



**" Start the New Year without a Hangover"**

***This information can be life-saving!***

Learn 5 Simple Steps to Stop hangovers  
before they strike.....

.....and learn why ***you get hangovers in  
the first place!***

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This is the best time of the year to celebrate new beginnings! However one too many glasses of eggnog at the holiday party, or a bit more "spirits"/bubbly/alcohol than you planned on having at New Year's Eve, and you're probably going to find yourself feel less than cheerful the next day.

Benefits for sticking thru this article... you will learn the following:

- 5 great tips to prevent hangovers at a party
- 3 main causes of hangovers
- 4 Main symptoms of a hangover
- Avoid a common remedy given for hangovers..... this is actually dangerous!
- What to do the next morning (if you still get a hangover)!

**We want you to truly enjoy your New Year's Eve celebration and the day after!!**



### **Why do we get Hangovers?**

"How could a couple of drinks have led to such misery?" Dr. Aaron White PhD, assistant research professor at Duke University Medical Center, told WebMD "Alcohol is poison. The hangover is your body recuperating from being poisoned by alcohol and its metabolites." Yikes!

Truthfully, ***avoiding all alcoholic beverages is the best solution***, but not always the most realistic or popular solution.

***The key to life is moderation!***

**What are the Symptoms of a Hangover? These can include any one of the following:**

- **Bad Headaches**
- **Dehydration**
- **Fatigue/Exhausted**
- **Nausea**



## **First Main Symptom of a Hangover: Bad headaches:**

***Have you ever woke up in the morning after a party with a splitting headache?***

### **There are several Causes of Headaches from drinking alcohol:**

- Some headaches can occur within hours of drinking an alcoholic beverage and others occur the next day.
- **Dilation of the blood vessels that surround the brain**, which may contribute to the headache in some people.
- **Alcohol also has an effect on some neurotransmitters, increasing levels of serotonin or histamine that may trigger headaches**
- Other triggers include *other* ingredients contained in alcoholic beverages.  
Such as: by-products of the alcoholic fermentation (also called congeners), aspartame, tyramine
- Alcohol Dehydration!



## **First Main Symptom of a Hangover: Bad headaches:**

- For example drinking **Red Wine versus White Wine:**

Drinking red wine causes headache while consuming white wine usually does not. Why is that?

- Red wines have more congeners than white wines, and ***some people note less of a hangover with white wine.***

- Tyramine (chemical substance found in dark grapes in red wines) can trigger migraine headaches

***Some people get a red wine headache*** that can affect them within 15 minutes after drinking a single glass of red wine. The headache is usually accompanied by nausea and flushing.

- **What about headaches with other liquors?**

- ***Clear liquors*** (i.e. vodka and gin) ***are less likely*** to cause a headache compared to beer or dark liquors.

- Avoid dark liquors (i.e. brandy, rum and whisky ) since they have more congeners which leads to more headaches

- **What about Beer?**

- Light beer has less congeners so less chance of a headache

- ***However*** the yeast in unfiltered beer can cause severe headaches in many people



## **The Second Main Cause of Hangover.... Dehydration!**

Have you wondered why after waking up after a night of heavy alcohol consumption you're tongue is stuck to the roof of your mouth?

**You get dehydrated after drinking alcohol due to:**

- Ethanol has a dehydrating effect (known as diuretic) since it causes you to urinate more. It stops the release of a hormone that helps the body hold onto fluid.

- ***Dehydration causes headaches, dry mouth, and fatigue.***

- **On top of it sweating, vomiting, and diarrhea (the aftermath of excess drinking)** can cause a person to become dehydrated.

**Some signs of dehydration are: dizziness, lightheadedness, thirst, and weakness -- (same symptoms that are felt during a hangover).**



## The Third Main Cause of Hangover.... Fatigue or Exhaustion!

### Fatigue:

The day after a night of drinking and partying, you're probably exhausted.

Why? One reason is because **alcohol disrupts sleep**. Alcohol can work as a sedative to help promote sleep.

However..... and this is really important, **alcohol decreases the quality of sleep**.

