

Manage your hangover with **HEART:**

The best way to avoid a hangover is to drink in moderation and know your limits. But if you drink beyond your limits, take these hangover relievers to **HEART:**

Hydrate: Drink water, a vitamin-packed smoothie, a calcium-fortified fruit juice, or nearly any beverage that is not alcohol! Avoid caffeine, too. It'll give you a false sense of alertness.

Eat: Seek out food to raise your blood sugar without turning your stomach. Bland foods will work best – think crackers, toast, or bananas. Seek out sources of cysteine, an amino acid that may have detox properties. It can be found in eggs, oats, and yogurt. Breakfast time!

Act against acid: Another lovely side effect of alcohol is the way it churns up your stomach acids. Quell the burn with antacids or natural digestive aids, such as ginger or peppermint.

Rest: Draw the curtains, slip on a sleep mask, and call in sick if you have to. The consequences of too much drinking can wear your body out. Your body needs a rest. Unfortunately, post-drinking sleep is not the most restful or satisfying.

Time: You can hydrate, eat some bland-but-healthy foods, medicate against acid and the thump of a headache. You can sleep the morning away. But ultimately, only time can cure a hangover. Your body has to recuperate from the chaos you've caused it. Be patient.

