



Myths and Facts about Treating Hangover



Exercise 1

Vocabulary

electrolyte

NOUN

a liquid that an electric current can pass through

I often drink **electrolytes** **chemical substance**

intoxicated

ADJECTIVE

under the influence of alcohol or drugs

My friend is still **intoxicated**. He drank too much alcohol last night.

aspirin

NOUN

a drug used to reduce pain, high temperature and inflammation

My doctor recommended me to drink **aspirin** to reduce pain.

endorphin

NOUN

a chemical substance produced in the brain that reduces the feeling of pain

Our body naturally produces **endorphins**.



Exercise 2

Article

Myths and Facts about Treating Hangover

The whole world welcomed a new year, and probably mostly still have hangovers at their night parties. To help you from this problem, there are certainly lots of so-called hangover cures, way back centuries.

Here's how to separate facts from fiction.

MYTH: Drinking a bit more helps.

It definitely doesn't. People believe in this method because once calming effects of alcohol pass, the brain on a hangover is overstimulated. In fact, even though more alcohol may make you feel a little better in the moment, it can prolong your hangover symptoms. It also can result in alcohol dependence which in some ways, gives bad results.

FACT: Drinking coffee can speed up recovery.

Yes, but it still depends on the symptoms. If you're queasy and nauseous, coffee does not worsen your condition. Having a cup of coffee can make someone better in a few minutes.

MYTH: Eating greasy food helps.

Eating greasy breakfast after a night of drinking will add insult to injury. It is harder to digest, so it's probably good to avoid it. Eating greasy food also doesn't make much sense. The alcohol we drink, called ethyl alcohol or ethanol, is the byproduct of fermenting carbohydrates and starches. While it may create some tasty beverages, ethanol is also a solvent. It cuts through grease in your stomach much the same way it cleans grease off oily car parts. Instead, experts suggest using food to prevent hangovers, by eating before you have that first drink. Eating food loaded with protein and carbohydrates can significantly slow down the absorption of alcohol. The slower the alcohol gets to your brain, the less rapid the 'shock' to your brain."

FACT: Electrolytes help.

Alcohol dehydrates, so you may get a headache due to loss of electrolytes, essential minerals which your body needs. If you've vomited, you haven't lost lots of electrolytes, which can lead to fatigue, confusion, irregular heart rate, digestive problems and more.

Myth: Taking acetaminophen before bed can prevent a hangover.

Taking over-the-counter pain meds can be dangerous, especially if you take too many while intoxicated, experts say. Taking an acetaminophen can further damage your overtaxed liver, while aspirin and ibuprofen can irritate your stomach lining. But aspirin, ibuprofen and naproxen are "theoretically" OK. Don't take them on an empty stomach to avoid inflammation. Always take anti-inflammatories with food."

FACT: Drink as much water as you can.



While most alcohol is handled by the liver, a small amount leaves the body unchanged through sweat, urine and breathing. Doing some light stretching and walking can help release endorphins (often called the "feel good" hormone) and also tends to increase alertness (similar to a cup of coffee). Before sleeping, drinking water is advisable. You can also take a multivitamin before you hit the shower in the morning to replenish lost vitamins, minerals and other nutrients. These will also help to replace lost salts, including potassium and other substances, but will not make you sober up faster or improve impairment due to intoxication or hangover.

Exercise 3

Question

1. What will drinking more alcohol do to our body during a hangover?
2. What food should you eat before having a drink?
3. What might happen if you lose electrolytes?
4. What chemical can further damage an overtaxed liver?

Exercise 4

Discussion

1. Have you ever had a hangover? If yes, describe.
2. Do you know anyone who often has a hangover? What's your relation to them?
3. What are the ways you know can help curing a hangover?
4. What are the myths of dealing with hangovers you thought before were real.