Dr. Aaron White says on WebMD says that "People who drink alcohol tend to .... wake up too soon and then you can't get back to sleep,". That's not the only problem. "You don't spend as much time in REM, sleep".

**REM sleep** (the dream phase) usually makes up between 20% and 25% of total sleep time and is **very important for normal emotional and physical functioning** .



## **The Third Main Cause of Hangover.... Fatigue or Exhaustion! (cont'd)**

### **Alcohol affects your Brain**

The reactions that take place in breaking down alcohol affect how the liver can supply glucose to tissues, **especially the brain.**

.. Because glucose is the main energy source of the brain, the lack of glucose also causes hangover symptoms such as **fatigue, weakness, mood disturbances, and decreased attention and concentration.**

A breakthrough study this by Irish researchers Adele McKinney and Kieran Coyle showed that memory and psychomotor (fine motor) performance remain impaired the morning after heavy drinking, even when blood alcohol levels have dropped to zero or near zero<sup>1</sup>.

### **Heart**

Side Note: Other studies have also shown that alcohol can interfere with normal variations in heart rate and blood pressure seen at night. Increased blood pressure and heart rate during a severe hangover can double the risk of a heart attack, reports Jeffrey Weise, associate professor of medicine at Tulane Health Sciences Center in New Orleans<sup>1</sup>.

**- So remember..... moderation is key!!!!!!**



## **How do I Prevent a Hangover at a Party? The First Step**

Here are some remedies that really work.

## **What is the Key Drink to Both Prevent and Treat Hangovers..... Water!!**

***Start the party off by drinking 2 glasses of water & juice!***

- **Remember a main cause and side effects of a hangover is dehydration..... so**
- **Drink water first before alcohol to hydrate your body!**
- **Your body needs fluids to break down the alcohol, otherwise toxins build up in your body you feel ill.**
- **Drinking alcohol also depletes your body of important nutrients.**



## **How do I Prevent a Hangover at a Party?..... the Second Step:**

Here are some remedies that really work.

### **- Eat before you drink: *Don't drink on an empty stomach!***

*Alcohol is absorbed more slowly when you have food in your stomach*

***Start out the party with both food and water in your stomach to reduce your chances of a hangover (you will also end up drinking less:)***

- Food slows down the absorption of alcohol into your bloodstream and gives your body more time to breakdown the toxins.
- Food also act like a balm to help protect your stomach lining from getting irritated from alcohol.
- Keep nibbling throughout the party.
- Foods high in fat and/or protein are also helpful.
- Eat fruits & veggie snacks for extra nutrients.
- Soup also can help re-hydrate your body.



### **How do I Prevent a Hangover at a Party?..... the Third Step:**

- Drink 1 glass of alcohol very slowly (keep sipping that same glass slowly)
- Dr. Aaron White also suggests drinking a nonalcoholic drink (i.e. water) **between** each alcoholic beverage
  - This will help to maintain a low blood alcohol level
  - This also **keeps you hydrated**.....this is very important!



## How do I Prevent a Hangover at a Party?..... the Fourth Step:

### The fourth step to Avoid Headaches..... Choose your beverage carefully!!

- White wine instead of red wine
- We don't recommend drinking vodka (even though it has less congeners so less chance of headache)
- Avoid dark liquors (i.e. brandy, bourbon, rum and whisky)
- Avoid any artificial sweeteners (i.e. aspartame), because aspartame **causes alcohol-induced headaches by rapidly increasing blood alcohol levels!**

Joel Saper, M.D., director of the Michigan Headache and Neurological Institute, reports for ABC News/Health that drinking different brands or different colors of the same type of alcoholic beverage, determines whether you will get a headache.

*Dehydration can be avoided by drinking water or an oral electrolyte solution after drinking alcohol.*



## **How do I Prevent a Hangover at a Party?..... the Fifth Step:**

- Before you sleep, drink a lot of water or juice.. this will dilute the alcohol, toxins and keeps you hydrated!

