



dr.cory  
www.drcory.com

## Tips for Preventing a Hangover

1. DRINK LESS!
2. STAY HYDRATED. DEHYDRATION IS ONE OF THE MAIN CAUSES OF HANGOVERS.
3. ALTERNATE ALCOHOLIC BEVERAGES WITH WATER.
4. USE CLUB SODA AS A MIXER RATHER THAN SWEET FRUIT JUICES OR SODA. THE SWEETER THE DRINK THE MORE LIKELY THE HANGOVER.
5. DARKER ALCOHOLS HAVE SUBSTANCES THAT INCREASE HANGOVERS.
6. CHEAP BOOZE IS MORE LIKELY TO CAUSE A HANGOVER DUE TO TOXINS (CONGENERS) THAT ARE CREATED DURING LESS EXPENSIVE DISTILLATION PROCESSES. SO IF YOU ARE GOING TO DRINK, DRINK THE GOOD STUFF! EAT BEFORE YOU DRINK. DON'T DRINK ON AN EMPTY STOMACH.
7. USE ONE OF [DR.CORY'S BOOZE PAX](#) BEFORE AND AFTER DRINKING
8. IF YOU DRINK REGULARLY, HAVE A BOTTLE OF [ALCOHOL DETOX CAPS](#) ON HAND AND TAKE 2-6 CAPS WHEN YOU DRINK