

HANGOVER HELPER

FROM: **Internal Affairs:**
YOU, Your Liver and Pancreas

Print this guide to aid a hangover in the off chance that you forget those important rules of moderation.

WAYS TO PREVENT THE HANGOVER... BESIDES NOT DRINKING TOO MUCH!

While you drink, eat foods with healthy fat such as avocados or walnuts. That will help to slow or delay the absorption of alcohol. Same goes for honey and tomato juice, which are both rich in fructose, allowing your body to metabolize alcohol more effectively.

Also, choose light alcohol over dark alcohol. Darker drinks contain substances called congeners. They're what give flavor, color and aroma to alcohol, but there's also a higher association with hangover headaches from drinks with congeners than from drinks without them. In short: vodka and gin trump whiskey, bourbon and red wine.

THE NEXT MORNING— WAYS TO HEAL THE HANGOVER

While no randomized studies prove it, hangover symptoms seem to be diminished by caffeine and water. So drink a lot of water or fluids that have minerals and electrolytes (like energy drinks) to help alleviate the dehydration associated with alcohol consumption.

Caffeine can also help subdue headaches because of its effect on constricting your arteries—but remember to drink more water with it, as caffeine is a diuretic.

As a reminder, always consult your doctor for medical advice and treatment before starting any program.