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How to get rid of brain fog after drinking

Waking up hungover could be one of the worst feelings in the world; the banging headache, the churning stomach and the inability to do anything productive are all symptoms any drinker will be accustomed to. The question on everyone's lips when experiencing this is "Why do I feel like this?" and "How do I make it stop?"Piercing headacheWhy you've got it?The headache is likely to be a result of an amalgamation of things, including dehydration for example. A leading theory for the cause of migraines is the dilation of blood vessels in the brain and this can explain the hangover headache as well. Alcohol causes your blood vessels to dilate as it's a relaxant and when the blood vessels in your brain dilate this will result in a headache.How to cure it?Making sure that you drink plenty of water will help your situation, but you'll be best off with some painkillers. Have a dose of paracetamol with ibuprofen and your headache should lessen, but you should bear in mind that these can irritate your stomach further.ISTOCKIrritable stomach (nausea and vomiting)Why you've got it?Alcohol is a toxin that irritates the lining of your stomach and causes it to become inflamed. In addition to this, alcohol makes your stomach produce more acid than usual, which overall contributes to the feelings of nausea.**How to cure it? ** An all-natural effective solution is taking ginger. It's so good that doctors still recommended it first-line for morning sickness. A ginger supplement or infusing it with your tea will help to settle your stomach, allowing you to alleviate some of your discomfort. Antacids will also help to combat the symptoms by neutralising excess acid.Hangxiety**Why you've got it? ** "Hangxiety" - as it's commonly referred to - is the feeling of guilt, stress or anxiety that you experience the day after heavy drinking. Drinking alcohol relaxes your body by slowing down the brain and suppressing your nervous system. When the alcohol leaves your system, your brain "wakes up" and comes back into action suddenly, causing you to feel on edge. You know the drill—chug a glass of water after every drink, load up on carbs before a long night out, don't mix alcohols and skip the ones heavy with congeners—but sometimes, all the best practices can't protect you from a hangover after a particularly indulgent night. Headaches, brain fog, nausea and drowsiness—If you know what that feels like, you know how badly you want to soothe all the hangover symptoms. We asked Dr Vishakha Shivdasani, a Mumbai-based doctor who specialises in lifestyle diseases and nutrition, and Sheela Seharawat, a Gurugram-based nutritionist for their take.1. If you're feeling drowsy or sluggishExcess consumption of alcohol makes the blood sugar levels plummet, causing fatigue and weakness. While alcohol is a sedative, it can mess with how well you sleep. Several hours after drinking, the alcohol raises epinephrine production in the body, which increases the heart rate and stimulates the body, so you're constantly waking up at night. Need to boost productivity levels the next day? "Eat a complex carbohydrate. Stay away from simple sugars which can further disturb the blood sugar balance. For instance, reach out for a banana which is loaded with potassium or eat a couple of dates as soon as you wake up," suggests Dr Shivdasani. "Grabbing an effervescent Vitamin C tablet could also help you feel recharged," says Dr Seharawat.2. If you're struggling with throbbing pain and a headacheThe ethanol in alcohol makes our blood vessels expand. This can stimulate brain nerves and result in pain, particularly the throbbing, mind-numbing type. Alcohol also affects the histamine and serotonin levels in the brain, and when combined with dehydration, makes the whole thing worse. "Be conscious of adding electrolytes to your diet your electrolytes. Focus on rehydrating your cells, especially if you're struggling with brain fog. If you are prone to hangovers or are have drunk drinks with high congener content such as whiskey, tequila and cognac, try having a glass of water in between the drinks," says Seharawat. Both pros suggest chugging water and reaching for foods/drinks rich in electrolytes, like coconut water and citrus fruits. "I suggest lime water with rock salt for a hangover-induced headache," says Dr Shivdasani. For some instant relief, you can also take an over-the-counter painkiller like acetaminophen for your headache.3. If you feel nauseous and bloatedAlcohol can cause an inflammation of the stomach lining, which can cause gastritis, which in turn, causes nausea. "Acid reflux limits water from being absorbed from the small intestine, therefore the contents of the small intestine are propelled more quickly, hence you get diarrhoea kind of symptoms along with nausea," says Dr Shivdasani. If you are feeling the cramps and have mild diarrhoea symptoms, stay away from heavy breakfast but be mindful of loading your body with electrolyte-rich fluids.4. If you're feeling low and upsetWhile you're drinking, alcohol stimulates the production of GABA which calms and the brain and blocks the production of glutamate, a neurotransmitter associated with anxiety. This combination is why you feel relaxed, happy and social on a night out. However, the brain balances this out the next morning by blocking GABA and producing more glutamate, which leaves you feeling anxious, upset and stressed out in the AM. Getting back into your regular routine, eating a balanced breakfast and spending time on a productive task can help. Also read:6 natural remedies that can help manage pain before you reach for the painkiller7 things that happen to you when you're under stressHow to beat a hangover, according to science A hangover can leave someone with fatigue, nausea, and muscle aches. People swear by certain hangover cures, but do home remedies really help?Drinking alcohol can cause fatigue, nausea, brain fog, and low mood the next day. People who are experiencing a hangover feel these symptoms partly because of the after-effects of drinking alcohol, including:dehydrationelectrolyte imbalancealcohol withdrawallow blood sugarstomach and intestine inflammationsleep disturbancesHome hangover cures aim to treat these symptoms. There is no specific food, drink, or magic pill to cure a hangover, though certain remedies can ease the symptoms in some people.In this article, we look at the effectiveness of some common methods people use to try to cure hangovers.While there is little direct research into how effective over-the-counter (OTC) drugs are for people with a hangover, certain medicines may help tackle the symptoms, as discussed below.Do anti-inflammatories help?Share on PinterestAlcohol may cause various hangover symptoms.Aspirin and other anti-inflammatories, such