

# Five common myths that won't cure your hangover

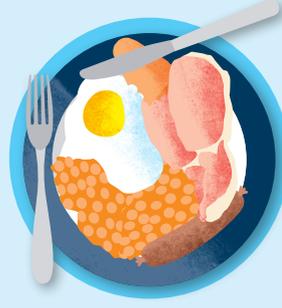
## 1 Drink more alcohol



Drinking again will only delay your hangover. Alcohol is a diuretic, making you urinate more and leaving you dehydrated.

**Tip:** Drink plenty of water to rehydrate.

## 2 Have a fry-up



Drinking can cause you to lose nutrients through urine. So your body will benefit more from a nutritious breakfast.

**Tip:** Try a banana or kiwi to replenish your potassium stores.

## 3 Sweat it out



Your body won't thank you for an intense workout if you're already dehydrated from alcohol.

**Tip:** Opt for a gentle stroll in the fresh air instead.

## 4 Drink lots of coffee



Caffeine is a diuretic, although not as dehydrating as alcohol.

**Tip:** Limit your intake to one cup and then switch to water and fruit juice.

## 5 Eat at the end of the night



Fast food can irritate your stomach and pile on the calories.

**Tip:** Eating before you start drinking is better, as it will slow the absorption of alcohol.

## Know your limits

The guideline for both men and women is 14 units of alcohol a week. These should be spread out across the week. So know your limits, stay safe and drink responsibly.

