

Hangover Clues

A hangover is caused by:

- dehydration
- the body's reaction to toxic chemicals (alcohol)
- the body's reaction to withdrawal from alcohol

Alcohol robs your brain cells of water and glucose, which is why you experience hangover symptoms such as headache, dehydration, and the shakes the day after a night of heavy drinking.

Eating while you drink or before you go to sleep after drinking can lessen the intensity of the next day's hangover.

NEVER TAKE ACETAMINOPHEN (the medicine found in Tylenol) before you go to bed. Acetaminophen is metabolized by the liver just like alcohol, and combining them can cause serious liver damage. **To be safe, wait until the alcohol has cleared your system before taking any medication.**

Though there are a lot of "hangover cures", the only real cure is **TIME**. The best thing to do the day after heavy drinking is down lots of water and try to rest if possible.

While you are feeling sick, make a mental note of how awful it is. You might think twice about heavy drinking the next time.