as ibuprofen and naproxen, are effective at relieving aches and pains.These drugs can reduce the inflammation in the body that alcohol causes to relieve headaches and muscle aches.People should use anti-inflammatories with caution when hungover, as the medication can further irritate the stomach lining. Chronic use of these drugs can lead to stomach ulcers. Some doctors caution against taking ibuprofen on an empty stomach for this reason.Do antacids help?Antacids work by neutralizing the stomach acid to relieve an upset stomach. Taking antacids can reduce nausea, heartburn, and indigestion that drinking causes. This is a good option for people who tend to feel sick when hungover.Does acetaminophen help?Avoid medication that contains acetaminophen during a hangover.The liver is the organ that breaks down acetaminophen, as it does alcohol. The body is more susceptible to the toxic effects of acetaminophen when a person drinks alcohol, and this can contribute to liver damage in severe cases.People may prefer to use anti-inflammatories, such as ibuprofen or naproxen, for pain relief instead.Rehydrating the body by drinking water may help to improve the symptoms of a hangover.Alcohol is a diuretic, which means that it increases the amount of urine a person passes. The resulting loss in fluid can cause dehydration and electrolyte imbalances. These factors contribute to a hangover.Staying hydrated while drinking alcohol could help to prevent or reduce a hangover. People can try drinking a glass of water between alcoholic drinks and just before bed.Do rehydration powders help?Many people also use sports drinks that contain electrolytes or rehydration powders to restore the balance of electrolytes in their bodies. There is no current research about whether or not this is an effective cure for a hangover.Low blood sugar levels contribute to some hangover symptoms. Eating in the morning helps regulate blood sugar levels to relieve this discomfort partially.When the body breaks down alcohol, lactic acid levels increase. This causes a drop in blood sugar levels, which can contribute towards a hangover.Eating breakfast can help to restore blood sugar to a correct level and may improve some symptoms of a hangover.A person's body also needs nutritious foods that include protein, carbohydrates, healthful fats, and vitamins to repair and recover.There is no current research to say that particular foods, such as greasy or fried breakfasts, are more effective than others. Many people believe that carbohydrates are particularly effective for "soaking up" alcohol, though research has not looked into this.The alcohol a person drinks causes oxidative stress, leading the body to produce free radicals. Antioxidants may help with this.Research has linked oxidative stress to many health conditions, including heart disease and cancers. Antioxidants are compounds that help mop up these free radicals.People may benefit from eating foods high in antioxidants to reduce the negative effects of drinking alcohol.Good dietary sources of antioxidants include:berriescherriesgrapespomegranatescarrotspinachgingerdark chocolatesnuts and seedsgreen and black teasCoffee and other caffeinated drinks act as stimulants, which may improve the feelings of fatigue that come with a hangover.Coffee, black tea, and green tea contain some antioxidants that may reduce the adverse effects of alcohol consumption.However, drinks that contain caffeine are diuretics, which may worsen the effects of dehydration in the body. Caffeine does not alter a person's blood alcohol content, so it does not reduce the health risks relating to drinking alcohol.Despite the prevalence of hangovers, there has been little research into developing effective treatments. Of the studies that are available, most are of low quality and remain inconclusive.Many factors can affect the severity and length of a person's hangover, which makes it difficult for scientists to study potential hangover cures. Elements include:the type and amount of alcohol a person drinkshow often they drink alcoholsex and agebody typebiological factorspersonality differencesSome people may even have a genetic disposition for worse hangovers than others.Scientists have to rely on people's self-reported hangover symptoms, which may vary between people and depend on day-to-day factors, and these are very difficult to control scientifically.The lack of research has left room for a wide range of myths to develop about the best ways to cure a hangover, most of which rely on anecdotal evidence.Businesses may also make claims about specific cures to sell their products, despite little or no scientific basis.Share on PinterestEating a meal before drinking alcohol can reduce the effects of a hangover.While there are no scientifically proven hangover cures, people can effectively prevent a hangover from happening in the first place.Several factors may help to reduce the severity of a hangover, such as:Drinking in moderation. The one sure way to avoid a hangover is by not drinking alcohol. People can usually guarantee a milder hangover if they drink less alcohol the night before.Avoiding congeners. Some alcoholic drinks produce worse hangovers than others. Drinks with high congener content are more likely to cause a hangover, including whiskey, cognac, and tequila. Vodka, rum, and gin are low-congener drinks.Getting enough sleep. Alcohol can affect the quality of a person's sleep, so sleeping more may help reduce a hangover.Staying hydrated. Drinking water while drinking alcohol can help counteract the diuretic effects of alcohol to reduce dehydration, which can contribute to headaches and other hangover symptoms.Eating food before drinking. Food can reduce the amount of time it takes for alcohol to enter into the bloodstream, keeping the blood alcohol levels lower. This could reduce the effects of a hangover.The amount of alcohol that causes a hangover will vary from person to person. As a result, determining how much alcohol causes a hangover will involve some trial and error. It can help to be aware of alcohol guidelines set by the government.There is currently no such thing as a cure for hangovers. Certain home remedies can help people manage some hangover symptoms, including taking anti-inflammatories or antacids, eating a nutritious breakfast, rehydrating, and eating foods that are rich in antioxidants.However, there is little reliable research in this area. Until more systematic research is available, it is not possible to provide firm guidelines on dealing with hangovers.Abstaining or drinking alcohol in moderation is the best way to avoid a hangover. People can reduce the severity of or prevent a hangover by getting enough sleep, staying hydrated through the night, and avoiding drinks with congeners.Read the article in Spanish

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