

Module 10, Lesson 13 Handout:

Hangover Tips

What's the number one tip for a hangover? Prevent it in the first place! Refer back to the handout on tips for reducing alcohol intake to help clients avoid hangovers all together.

That said, even the most dedicated clients will not be perfect (nor should they be!) in their eating and drinking and hangover:s can happen. Unfortunately, no compelling evidence exists in the research to suggest any method is completely effective for treating a hangover, but there are a few things that may be able to help after waking up after one too many.

- Drink water to avoid dehydration. Alcohol is a diuretic, meaning it causes your body to produce more urine, which causes you to become dehydrated. Drinking water or other fluids can help prevent this. When drinking alcohol, have a glass of water for every drink you consume
- Replenish electrolytes. With excessive urination, the body loses water as well as sodium, potassium and magnesium ions. This lowers the concentration of these ions in the blood which is very dangerous for your health. Choose beverages and foods that contain these electrolyte compounds, such as coconut water or fresh fruit
- Get extra sleep. Alcohol impairs the quality of your rest and disrupts sleep, so chances are your sleep was poor if you wake up hungover. Catch some extra zzz's the next day by sleeping in, scheduling a nap or getting to bed early that night
- Choose nutrient dense foods. Yes, the greasy breakfast burrito from the joint around the corner sounds appealing when you're hungover, but it's just going to make things worse. Start the day with a nutrient dense breakfast, choosing simple foods that won't upset your stomach like toast with peanut butter and banana
- Load up on antioxidants. Antioxidants will help your body repair cell damage. Get in as many fruits and vegetables as you can stomach. There's some specific evidence for mango, Asian pear, asparagus, and persimmons for relieving hangovers
- Consider herbal remedies. There is some research to support the use of black garlic, red ginseng, kudzu, fenugreek, thyme, ginger, ginseng, St. John's Wort, and other Chinese herbal remedies for reducing hangover symptoms. Before recommending any herbal remedy, make sure there are no concerns about interactions with medications and always stay within your scope of practice.