



HOW TO GET OVER THE HANGOVER

YOU HAD THE BEST OF INTENTIONS. NOW IT IS MORNING AND YOUR HEAD IS WHIRRING. YOUR MOUTH IS AS DRY AS A RIVERBED IN THE NAMIB AND YOU FEEL VERY QUEASY. YOU ALSO HAVE AN IMPORTANT PRESENTATION TO DO TODAY. HERE'S HOW TO GET UP AND GO, DESPITE THE PAIN.

BY CELYNN ERASMUS

- Resist any temptation to treat your hangover with more alcohol. It'll only make you feel worse.
- Drink lots of water. Also gulp down an Energade or two.
- Stay away from coffee or Play or Red Bull. They dehydrate you even more and make you think you're alert, when you're really not.
- Take vitamins. Booze drains your body of vitamin C. So does smoking - even passive smoking.
- Do a bit of exercise, like a brisk walk in fresh air. If you can't walk, crawl.
- Eat. Opt for a healthy breakfast as opposed to an oily fry up. If you are feeling nauseous, nibble on some dry toast or crackers with honey.
- Be patient. This too shall pass. No need to swear never to drink a single drop again. Here are some tips to help for next time:
- Eat first. Alcohol is absorbed more quickly if your stomach is empty
- Sip water between drinks. Drinking one glass of water after each alcoholic drink will help you stay hydrated.
- Take it slow. Drink slowly, sip rather than gulp. Pace yourself.
- Be consistent. Drinking more than one type of alcohol makes hangovers worse.
- Sweet drinks play havoc with your blood-sugar levels, so avoid large cocktails with rainbow colours and paper umbrellas.
- Set a drinking limit for yourself and stick to it.

ONE FOR THE ROAD

If you are female and small (weigh about 50kg), a single glass of wine could have you on or slightly over the legal limit for driving, 0,05g/100ml. When you're driving or want to take it easy, try these mocktails:

MOJITO MOCKTAIL

125ML SODA OR SPARKLING WATER
A FEW FRESH MINT SPRIGS
2 TSP SUGAR
3 DASHES BITTERS
3 TBSP FRESH LEMON JUICE
Mix all ingredients in a cocktail shaker / stirrer, add crushed ice and pour.

CREAMY STRAWBERRY MOCKTAIL

½ CUP STRAWBERRY YOGHURT
1 CUP FRESH STRAWBERRIES
1 CUP FAT FREE MILK
½ CUP ICE

Blend all ingredients and serve decorated with sliced strawberries. □



In a fast paced world with exhausting demands on time and performance, Celynn vibrantly presents hands on, real advice that will help you to work better, live smarter and get the most out of every day. Celynn demystifies the complex science of wellness and nutrition into tips and techniques that really work. She will help you to manage your energy, not your time. Email:

celynn@celynnerasmus.co.za

