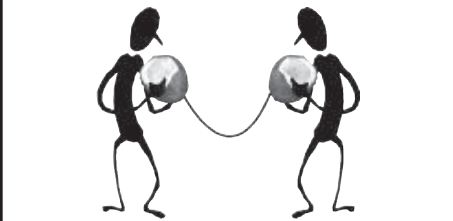


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305-304-2837  
theconchtelegraph@gmail.com



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**Cast of Characters:**  
Editor/Sales/Distribution  
**Denise Malefy**  
305-304-2837  
theconchtelegraph@gmail.com  
Advertising Production  
**Sue Beal**  
305-451-4601  
beal\_s@bellsouth.net

"I don't think I get enough credit for the fact that I do all of this unmedicated."



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# Editorial: Hangover Helper! Get Over Your Keys Celebration...

It was a great night , lively entertainment, a fast bar-tender, and good friends buying Fireball shots. You don't remember the cab ride home or how you got to bed. All you know is that you woke up and your head is throbbing. Your mouth tastes like dead cat. Sweating, shaking and groaning you manage to drag yourself to the bathroom to pay homage to the porcelain god. While you gag and retch in agony with your head against the cold rim of the toilet you swear you will never, ever, ever drink again. But just what can you do to alleviate this self inflicted agony?

Here are some things to try:

Nurse - If you are dating someone in the medical field you are probably already hooked up to an IV. If not...

Aspirin - take 2 and go back to bed

Sleep - stay in bed all day or until the pain goes away

Coffee - by the time you can force it down you should on the road to recovery

Water - takes care of the dehydration problem

Hot or cold shower - gets rid of the smell

Fruit juice - replaces lost vitamins

Eggs - they contain cysteine, an amino acid, and your liver will thank you.

Take a walk - exercise and oxygen can't hurt

Chocolate - it always makes me feel better

Hair of the dog - a Bloody Mary. Alcohol is a depressant. Having a drink will ease

the symptoms and a Bloody Mary contains vitamins your body is craving. It is but a temporary fix though. If you're going to play, you've got to pay.

National Geographic had an interesting article about some of the strangest hangover cures from around the world. Perhaps they mean "cure" in a way that you'll never touch alcohol again if you're forced to take these the morning after:

Germany: Pickled Herring

Pickled or marinated herring is the main ingredient in a sour snack Germans call Rollmops. Considered an excellent way to ward off a bad hangover, they're made by wrapping fillets of the tiny white fish around bits of onion and gherkin. Rollmops can

be a welcome part of what Germans call katerfrühstück, or the hangover breakfast.

Romania: Tripe Soup

Tripe - aka cow stomach - is the go-to ingredient for many Romanians suffering from a hangover. It's also a common "cure" in Mexico and Turkey, and no doubt many other countries as well. But in Romania, the edible offal is boiled in a greasy, salty soup of root vegetables, garlic vinegar, and cream.

Poland: Sour pickle juice

Polish hangover remedies are all about the sour. Some say that soured milk (which is unpasteurized and has been left at room temperature for a day or two) does the trick. Others favor sour - very sour - pickle juice, heavy on the vinegar.

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