

USA WEEKEND

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**Recipes for
a holiday
breakfast treat**

**Jean Carper on
the absolute
most healthful
diet for you**

**Help for
hangovers**

**Growing tropical
plants indoors**

Plus more!

YOUR FAVORITE CALENDAR GIRL

For 2005, pets outsell bathing beauties! A complete look at the history, best sellers — and what your new calendar choice says about you.

Health



Party-night tips to avoid hangovers

Remember: Staying on the wagon is the best way to avoid morning-after miseries, and you should never drink and drive. But many people do imbibe around the holidays, especially on New Year's Eve. And it takes only three drinks to cause hangover symptoms.

Some anti-hangover maneuvers:

● **Before drinking, take dietary supplements.** Prickly pear — *opuntia ficus indica* — purports to help cotton-mouth and nausea. RU-21 claims to help break down alcohol.

● **Do the juice switcheroo.** "Have one glass of water or, preferably, juice for every alcoholic drink," says Frederick Freitag, D.O., of the Diamond Headache Clinic in Chicago. Alternate refills — a drink, a glass of juice, a drink, a glass of water — all night. You'll stay hydrated and better metabolize the booze.

● **Eat while you drink.** Food helps keep alcohol in the stomach longer. Why that matters: When it flows too readily into the small intestine, you get drunk faster, and your best intentions can fly out the window. **W** — Susan T. Lennon

TOO LATE? TO TREAT A HANGOVER ...

DO

- ▶ Eat carbs
- ▶ Take B vitamins
- ▶ Exercise

DON'T

- ▶ Eat spicy food
- ▶ Take the "hair of the dog" — another drink will just prolong pain