

Hangover Helpers



These days, we have more reason to drink than ever!

Maybe it was a great night , lively entertainment, a fast bartender, and good friends buying Fireball shots. You don't remember the cab ride home or how you got to bed.

Or maybe you were home by yourself and the cocktails started a little early and ended passed out on the couch!

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 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 worth trying:

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



I used to think drinking was bad for me. So I gave up thinking.



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 Roll-mops. Considered an excellent way to ward off a bad hang-over, they're made by wrapping fillets of the tiny white



Bloody Mary  
Full of Vodka, blessed are you among cocktails. Pray for me now and at the hour of my death, which I hope is soon!

If we start calling it 'potato juice', Vodka becomes a health drink.



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.

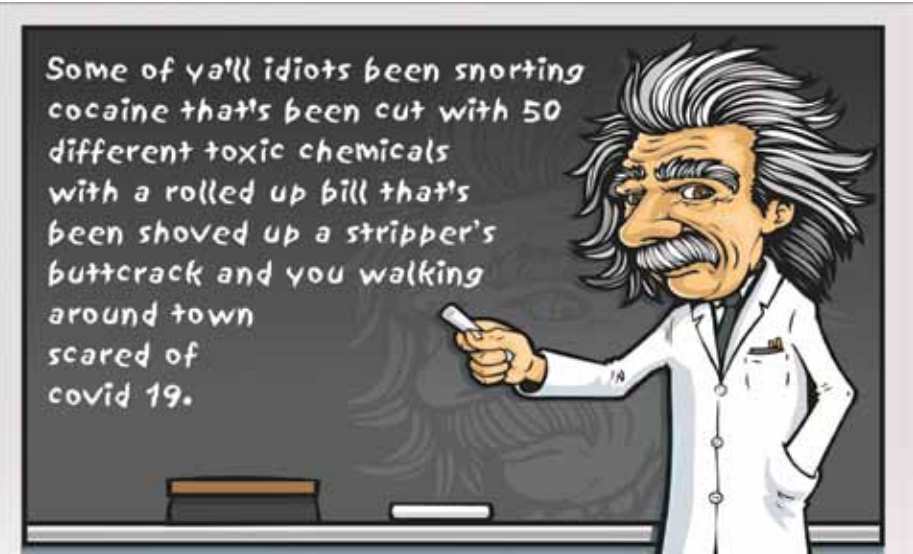
Poland: Sour pickle juice  
Polish hangover remedies are all about the sour. Some say that soured milk (which is unpasteurized and has been left at room temperature for a day or two) does the trick. Others favor sour - very sour - pickle juice, heavy on the vinegar.



Mosquitoes prefer biting people who are drunk.

That awkward moment when someone asks about your hobby and you have to think what you actually love except drinking.

At my funeral i want one of my friends to stand up and say well at least he quit drinking



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