonia Preiss and I love to research those common ailments that folks like you and I (ordinary people) are subjected to at some time or another.

Visit my website www.sicknessnhealth.com for the full article and more tips on curing and preventing hangovers. If you believe laughter is the best medicine for any condition, grab a dose of humor…