



Hangover Cures

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Hangovers in History

- **Egypt**- recite a spell or prayer to Hathor, the goddess of drunkenness
- **Mesopotamia**- Take licorice, beans and oleander with oil and wine in the morning
- **Assyria**- Eat some ground sparrow's beaks
- **Greece**- Wear an ivy wreath
- **Rome**- Eat boiled cabbage, or drink some vinegar
 - Pliny the Elder's cure: 2 raw owl's eggs, or a fried canary



Cures of the World

- Mongolia- Pickled sheep's eyes
- Germany- Katerfrustuck
- Japan- Umeboshi



- Thailand- Drunken Noodles
- Romania- Spicy tripe soup
- Peru- Sopa Levanta Muertos
- USA- Prairie Oyster



- Hair of the Dog



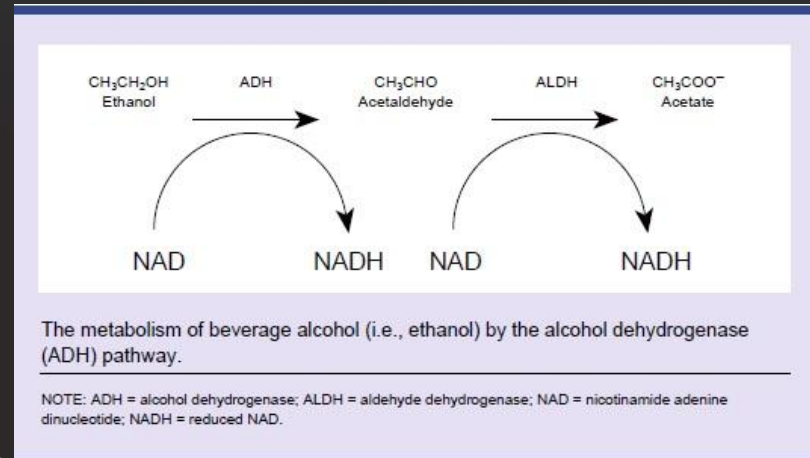
What Is A Hangover?

- Thirst, dizziness, lightheadedness
 - Dehydration (electrolyte imbalance)
- Headache, rapid heartbeat, sweating
 - Low blood sugar, alcohol metabolism
- Abdominal pain, nausea, vomiting
 - Inflammation of stomach and intestines
- Tiredness
 - Disruption of normal sleep patterns
- Body aches, inability to concentrate
 - Immune response inflammation



Alcohol Metabolism

- Hangover symptoms develop when BAC starts to fall, and peak when it returns to zero
- **Ethanol** is metabolized to acetaldehyde, which is toxic
- **Congeners** can contribute
 - Methanol is metabolized into formaldehyde
 - Fusel alcohols, tannins, histamines (red wine)



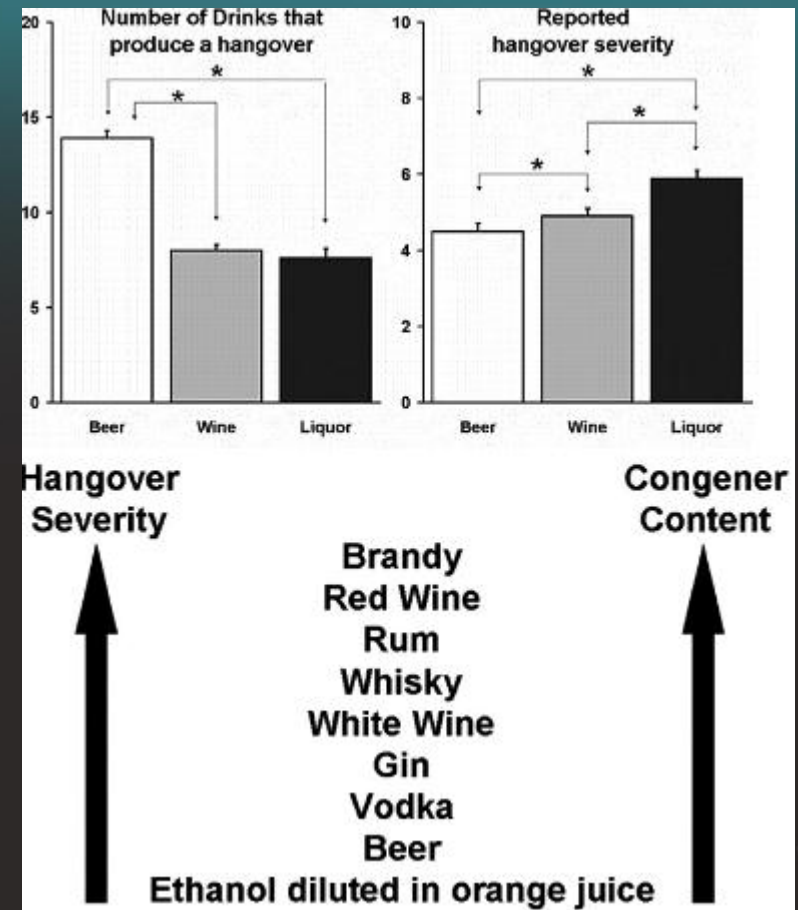
An Ounce of Prevention...

- Limit your alcohol intake
 - 1 'standard drink' per hour
- Drink water
 - Alternate water & alcohol
- Eat something
 - Carbs, oily/greasy food
- Pick your poison
 - Avoid drinks with high congener levels



What About Beer?

- Pros:
 - Low alcohol/volume
 - Vitamins
- Mixed:
 - Congeners
- Cons:
 - Carbonated



When All Else Fails

- Rehydrate
- Eat
 - Eggs: contain cysteine, which helps remove acetaldehyde
 - Toast/Crackers: Carbs to raise blood sugar, settle stomach
 - Soup/broth: Salt helps retain water
 - Fruit/Fruit juice: Restore vitamins, raise blood sugar
- Pain medicine
 - Ibuprofen or aspirin, avoid acetaminophen
- Go back to sleep
- Distract yourself



A Miracle Cure?

- N-acetylcysteine
- Thiamine (B1)
- Prickly Pear extract
- Milk Thistle
- MSG
- Activated charcoal



By Any Other Name...

Crapulence

Bottle ache

Bust-head

Blue devils

Morning fog

Jim-jams

Gallon-distemper

Cropsick

German- katzenjammer (a cat wailing)

French- gueule de bois (a wooden gob)

Japanese- futsuka yoi (two-days drunk)

Denmark- tømmermænd (carpenters)

Sweden- baksmalla (a wack on the backside)

