Halting Hangovers [1]

Week of:  
Aug 31, 2018

Avoid hangover? [2]

Dear Alice,

What can be done to reduce the effects of a hangover? I heard that drinking water before going to bed will help.

? Aching Head

Read more [2]

Hangover-helping product? [3]

Dear Alice,

I found a product for Hangovers that people claim really works. From the ingredient list, attached, can you offer your opinion? It contains Vitamin B-1 (250 mg), Aspirin (450 mg), Tylenol (288 mg), Calcium Carbonate (500 mg), and Caffeine (64 mg).

Read more [3]

Hangover helper and tips for healthy drinking [4]

Dear Alice,

Do you have any tips for avoiding hangovers?

? Hungover

Read more [4]

Milk + Alcohol: Does a body good? [5]
Dear Alice,

If someone drinks milk before consuming alcohol, will it help you from getting drunk by "coating your stomach"? Why or why not?

Better to drink one a day or many at one time?

Hi Alice,

I am a healthy, fit, 18 year old male. I have tried both ways: consuming small amounts of alcohol regularly (one standard drink a day) and consuming a lot of alcohol irregularly (10 to 20 standard drinks in one night, but only two days a month, or thereabouts).

I have tended towards drinking a lot irregularly because I have found that I can't notice any effects until I have had at least four or five drinks, 80 to 100 proof shots, usually mixed with soft drink.

I was wondering if either way was less healthy or more of a risk as the same amount of alcohol is ultimately consumed. Also, I noticed that I got a bit more of a 'beer gut' when I had one-a-day than 15 at once; is that likely or just my imagination?

Thanks,
Triple Shot

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