

## Practical Preventable Medicine



### FESTIVE SEASON DAMAGE CONTROL!

Well December is here and parties and festive season warms up, not to mention daylight savings and somehow from here to Christmas there are many reasons to get and down a few cool ales or wine or what have you. Next thing you know all that hard work you have, (or intended to) have done to shape up or detox comes unravelling. So this month I thought I'd get in early with some tips on how to minimise the negative effects of all that extra alcohol, rich foods and what-have-you!

Firstly we all know moderation is the key but how to achieve this in the heat of the moment? Water, water, water! If you can manage to get a glass of water in after each drink (or every second at least) it makes the world of difference for 3 reasons, 1. I give your Liver a break and a chance to flush out some alcohol 2. Rehydrates your body as most of the horrible effects of a hangover is dehydration, the headache, dry mouth etc. And 3. It fills you up a little which slows your drinking down. You'll still have fun, trust me!

Next morning there are also some easy things to do to help our livers and heads. Importantly have a good breakfast as when you have a good feed you use a heap of bile which the liver makes so it gets a good flush. Don't try the 'hair of the dog' trick as it's just more damage, instead have some B group vitamins handy or there are now a few good 'morning after' remedies on the market, check your Chemist or supermarket but ones with B group vitamins and Ginseng are good. Also water with a big squeeze of lemon is great.

And finally the Bao Ji Wan pills I spoke of a few months back for gastro are fabulous for a nasty hangover as it clears what we call 'damp-heat' and restores your head, bowl and humour back to normal.

Always eat well before you go out and aim to have a good time without bingeing, it really does kill brain cells and damages the liver which is why it makes you grumpy.

Have fun this season and stay well

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