

Title:

7 Tips To Get Rid Of A Wine Hangover

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513

Summary:

How about teaming up your favorite meal with the best of wine this weekend? It sounds a great idea but don't you think you may overindulge? Well, you may not mind this but what about the hangover you have to face, the other morning. How about spending you entire Sunday afternoon sitting inside the bathroom, with one hand on your forehead and the other on your stomach? Scary isn't it?

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Keywords:

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Article Body:

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Hey, hold on! I am not trying to scare the life out of you. I am just showing you the real picture of a hangover that you may require to face the following day after you have overindulged in your favorite wine.

This sounds really bad but don't worry, there are many tips you can follow in order to get rid of a wine hangover. All you need to do is to follow the instructions given below:

a) Water, water and water:

Water is the key to get over the wine hangover. Drink plenty of water. Alcohol has a tendency to dehydrate your body. This is the main reason that most people end up having a lot of liquids in the form of plain water, lemon water, coffee and black tea without having pee for a single time. If you want to stay away from the temptation of overindulging in wine, the best way is to have a glass of

water for each glass of wine you desire to have. Wine is a great source of water, but the presence of water tends to produce adverse effects on the body. Hence, it is necessary to keep hydrating your body with water.

b) Binge in:

Sounds great! Believe me, it really works. Eat your favorite meal or some snacks an hour before a drink. This will save you from getting involved into overindulge and the hangover. The meal or snack should include bread or pasta.

c) No prescription drugs:

So you want to save money! It's a good idea but you should not save money via mixing your glass of wine with prescription drugs for more effects. This will only damage your body. Drink less if you really want to save money.

d) Milk:

Drink a glass of milk prior to consuming wine. This will provide a protection coat to your stomach and helps you absorb the alcohol in the wine.

e) No salt:

Salt will prove dangerous as it tends to maximize the process of dehydration. You should stay away from salt when having margarita...

f) An aspirin:

An aspirin will help you to remove headache. Avoid taking ibuprofen or paracetamol. These medicines usually have adverse effects on the body especially after the consumption of wine.

g) Avoid dark drinks:

The major hangover you experience may be due to combining red wine with whiskey. You should mix whiskey with soda or water. Avoid mixing it with cola and tonic.

Hangover is due to over indulgence in wine. Try to stay away from it. Follow the instructions mentioned above you would feel better after a wine party with your friends.