

HANGOVER CURE QUICK REFERENCE

REMEDY	RATIONALE	SIDE EFFECTS & EFFICACY
Water	Much of a hangover's misery is due to dehydration caused by alcohol's diuretic effect	The classic treatment. No side effects —it's just water
Vitamin B1	Alcohol destroys thiamine (vitamin B1), a nutrient responsible for maintaining the nervous system's normal functioning.	Dr Fingerote: "It's used in the treatment of alcohol withdrawal syndrome, so it's probably not a bad idea."
NSAIDs	Aspirin and ibuprofen get rid of headaches, ergo they'll combat hangover fuzzy head	Unfortunately, they can also make your patient's stomach bleed, especially if it's already irritated by excessive alcohol consumption
Caffeine	A vasoconstrictor, caffeine can reduce pounding headaches by decreasing blood flow; plus, it comes in convenient, tasty beverage form	Like NSAIDs, caffeine's hard on the stomach; like alcohol, it's a diuretic, so it'll only make dehydration worse
Calcium carbonate	An antacid (such as Tums), calcium carbonate can settle an unruly stomach	Doesn't help with nausea, and alcohol reduces its effectiveness
Sticking to vodka	According to HangoverReview.com, clear alcohols contain less of a headache-inducing chemical called a 'congener' than their more colourful counterparts	As anyone who's ever downed one too many Purple Jesuses can attest, clear alcohol can still make the patient feel very, very bad the next day
Hair of the dog	A new dose of ethanol interrupts the liver's painful processing of methanol, providing temporary headache relief	Dr Fingerote: "It's like pouring gasoline on a fire. It'll delay the hangover, but there'll be a day of reckoning when you wake up and realize that you can't drink forever."
Rub a lemon under the drinking arm	The mind boggles?!	It might sting
Sticking pins in the empty bottle's cork	Will show that wicked bottle who's boss	May activate otherworldly forces beyond patient's control