



# Hangover Food Super-heroes

Eating the right food can, scientifically, help your body recover. Stuffing your face with last night's take-away, it may surprise you to hear, is not the best choice to ensure a speedy recovery from a hangover. Nor is it the healthiest option as it's likely to be carbohydrate and fat-loaded which just adds more toxins and stress to your already struggling liver that's working overtime to try and get you back on track.

As the festive season approaches, it's a good idea to stock up on some hangover-busting foods, they're great nutrition at any time of the year.

Soups can be bought or made and frozen in portions ready to defrost and eat in a few minutes, oats can be instant to make preparation time shorter, a smoothie can be made in minutes especially when the fruit is cut and frozen beforehand.



**Marmite**  
One of those, love it or loathe it foods. But if you are a fan of the brown stuff then it's a great hangover helper. Marmite is a source of vitamin B, and it has high sodium content, making it an excellent way to replace salts lost through alcohol consumption. When combined with toast it also provides some of the carbs you need to help the hangover recovery.



**Watermelon**  
Watermelon may not be the first thing you'd think of reaching for when suffering from a hangover! Watermelon helps your blood sugar levels recover as it is high



Overindulged on the drink last night and woken up swearing never to drink again? Are you now wondering what you can do to hasten your recovery? Well luckily we've got some ideas!

in fructose, and consisting of over 90 per cent water it also provides a big boost to your hydration. Watermelon is also a good source of nutrients, including vitamin C, B-vitamins and magnesium.

**Eggs**  
Eggs can be a great food for getting rid of a hangover. In any form, poached, scrambled, boiled or fried, eggs are a great source of protein, which helps raise your mood-boosting serotonin levels as well as reducing feelings of nausea. Eggs are also rich in cysteine, an amino acid which helps rid the body of pain-causing by-products your liver produces as it metabolises the alcohol. If you're not an egg-lover, other protein-rich sources which contain this amino acid include ricotta, yoghurt, cottage cheese, some meats and granola.



**Bananas**  
Alcohol blocks the production of a hormone that helps your body hold on to water, leading to dehydration and the loss of electrolytes like potassium and sodium. Bananas are loaded with potassium will help reduce the feelings of nausea and tiredness. Bananas are natural antacids so are good for reducing stomach acid, and as a good source of energy they can help

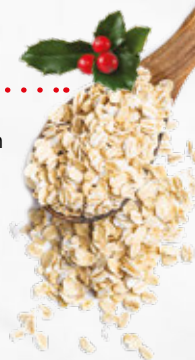


fuel you if you have a lot to do with your day and really can't afford to be held back by a hangover.

**Soup**  
One of the best foods for a hangover since it helps replenish many of the things you need in one go. Not only does it help re-hydrate the body but it also boosts sodium levels and gives you a shot of nutrients in an easy-to-stomach meal. Good soup options include vegetable soup and miso soup.



**Oats**  
Oats are a great way to start your day, but an even better way when you are hungover. Oats help the body replenish B vitamins plus magnesium, calcium and iron. Oats also help reduce acidity levels in the body, aid cleansing of the liver, and absorb toxins. A good bowl of porridge is a low GI food so is ideal for slowly raising your blood sugar levels and providing you with energy to get through the day ahead.



**Sardines**  
After overdoing it, you often wake up craving something savoury, and if so, you could do a lot worse



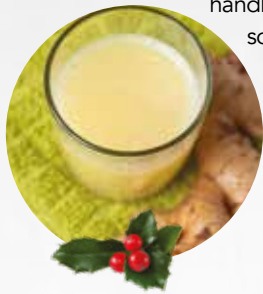
than sardines. Sardines are nutrient-rich and packed with omega-3 fatty acids, which are good for your liver as well as lifting your mood.



### Ginger

Feeling rather queasy the morning or day after the night before? Queasiness must be one of the worst parts of a hangover. Ginger is excellent for settling your stomach. While chewing on ginger in root form may be too much to handle, you could drink

some by grating it into hot water or blending it into a fresh fruit or vegetable juice.



### Fruit juice

If your hangover is bad, sometimes the thought of food is enough to send you running for the bathroom. If that's the case then a fruit juice could help and is better than a sugary carbonated drink. A fresh fruit juice will help you replace lost vitamins, raise your blood sugar levels and re-hydrate you. In addition to providing almost immediate relief, the fructose in a fruit juice will speed the removal of alcohol from the bloodstream.



### Coconut water

One of the best natural drinks to re-hydrate you, and less likely to irritate your stomach than carbonated drinks. In addition, coconut water is packed with essential electrolytes such as calcium, potassium and magnesium, and it is also great for soothing your stomach.



This may not be the first thing you long to do when you wake up after a big night. But when your nausea and headache have worn off do a light workout, swim, or walk. Any form of exercise will help stimulate your circulation, and flush out the toxins. Endorphins, happy hormones, released during exercise will make you feel better about yourself and give you some energy.



If you know you are going to have a big party book a massage for the afternoon of the following day. A massage will give you time to de-stress, and stimulate lymphatic drainage which will help rid your body of toxins from over-indulging.



## Prevention is Always Better than a Cure

### Tips to help prevent a hangover

- Don't drink alcohol (ok, stating the obvious, but we had to include it!)
- Make sure you're well-hydrated before you start drinking
- Alternate an alcoholic drink with a glass of water – to help keep you hydrated
- Don't mix the types of drinks ie. beer, wine, spirits
- Don't drink on an empty stomach. Eat plenty of food during the day before you start drinking (it'll also help you avoid the munchies later in the day). Make sure you've eaten a full meal beforehand, protein-rich and fatty, this can help slow the absorption of alcohol into your system. Anti-hangover foods include red meat, which has B vitamins in it, and pomegranates, blueberries, and strawberries, which are packed with antioxidants and vitamin C.
- Drinking in rounds can mean you end up drinking more, or faster than you intended. Opt out and drink at your own pace.
- When it comes to avoiding a hangover, you get what you pay for. The more expensive, better quality brands of wine and beer can really help you reduce a hangover the next day. They are often distilled at least 4 or 5 times and contain fewer contaminants than cheaper variations.
- Drink plenty of water, take some multivitamins and possibly a pain killer like aspirin or ibuprofen before you go to sleep.
- If you often wake up still feeling drunk it's because sleeping seriously slows your metabolism, meaning you don't effectively

eliminate the alcohol from your body. If possible stay awake for a while after drinking, to keep your metabolism going a little faster. Have lots of water and a healthy snack to give your body time to process more alcohol before you sleep.

Remember when your parents told you that eating all that Halloween candy would make you sick but you did it anyway and then ruefully realised they were right? Well, here's that same sinking feeling, backed by science.

A large clinical trial looked at all the research conducted on alcohol-induced hangovers and concluded that we still don't understand the exact pathology that causes you to feel so terrible. And because of that, an effective treatment or cure remains elusive. We don't need to be scientists however to know that the most effective way to avoid the symptoms of a hangover is to practice abstinence or at least moderation! The nature of the human beast however, means that despite our best intentions, sometimes we do slip and hopefully these tips will help you fare better when that happens.

