



## OVER-INDULGENCE: HANDLING THE HANGOVER.

Working in high-energy and high-profile industries, we all know how to let our hair down and ‘give it a nudge’ when it comes to celebrating.

But the problem with all these launches, award ceremonies, after-parties and similar events is the aftermath of one too many.

Over-indulgence is fabulous at the time, but the effects can be disastrous. Excessive alcohol, fatty foods or flour-based products such as pasta and breads can leave us feeling far less than ordinary, with hangovers haunting us in various ways. After a big night, how often do you have:

- disturbed sleep, especially between 1am and 3am (that’s if you are even in bed before 3am!)
- the ‘dry horrors’, either during the night or the following morning
- a thumping headache or ‘slow’ thought processes
- an exhausted body that doesn’t want to switch into gear
- gritty eyes that feel like they are hanging out of your head, or can’t deal with any bright lights!

Time after time we ask ourselves “why did I do it?”, and yet we always go back for more.

If you can’t say no to a great party, the least you can do is understand what you are putting your body through so you can be a little kinder to it.

There is a comical saying that “The liver is evil...it must be punished”, which is all very amusing when you have a beer in your hand. But when your body has become a toxic dump, the liver is your best friend as it switches into overdrive to clean up the mess you’ve made.

When you find yourself awake in the early hours after a big night out, your liver is working at its hardest. The foggy brain, headache, lack of energy and irritated eyes are also connected to the impaired performance of the liver. And on top of all this,

you have to deal with that disgusting parched mouth that comes from dehydration and an electrolyte imbalance.

There’s no joy in feeling lousy after a big event, so if you want to either tone down the effects or get back on your feet faster, try the following tips.

- Before going out, have one of these - or better still - have them all and avoid drinking on an empty stomach:
- an electrolyte drink such as Endura, Gatorade or a similar sports drink to rebalance the electrolytes in your body and rehydrate you
- a glass of spirulina
- a dose of a liver tonic such as St Mary’s Thistle – yes it tastes bad, but it works wonders!

### While you are out on the town:

- do not mix your drinks (just for once), as the combination of wine, beer, spirits and/or liqueurs only cranks up the toxic load on your body due to their varying alcohol and sugar content
- drink water eg. champers, water, champers, water etc
- eat food and make it healthy - not fatty.

### When you finally stagger home, have the following – if you can stomach them:

- another electrolyte drink to give your body more ammunition to rehydrate and recover faster
- a glass of Spirulina
- another dose of liver tonic
- and a Vitamin B drink like Berocca – not before you go to bed but when you wake up - to give the cells in your body the energy they are craving.

Partying is the escape we all need from time to time, and after that first drink it can be easy to forget the water. But following even just one or two of the above tips can make a huge difference to how you pull up the next day.

Remember – look after your liver and it will look after you!

Written by Beth Saunders, Anti-Ageing specialist, Naturopath, Beauty Therapist and former long haul flight attendant with Qantas Airways.