

“Dr.” Ruthie’s Hangover Remedy Recommendations



BY RUTH NESBITT

If it’s only four o’ clock in the afternoon and you are ready for a shot, you may be ready to stock your up on some hangover cures. Though herbalists agree the best hangover cure is to stop drinking altogether, there are those of us who realize that is not necessarily the most appealing option.

That in mind, rest assured that the world of herbal medicine has a vast array of remedies to take the edge off even the vilest of morning after aches and pains. A hangover—characterized by nausea, headache and general fatigue—is caused by the formation of acetaldehyde, a chemical created when the body processes alcohol. The body then attempts to dilute the acetaldehyde by drawing fluids out of the cells which causes dehydration and pain all over the body. Some people are genetically better able to process acetaldehyde, and therefore suffer less from hangover symptoms; however these

individuals should be aware that the ability to more efficiently process alcohol increases the likelihood of alcoholism.

When preventing hangovers, it is beneficial to know which types of liquors are high in congeners, toxic impurities in the alcohol which can greatly add to your woes. Bourbon, rum and cognac, as well as champagne and sweet wines, are the notoriously “dirty” which can put a great deal of added strain on the body as it attempts to process the additional chemicals found in these drinks. Vodka, which is entirely pure alcohol and water, is the “cleanest” alcohol and the easiest for the body to process.

The best way to take a preemptive strike on hangovers is to drink plenty of water while you are drinking. A good rule of thumb is one glass of water per drink, and a few glasses after you’ve stopped drinking. This gives your body a reservoir of fluids to replace those that will be drawn out of your body as the alcohol is processed.

Ginseng is highly effective in helping the body to process alcohol and can reduce intoxication by lowering the amount of time that alcohol stays in the bloodstream. To take as a tea, use 1 tsp of ginseng powder in 1 cup of hot water steeped for ten minutes every hour until symptoms subside or sobriety is achieved.

However, even the best preventative

measures may still not save you from hangover misery, so if you end up sick, there are after the fact remedies available. One of the toughest hangover ailments to endure is nausea. It is especially hard on the body if excessive vomiting makes it hard to hold down fluids. Solution: Try this delicious and nutritive tea, made of 3/4 teaspoon Cinnamon, 1/4 teaspoon Cardamom and 1/4 teaspoon clove. Add this mixture to 1 cup of hot water and steep for ten minutes. Strain off herbs and add 1 cup steamed milk and a dollop of honey., Drink once every hour until symptoms subside.

Often the worst component of a hangover can be the headaches. These are accompanied by sensitivity to light and noise, dizziness, shortness of breath and a general all-over feeling of fatigue. Especially when the next workday is looming on the horizon, a headache of these proportions can knock anybody in the dirt. This great tasting and easy to make tea can help your body to circulate blood to the brain, reinvigorate cells that have lost fluids and ease the pain and intensity of headaches.

Mix equal parts of Skullcap, Rosemary, Feverfew and Peppermint. Use 1 tsp of the mixed herbs per cup of hot water, cover and steep for twenty minutes. Take every two to three hours until symptoms subside.

Essential oils can also be very helpful in curing hangovers. Applying a small

amount of Ginger, Peppermint, Rosemary or Wintergreen to the temples forehead and abdomen increases circulation in the affected areas. These oils help to restore energy, eliminate fatigue and body aches and pains. Each of these oils will work well with the teas to relieve both headache and nausea and can even bring sobriety to those who wake up intoxicated the next morning.

Depletion of Vitamin B-12 is another hangover side effect, causing fatigue. This important nutrient is vital to cellular function, and is used up when the the body draws fluid from cells to aid in the processing of alcohol. A release daily supplement of B-12 that replenishes lost cell vitality all throughout the day. It restores energy without using stimulating compounds that can cause feelings of jitteriness and anxiety and is especially useful for people who have to go to work with a hangover.

Remember that the best prevention against hangovers is to know your limits, so please drink safely and responsibly. All of the components of the hangover remedy recipes are available at Tenzing Momo, your friendly neighborhood Herbal apothecary located in the Pike Place Market Economy Atrium with experienced drinkers in residence to answer all of you burning questions. So cheers to you! Drink and be merry!

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