

How to “Booze”: Having a Drink While Minimizing the Damage

	Alcohol Type	Calories	Best choice
Best ----- Good	Wine	Red Wine 5 oz serving contains about 125	- Pinot Noir - Cabernet - Syrah
		White Wine 5 oz serving contains about 125	- Sauvignon Blanc - Pinot Grigio - Austrian Grüner Veltliners
		Champagne 4 oz serving contains about 90	- Brut - Brut Natural - Extra Dry
OK ----- Worst	Clear hard liquor	Silver Tequila 1.5 oz contains about 100	- Tequila & fresh squeezed lime
		Vodka 1.5 oz contains about 100	- Sea Breeze
		Gin 1.5 oz contains about 100	- Gin & Tonic
		Clear Rum 1.5 oz contains about 100	- Mojito (half syrup or none)
Worst	Dark hard liquor	Gold Tequila 1.5 oz contains about 100	- Tequila & Soda (skinny margarita)
		Whiskey 1.5 oz contains about 100	- Dry Manhattan
		Brandy 1.5 oz contains about 100	- Sidecar
		Spiced Rum 1.5 oz contains about 100	- Spiced Rum with seltzer, lemon & lime juice
Worst	Malt Beverages	Beer Varies: Light beers are usually about 100 for a 12 oz serving.	- India Pale Ale - Pale Ale - Stout
		Higher alcohol content beers can go up to about 250-300 for a 12 oz serving.	Dark beers are higher calorie but provide healthy polyphenols
	Flavored	About 200-250 for a 12 oz serving.	- Apple Ciders

Note: Darker liquors contain “congeners,” substances made during the fermentation process. They contain several chemicals which are not health-promoting. Wines contain healthy polyphenols and red wines have the highest concentrations. Flavored malt beverages have few redeeming qualities.

Hangover Damage Control

In all fairness, the best thing for a hangover is the tincture of time. Alcohol is indeed a poison and must be detoxified through very specific physiologic pathways. It takes time to fully metabolize alcohol and also the toxic intermediate metabolites that are created from that metabolism. However, you can give yourself the best chance at recovery by following these simple principles.

Hydration: Water is used in the breakdown and excretion of alcohol. The liver needs it, wants it, and will steal it from all other body tissues. But water isn't the whole story. Important electrolytes are also lost. If you are experiencing unwanted effects of excess alcohol, advice to drink water alongside alcoholic beverages is too little, too late.

What to Do: Sip, don't guzzle, water as a preparation of "sole therapy." Sole therapy (pronounced so-lay) is essentially just low concentration salt water but there are some tricks to it. Getting the concentration too high can result in worsening of symptoms.

1. Here's how to make it (the "Always be prepared" method).

Place 1 inch of Himalayan Crystal Salt stones in a glass jar, preferably one with a lid.

Add 2 to 3 inches of good quality artesian or spring water above the stones, completely covering the crystals with water. Let sit overnight.

2. If all the salt crystals have dissolved, add a few more salt crystals to the water. Your Himalayan Crystal Salt Sole is ready when the water becomes fully saturated with salt and cannot hold any more.

The salt will no longer dissolve at this stage. There should always be salt crystals in the jar. This is your visual proof that the water is totally saturated with salt.

3. Add one teaspoon of the Himalayan Crystal Salt sole to a large glass (12-16 ounces) of artesian or spring water and drink. Keep the container covered to prevent the water from evaporating. Otherwise, no special storage is needed.

Note: Here's what to do if you aren't prepared: Simply add fine granulated premium salt (about ¼ of a teaspoon) to 16 ounces of water and mix completely. It will all dissolve so keep stirring until it does!

Balance blood sugar: Usually we worry about blood sugar (glucose) being too high. However, in the case of alcohol consumption, insulin is produced in large amounts, thus driving blood sugar to all-time lows. This hypoglycemic state causes a lot of hangover symptoms.

What to Do: Now is the time to reach for something sweet. Fruit is a better choice than candy bars, of course. Fruit also provides hydration and electrolytes and a burst of much needed sugar. A handful of berries works, but melons like watermelon, cantaloupe, and honey dew are the bomb for the use. A mixture is helpful rather than a binge and once you are feeling up to it, a bit of protein and fat will help sustain the effect.

Support the liver: Everyone knows that the liver takes the proverbial bruising during an alcohol episode.

What to Do: Eat your greens! Green vegetables, especially the leafy varieties contain powerful antioxidants, vitamins, and mineral to support the liver. This would be a good time for a smoothie which would help with hydration as well. Additionally, you may supplement with liver supporting herbs like milk thistle, dandelion, and artichoke. Use per label instructions.

Support the body with coenzymes and cofactors: If you do not regularly use a multi-vitamin/ multi-mineral complex from a quality source, now is the time to begin. Additional vitamins and minerals are utilized during times of physiologic stress and a hangover qualifies as such.

Extra special care: Glutathione is the body's master antioxidant and it is depleted significantly with alcohol use. Supplementing with bioavailable glutathione or its precursor N-acetyl cysteine (NAC) is helpful when the need is high. Use per label instructions. Because alcohol interferes with circadian pattern, melatonin can be used for several days following an episode to restore circadian rhythm and aid in sleep. Generally 3 mg or less is recommended for this use, similar to what those suffering from jet lag would take.

Myths and legends: While it appears to work for some individuals, the science says that caffeine, typically coffee, doesn't help hangover symptoms. "Hair of the dog" or rather small amounts of alcohol the next morning may also appear to help correct the withdrawal-type symptoms that occur. However, many experts suggest that this just extends the drinking into daylight hours. This is a potentially dangerous behavior for certain susceptible individuals.