O, hangover!

Hangover - an unpleasant thing. Moreover, that the head is literally split in pain -

You just turned off the life of at least half a day. Get behind the wheel in this state - is simply dangerous to life and others.

So how do you avoid this monster?

The most intelligent agent - is to drink only the amount of alcohol that your body is able to safely neutralize. Pre-set limit myself and just pretend that sips his glass, leaving it intact. Try to force yourself to go to the event, when it begins to turn into a banal booze. Absolutely no need to spoil the memories of an anniversary or a corporate event. Words and physiology of a drunk person, more often, the spectacle disgusting. More so that you can be that person.

  If hangover is done, first of all, do not hesitate to wash out the stomach, it will speed up recovery. Drink water with activated carbon. Try to sleep. If after sleep will be a headache, take a pill for a headache. It is not advisable to eat better, drink yogurt, brine or water with lemon for rehydration and recovery of trace elements. Take a contrast shower.

And try to remember this experience to keep the situation under control in the next time.