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UNEDITED RAW VERSION

How to drink to not have a hangover?

Article Summary

If you want to drink a larger amount of alcohol, the most important thing is to eat a good meal (preferably a fatty or carbohydrate meal) and drink a lot of non-carbonated water or non-alcoholic beverages (eg juices).

We should not combine alcohol with energy or carbonated drinks and smoking cigarettes. We should also not take aspirin or ibuprofen at this time.

Although it is a very individual matter, it is estimated that the amount of alcohol that does not cause hangovers is about 3 portions of alcohol for women and 4 for men (a portion is a small beer, a glass of wine or vodka).

Full Article

Before drinking, it is best to eat a decent meal (fatty foods or rich in carbohydrates, eg pasta). Eating before or during drinking causes the alcohol to be absorbed slowly by the body, in addition, in this way we can prevent irritation of the stomach.

In addition to alcohol, you should drink a lot of non-carbonated water or non-alcoholic beverages - thanks to this, we will ensure adequate hydration of the body and, of course, drink less alcohol.

Avoid fizzy beverages because they increase alcohol absorption.

Cocktails and drinks should be drunk with natural juice, and beware of diet versions of drinks (they cause faster entry of alcohol into the blood).

Do not combine alcohol and smoking cigarettes - it can increase the incidence and severity of a hangover.

You should not mix alcohol with energy drinks and (they have a lot of caffeine), because they can give the illusory impression that we drank less alcohol than they actually do. This combination can also adversely affect the heart.

Do not take aspirin or ibuprofen before or while drinking alcohol. Aspirin increases blood alcohol levels, and ibuprofen may cause bleeding from the stomach or intestines. Alcohol may interact with some medicines, including herbal medicines - it may increase or weaken their effect. Drugs, on the other hand, can enhance the effect of alcohol and cause side effects, such as nausea, vomiting, feeling hot, stomach bleeding.

Colored alcohols usually contain more chemicals that some people may be sensitive to (congeners), so a hangover may be stronger.

Studies show that taking glucose or fructose does not affect the incidence of hangover and the severity of its symptoms.

Although it is a very individual matter, it is estimated that the amount that does not cause a hangover is about 3 portions of alcohol for women and 4 for men (a portion is a small beer, a glass of wine or vodka).

People who want to calculate how much they have consumed alcohol can use the prepared calculators (an example calculator).

Is there less hangover after dark alcohol than it is dark?

It may be so - although hangover depends primarily on the amount of alcohol consumed, then dark alcohols contain additional substances responsible for the color, smell and taste that can strengthen the hangover.

Does mixing different spirits cause a greater hangover?

Admittedly, the mere fact of mixing alcohol does not affect the hangover, but in some cases may affect the speed of bingeing.

Can women and men drink the same amount of alcohol?

No - women can drink less alcohol (men have more enzymes that break down alcohol, more body water and usually more body mass).

Is it true that one should drink from the weakest to the strongest alcohol (eg first beer and then vodka)?

Drinking from the weakest to the strongest alcohol does not reduce the unpleasant feeling the next day. Available studies claim that the hangover is affected primarily by the amount of alcohol consumed.

How to drink and not have a hangover?

Article Summary

Prevention is the best cure. If you were planning on consuming a large quantity of alcohol, it would be wise to eat a good meal with it (preferably a fatty or carbohydrate meal) and drink a lot of non-carbonated water or non-alcoholic beverages (e.g. juices) to prevent the dreaded hangover the next day.

Alcohol should never be consumed in a combination with energy or carbonated drinks and/or with smoking cigarettes. We should also not take aspirin or ibuprofen at this time.

Although it is a very individual matter, it is estimated that the amount of alcohol that does not cause hangovers is about 3 portions of alcohol for women and 4 for men (a portion is a small beer, a glass of wine or vodka).

Full Article

Drinking alcohol has its pros and cons but one of the worst things about it is getting a hangover the morning after. Hangovers are the unpleasant after effects of alcohol intoxication, which strike hardest when the alcohol has already left the body, and are characterized by various dreadful symptoms, which include headache, fatigue, thirst, dizziness, nausea and a loss of appetite. The severity of hangovers varies between individuals, but most people agree that they are highly unpleasant. Not surprisingly, all sorts of "hangover cures" exist, some of which are claimed to be highly effective. Some of these strategies that have shown some potential are:

1. Drinking in moderation or not at all as the severity of hangovers increases with the amount of alcohol consumed.

2. Having a decent meal with or before drinking.

Before drinking, it is best to eat a decent meal or drinking should be in accompaniment with snacks that are rich in fatty foods ("bitings" or starters as they are referred to) or rich in carbohydrates, e.g. pasta). Eating before or during drinking causes the alcohol to be absorbed more slowly by the body. In addition, we can prevent irritation of the stomach too, in this way.