- Avoid caffeine after drinking alcohol (it's a diuretic just like alcohol). Remember since caffeine causes you to lose water, this may contribute to getting a hangover!.



## **Bonus Warning!!**

**\*\*\*\* DO NOT TAKE TYLENOL AFTER DRINKING ALCOHOL \*\*\*\***

**If you do get a headache, experts warn against taking acetaminophen (Tylenol), a common aspirin alternative. "*Too much acetaminophen is toxic to the liver. Alcohol can* disrupt the metabolism of acetaminophen, *making it (Tylenol) even more toxic to the liver,*" Dr. White says. Although the risk of liver damage from the combination is minimal, it's possible, he explains (1).**

***\* Only take aspirin if you really need it for a headache after drinking alcohol \****



## What should you do if you still have a Hangover the next day?

- So if you still have a terrible headache despite everything....

- **Don't drink coffee!**

- Coffee is a diuretic (will cause you to lose water) and will only worsen your already dehydrated state!
- **Drink water...** because this is what you really need.

Or start the day with chamomile tea that will soothe your stomach and increase your appetite for food.

- Even though you feel like you can't stomach food **you need to eat!**

- *After a hangover your body really needs carbohydrates, potassium, vitamin C and B vitamins. Drink a green fruit smoothie with bannanas, drink fresh vegetable juice and take a good multivitamin with B-Complex*

- You may feel like you need to stay in bed. But the secret to getting over a hangover quickly is to **get your body moving!**

- *Sweating is the fastest way to get rid of the excess alcohol in your system.*



## References:

1. **Strategies for a Hangover-Free Holiday Season** By Elizabeth Heubeck  
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SOURCES: Aaron White, PhD, assistant research professor, Duke University Medical Center. Bruce Hetzler, PhD, psychology professor, Lawrence University. Jeffrey Wiese, MD, associate professor of medicine, Tulane Health Sciences Center, New Orleans. Patrick Breslin, Alcohol, Tobacco, and Other Drug Problem Prevention Facilitator, Western Wisconsin Technical College. Adele McKinney and Kieran Coyle, researchers, department of mental health, Queens University Belfast.

Reviewed on September 25, 2008

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2. **Why do you get a Headache after drinking? Source:**  
<http://en.Wikipedia.org/>

3. ABC News/Health; Alcohol, Headaches and Hangovers; Joel Saper, M.D.; Dec. 26, 2006

4. "Current Drug Abuse Reviews"; The Role of Beverage Congeners in Hangover and Other Residual Effects of Alcohol Intoxication: a Review; D. J. Rohsenow and J. Howard; June 2010

5. FamilyDoctor.org; Cluster Headaches; September 2010



### **Summary of What you Learned Today:**

#### **3 main causes of hangovers:**

- Dehydration
- Ethanol & other ingredients in alcoholic beverages
- Toxic break-down products of alcohol

#### **4 main symptoms of a hangover:**

- Bad Headaches
- Dehydration
- Fatigue
- Nausea

#### **5 great tips to prevent hangovers at a party:**

- Drink 1-2 glasses of water before you start drinking alcohol
- Eat before you drink alcohol
- Sip on the same glass of alcohol for a long time
- Drink water in between each glass of alcohol
- Before sleeping drink 1-2 glasses of water



### **Summary of What you Learned Today: (cont'd)**

**Avoid a common remedy given for hangovers..... this is actually dangerous**

- No Tylenol after drinking alcohol !!!

**Learn what to do the next morning (if you still get a hangover)!**

- Drink plenty of water
- Don't drink coffee (will cause you to lose more water)
- Drink a fruit smoothie made with green powder (spirulina, chlorella, blue-green algae, etc.)
  
- Drink vegetable juice
- Take a good multivitamin with B-complex



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The Chari Center of Health is an integrative medical center in Santa Barbara, CA.

They specialize in leading-edge solutions for fast relief of pain, anxiety & anti-aging.

Dr. Roopa Chari is a Board Certified medical doctor in Internal Medicine and her brother Deepak Chari is an Engineer and Certified Biofeedback Specialist.

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