

How to Head Off a Hangover



Oh, the throbbing head ... the queasy stomach ... the thundering vibrations from the smallest movement. It's the morning after a night of too much to drink, and now you're miserable with a full-blown hangover. You'd be willing to try almost anything to get rid of it.

Unfortunately, the only real cure for a hangover is to wait it out. But meanwhile, you suffer. To ease the discomfort:

- Drink 2 or more glasses of water when you get up.
- Get as much rest as you can. Avoid bright lights.
- Take aspirin (or an aspirin substitute) to help ease the overall ache.

These tips can save you a lot of self-induced misery.

- Try an over-the-counter product (brand name Chaser-Freedom From Hangovers).
- Have 2 or more glasses of water before you go to sleep.
- Eat a high-fat source of protein, like cheese or meat, to help prevent the nausea or heartburn associated with drinking.
- Avoid drinks that are more likely than others to cause a hangover. Bourbon, scotch, red wine, and peach schnapps contain congeners, substances that give flavor to liquor and produce longer-lasting hangovers. Vodka and gin are low in congeners.
- Most important, don't overdo it.