3. Do not drink carbonated or aerated drinks with the alcohol.

With alcohol, one should not drink soda, or a lot of other carbonated drinks or non-alcoholic aerated beverages. We should ensure adequate hydration of the body but with non-alcoholic, non-aerated beverages and juices and, of course, drink less alcohol. We must avoid fizzy beverages because they actually increase alcohol absorption. Cocktails and mixed drinks should be drunk with natural juices, and beware of diet versions of drinks, which cause faster entry of alcohol into the blood.

4. Avoiding drinks with congeners, toxic by-products of alcohol production.

Ethanol is the main active ingredient in alcoholic drinks. When ethanol (simply referred to as alcohol in this article) is produced by sugar-fermenting yeasts, side products called congeners are formed as well. These are extremely toxic chemicals, other than ethanol itself, formed in small amounts when alcohol is produced. E.g. methanol, isopentanol and acetone, etc. Alcoholic drinks with high amounts of congeners seem to increase the frequency and intensity of hangovers, compared to drinks that contain low amounts. Drinks high in congeners include whiskey, cognac and tequila. Bourbon whiskey is exceptionally high in congeners. On the other hand, colorless drinks like vodka, gin and rum, contain low levels of congeners. In fact, vodka contains almost no congeners at all.

Several studies have found the frequency and intensity of hangovers to be greater after consumption of whiskey (high in congeners) than after vodka (low in congeners). Supporting this, two studies have found methanol, a common congener, to be strongly associated with hangover symptoms. The severity of hangovers can be significantly reduced by drinking clear beverages (low in congeners), such as vodka, gin or rum.

4. Having a Drink the Morning After

Treating a hangover by having another drink seems paradoxical yet, it is a famous hangover remedy, often referred to by the phrase "hair of the dog (that bit you)".

There is some interesting science behind it. After drinking, methanol gets converted to formaldehyde, a highly toxic substance. This is believed to be partly responsible for many of the hangover symptoms. However, drinking more ethanol (alcohol) the morning after can inhibit this conversion process, preventing formaldehyde from being

formed). Instead, the methanol can be discharged harmlessly from the body with breath and urine. This is why ethanol is often used to treat methanol poisoning. All of this being said, having another drink in the morning is strongly discouraged as a hangover remedy. It is often associated with problem drinking, and mitigating a few hangovers is not worth the risk of becoming an alcoholic.

4. Drinking Plenty of Water

Alcohol is fundamentally, a diuretic, making you pee/urinate more than if you were drinking an equal amount of pure water. So, alcohol can contribute to dehydration. Although dehydration is not considered to be the main cause of hangovers, it may contribute to some of its major symptoms like dry mouth/thirst, headaches, and fatigue. Fortunately, dehydration is very easy to avoid. Just make sure to drink enough water. A good rule would be to drink a glass of water (or another non-alcoholic beverage) between drinks, and to have at least one big glass of water before going to sleep.

5. Get Enough Sleep

Alcohol can interfere with your sleep. It can impair both sleep quality and duration, while disrupting your entire sleep schedule if you stay up too late. Although poor sleep doesn't have much to do with most hangover symptoms, it may contribute to the fatigue and irritability often associated with hangovers. Getting plenty of sleep after heavy drinking can help your body recover. If you are unable to sleep in and take it easy the next day, then getting drunk may not be such a good idea.

6. Eat a Hearty Breakfast

Hangovers are sometimes associated with low levels of blood sugar, a condition known as hypoglycemia (23).

Hangovers also tend to be more severe in those who have low blood sugar (24, 25).

Although hypoglycemia is not a major cause of hangovers, it may contribute to some of the symptoms, such as weakness and headache (26).

In addition to providing the necessary vitamins and minerals, having a nutritious breakfast or a late night meal might help maintain your blood sugar levels.

BOTTOM LINE:

Eating a good breakfast is a renowned hangover remedy. It can help restore blood sugar levels, which mitigates some of the symptoms.

7. Supplements That Can Help

Inflammation is an important mechanism that helps the body repair tissue damage.

Many hangover symptoms are thought to be caused by low-grade inflammation.

In fact, some anti-inflammatory drugs have been shown to be quite effective against hangovers.

Many plant-based foods and medicinal herbs may also reduce inflammation and help prevent hangovers.

Supplements that have been shown to be effective include red ginseng, ginger and prickly pear.

Prickly pear is worthy of highlighting. This is the fruit of a cactus called *Opuntia ficus-indica*, which is believed to be native to Mexico.

In one study with 55 young and healthy individuals, taking prickly pear extract 5 hours before drinking reduced the risk of a severe hangover by 62% (33).

Although it won't completely prevent a hangover, it might significantly ease your suffering.

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