

NEW YOU

SPECIAL REPORT

HANGOVERS – FOR PEOPLE OVER 30

Many people know firsthand, a night of drinking can leave us feeling pretty rough the next day. Headaches, nausea, and fatigue are just a few of the common symptoms of the dreaded hangover. However, did you know that proper hydration can help avoid these unpleasant after-effects of alcohol consumption?

When we drink alcohol, our body's natural process of removing toxins is interrupted. Our liver and kidneys are responsible for filtering out harmful substances from our body, but when we consume alcohol, they become overworked, and our body's ability to remove toxins is slowed down. This can lead to dehydration, which is a significant factor in the development of hangover symptoms.

Proper hydration can help alleviate hangover symptoms by replenishing the fluids lost during alcohol consumption. When we are dehydrated, our body's cells cannot function at their optimal level. This can lead to a host of negative effects, such as headaches, dizziness, and fatigue. By drinking water before, during, and after drinking alcohol, we can help prevent dehydration and these unpleasant symptoms.

The Krebs cycle, also known as the citric acid cycle, is a vital metabolic process that occurs in our body's cells. It is responsible for producing the energy that our cells need to function correctly. However, when our body is dehydrated, the Krebs cycle can be disrupted, leading to a decrease in energy production, which is one reason we feel so tired after a night of heavy drinking.

As we age, our body's ability to regulate fluid balance decreases, making us more susceptible to dehydration. This can result in a more significant impact on the Krebs cycle, leading to a decrease in energy production and a greater likelihood of experiencing more severe hangover symptoms, especially for those over 30.

By drinking plenty of water before, during, and after alcohol consumption, we can help avoid dehydration and its negative effects on our body's metabolic processes, such as the Krebs cycle. So next time you plan on drinking, make sure to have a glass of water in hand to keep yourself properly hydrated and avoid a hangover.