

## Top 10 Hangover Cures – Colin Jack, Copyright 2010



10. **Refunding** – AKA throwing up, puking, vomiting, barfing or regurgitation. This is definitely not my style (I haven't *refunded* since the early 1990's) but some people still feel this is the best method of getting all of the bad out of your body.

9. **Sleep** – combining some extra sleep with water and pain killers will help your body flush the alcohol out of your system and lead you to the road to recovery. Unfortunately, studies have shown that too much alcohol can have a very negative effect on your sleeping habits. Try placing some water and pain killers on your nightstand for when you wake up to go to the washroom in the middle of the night.

8. **Fresh Air** – this can be as simple as sitting out on the porch or going for a drive with the window down. As a soccer coach, I know that being out in cold crisp air always made me feel a little better (even if the game wasn't going very well).

7. **Vitamin A, B & C** – dehydration and vitamin depletion are two things that are caused by the toxic effects of alcohol. Try introducing these vitamins or foods rich in them as part of your hangover ritual.

6. **Beer Cocktails** – Beer cocktails can help you re-introduce precious nutrients and alcohol back into your system. Try lager and lime, beer and Clamato (or tomato juice) or a Black Velvet – dark beer (Guinness) mixed with champagne. Carbonation can help settle your stomach.

5. **Fast Food** – starve a cold and feed a hangover? Instant gratification is something that a lot of people need when trying to come back to reality after a bender. Fast food joints offer up a lot of foods that absorb alcohol including French fries, buns and protein. My favourite is leftover pizza – a quick zap in the microwave and it is ready to be enjoyed.

4. **Exercise** – one of the best ways to get rid of a hangover is to exercise. Not only will your body begin to sweat out the alcohol but you can combine this with some fresh air. The exercise does not have to be too vigorous; a leisurely walk,

a bike ride or doing some light weights can help you feel better physically and mentally.

3. **Romance** – probably the most fun but often the hardest to come by. Convincing your lover that you are ready for a roll in the hay may rely on a lot of tact but a few gentle kisses on his or her body might get them in the mood. Avoid kissing your partner on the mouth because your breath will be less desirable. Romance can combine several things including light to vigorous exercise, extra sleep and the outdoors. Throw in some fast food and you will have the makings of a Seinfeld episode.

2. **Greasy Brunch** – The great pilgrimage to the local pancake house or pub is one of the best ways to reminisce about the night before and also reintroduce several things your body needs. Brunch is definitely more social and reserved for those who did not double-overindulge. If a trip to the hospital seems more fitting than a trip a restaurant you might want to refer to #10, #9, and #5 on the list (and definitely avoid #3).

1. **Hair of the Dog** – who let the dogs out? Although this often delays the inevitable, having a few (or several) beverages can help you recover quickly. Several of my friends prescribe the “Five by Five” method of the hair of the dog recovery program (5 drinks by 5 pm). The hair of the dog should be combined with some food, fresh air and, if possible, sports or a movie marathon on TV.

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