

## Cure for a Hangover

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If you've ever had too much to drink than you know the feeling of a hangover. That high you felt from the alcohol the night before is now replaced with a listless feeling and a desire to not get out of bed.

If you did indulge too heavily in cocktails and you are looking for a cure for a hangover there are a few things you can do.

One of the most important things to remember when you are dealing with a hangover is that the symptoms are largely caused because of dehydration. Therefore it's important to drink a great deal the next day. Water is by far the best choice. At least eight glasses of water is a good cure for a hangover. If you remember, it's also a very good idea to drink a few glasses of water the night you've been drinking, before you go to bed. This gives you a good head start on beating the worst of the hangover's symptoms.

Another good remedy is Vitamin C. How Vitamin C aids as a cure for a hangover is that it works against the effects of a chemical that is present in alcohol. The chemical is called acetylaldehyde. This chemical causes some of the side effects often felt with a hangover. Things like fatigue, headache and nausea. If you take Vitamin C before you go to bed the night you've been drinking, you'll notice that your hangover symptoms are much less severe.

Another cure for a hangover that many people have tried successfully is ginger root. Ginger root can be found at almost supermarket. If you buy fresh ginger you'll want to take it home and run it through a juicer. Then add it to a full glass of orange juice and drink it.

Another cure, of course, is don't drink the night before! Aside from keeping you from having a hangover, it'll also reduce your chances of unexpectedly needing to buy maternity clothes in 9 months (if you get my hint).

Tomato juice or a vegetable juice cocktail can also help alleviate those morning after symptoms. Adding a touch of Worcestershire sauce or a bit of horseradish to it will kick up its effectiveness. It might not seem appetizing once you wake up feeling hung over but for many people it gives almost immediate results.

Aspirin has been relieving pain symptoms for years. If taken with a sports drink it might also relieve the symptoms of having a few too many alcoholic drinks. For the best results take two aspirin with a bottle of sports drink before you head to bed.

If you're looking for a relaxing cure for a hangover sitting in the sauna might be the answer. The steam from the sauna helps to release impurities from your body. The heat will sweat the hangover right out of your system.