

Morning-After Pills

We asked six lightweights to get loaded and road-test some hangover cures. Which kicked the shakes first? By Brian Sinnott

					
<p>Advil and a Gallon of Water</p>	<p>Herbal Hangover Prevention Formula</p>	<p>Sex</p>	<p>Greasy Breakfast</p>	<p>Bloody Mary</p>	<p>Prairie Oyster (Two raw eggs with dashes of vinegar and Tabasco)</p>
<p>The dose: Two or three pills with water before bed and a couple more in the morning.</p>	<p>The dose: One fortifying, crackpot New Age herbal "dietary supplement" pill before drinking.</p>	<p>The dose: A good, sweaty roll in the hay in the A.M. will take your mind off that <i>other</i> pounding.</p>	<p>The dose: Mmm. Two fried eggs, bacon, toast with lard, two jelly doughnuts, and black coffee.</p>	<p>The dose: A little hair of the dog is great for what ails you—drink until hangover's beaten or forgotten.</p>	<p>The dose: Just enough salmonella to kill you. Sorry, we mean your hangover.</p>
<p>The idea: Rather than aspirin (a blood thinner, like alcohol) or Tylenol (rough on the liver, like alcohol), "ibuprofen is preferred," says Harry Scott Swartzwelder, a Duke University neuropsychologist and coauthor of <i>Buzzed</i>. Gulp.</p>	<p>The idea: Pop a capsule two hours beforehand and, the makers claim, you'll wake up hangoverless. Active ingredients: B vitamins and prickly pear (<i>opuntia ficusindica</i>), which "accelerates the body's natural response to physical stressors such as alcohol."</p>	<p>The idea: While alcohol is a depressant, sex is an anti-depressant. "You're releasing endogenous opioids," says Dr. Alice Ladas, coauthor of <i>The G Spot</i>. "They're like drugs, but they're manufactured internally." Plus, a workout will oxygenate your poisoned body.</p>	<p>The idea: The coffee opens your eyes, the food quenches your hunger while filling your body with nutrients, and the extra grease contains salt—great for rehydrating you, as long as you drink some water with it. The doughnuts? They're a treat for just being you.</p>	<p>The idea: For short-term relief, what's better than alcohol to relieve your pain? It works for suicidal depression, so why not for a hangover? And while you're at it, the fiber and vitamins in a Bloody Mary will enrich your blood and bind your stool, which is always nice.</p>	<p>The idea: The spice, we suspect, is for murdering the parasites you picked up while drinking water out of the toilet in the drunk tank. The eggs contain cysteine, which generates glutathione, an important antioxidant. Shut up and drink it.</p>
<p>Verdict: "By the time I got to work, I felt like 35 bucks—great, considering I usually feel like, oh, 40. No headache or nausea to speak of—just a few tremors." ★★★★☆</p>	<p>Verdict: "This stuff gave me the runs. It worked on the hangover. Or maybe I just fell asleep on the pot. I was so busy turning inside out that I didn't notice any hangover at all." ★★★★☆</p>	<p>Verdict: "X-rated action cured the headache in minutes, but not the nausea. And by the way, chicks love having sex with bleary-eyed dudes with booze oozing from every pore." ★★★★☆</p>	<p>Verdict: "I couldn't ram the doughnuts down my god-damned throat fast enough. But as soon as I finished, the day was over. I called in sick and spent the day dozing through <i>Maesha</i> reruns." ★★★★☆</p>	<p>Verdict: "The booze worked like a charm in seconds. Of course, I combined it with some other remedies, namely sex and a greasy plate of sausages that looked like poodle turds." ★★★★☆</p>	<p>Verdict: "Aunt Alky's classic recipe didn't help at all. The yolks tasted like chilled baby spit-up. Then I puked. How much are you guys paying me for this?" Yeah, right. ★★★★☆</p>