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Dr. Joe

Hello!

Thank you very much for downloading this eBook. It contains the Introduction and Chapter One of Dr. Joe's Everything You Ever Wanted to Know About Hangovers (But Didn't Know Where To Ask). The entire book can be purchased from eBookMall for the low price of \$4.95, and includes useful information such as hangover prevention strategies, how to deal with the unpleasant after-effects of over-indulging, and basic facts about alcohol, such as how it's made, its content in various drinks, and how it's processed your body.

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DISCLAIMER

The material in this book is provided for informational purposes only, and is not intended to be taken as medical or psychological advice or recommendations. Readers who have specific questions regarding their condition or treatment should consult with a qualified healthcare professional.

Readers of **EVERYTHING THAT YOU EVER WANTED TO KNOW ABOUT HANGOVERS (BUT DIDN'T KNOW WHERE TO ASK)**

comment:

“I always wondered what actually caused me to feel so lousy after a night out partying. Thanks for answering my questions.”

Charlie M.

“There’s a lot of information written in a very informal readable style. My wife and I couldn’t put the book down!”

Harry & Anne V.

“I especially liked the part about the morning-after remedies. It’s helped.”

Steve C.

“Your book was one of the best investments I’ve ever made! It’s definitely helped me reduce the amount of time I spend being miserable.”

Bryan W.

“I’m planning to give the book as a Christmas gift to some of the guys I work with. God knows, they need it!”

Mary S.

“If they gave out a Nobel prize to people who make contributions to the lives of people who like to party, I would nominate you!”

Kevin W.

“A lot of good, factual information written in a very readable style.”

Dr. Christopher T.

“I’ve become the ‘go to guy’ when people have questions about hangovers. Now they have to respect my authoritah!”

Tony B.



“He is a wise man who invented beer”
-Plato

“Beer is proof that God loves us and wants
us to be happy”
-Benjamin Franklin

“To alcohol: The cause of and solution to all
of life’s problems!”
-Homer Simpson

INTRODUCTION

Intro

One of the underlying premises of this book is that responsible use of alcohol can add to the quality of life. Beverages containing alcohol have been incorporated for thousands of years in everything from our most joyous celebrations to some of our most solemn religious ceremonies. Alcohol has been, and continues to be used in many medicinal preparations. Alcoholic beverages are a part of fine dining experiences, and most of us can relate to the fellowship and good feeling that is shared over a few drinks with good friends or the sense of contentment that comes with a well-earned drink after a long, hard day. However, like many things in this world, alcohol has its negatives as well as positives. Alcohol use has probably caused as much pain and suffering as it has given pleasure. The purpose of this book is to focus on one of the more common “pain” experiences associated with alcohol, with the hope that if we can better understand (and therefore reduce the frequency of) hangovers, we can also eventually impact on other negative aspects of alcohol use in a positive way.

Some of my fondest memories are from my college days, when “the guys” (at least those of us without dates) would go out to a local establishment to have a few beers and engage in the type of talk and shenanigans that college guys generally engage in. On occasion, I would wake up the next morning feeling absolutely awful, wondering if anyone got the number of the truck that ran me over.

However, being the curious type, I also wanted to **understand** what exactly was happening that made me feel so miserable. I had always been curious about the “whys” and “hows” of things, especially things that I experienced first-hand. In fact, the causes of hangovers were a topic that would occasionally come up for discussion with “the guys”, interspersed between other serious topics such as (not necessarily in order of importance) solving the world’s problems, the meaning of life, what **really** happens when a tree falls in the woods without anybody around to hear it, sports, jokes (usually about sex and/or bodily functions), and members of the opposite sex. However, when it came to hangovers, I never felt that we really got to the bottom of the matter. One of the guys who was named Arnie spoke authoritatively on this topic. Although Arnie had rather impressive credentials (he had bar-tended once for three months at a country club during his Summer break from college), I remained skeptical that he really knew the whole answer, and at the time I didn’t know where to go or whom to ask in order to satisfy my curiosity.

A few years have gone by since those days, and although I still enjoy having a beer or two, it’s usually at home in front of the TV after the kids have been put to bed. Not as many beers, but also (thankfully) not nearly as many mornings after. However, my curiosity still remained, and I eventually hit the books and the Internet to find out some answers. My understanding of the subject was also helped by the fact that in the years after my college days I went on to get a Ph.D. in Psychology and completed extensive post-doctoral work in psychopharmacology.

My guess is that there are a lot of others out there who are curious about the “whys” of things

they have experienced. I **know** there are a lot of others out there who have had similar experiences to mine--from enjoying time spent with “the guys” (or for that matter, “the girls”) over a few beers, to unfortunately, living through the aftermath of overindulgence. It is for those people who are always asking “why” that I wrote this book. I’ve tried to walk a line between giving serious, factual information while not getting into the kind of technical detail you’d find in a textbook (couldn’t you imagine a course entitled “Hangovers 101”? Would the final exam be a written or a practical?). Besides satisfying your curiosity, the information in this book has a practical application, in that if you **understand** hangovers, you will also be better able to **prevent** them, and if necessary, better treat the symptoms. It also might help you win a bar-bet or two!

This book is organized in the following manner:

CHAPTER 1 discusses a few thoughts regarding the morning-after experience and the state of our present knowledge about the causes and “cures” of this phenomenon.

CHAPTER 2 deals with some basic facts about alcohol, such as how it’s made, its content in various drinks, and how it’s processed by our bodies.

CHAPTER 3 focuses on the effects that alcohol has on us, with a special emphasis on the brain.

CHAPTER 4 covers the various factors that have been implicated in hangovers. You’ll see that they can be a rather complex phenomenon.

CHAPTER 5 discusses a way of “thinking about drinking” which can help to foster moderation and self-pacing. Although abstinence is the only absolutely fool-proof preventive strategy, I’ve assumed that if you’re reading this you probably intend to indulge on at least some future occasions. Given this, moderate and self-paced drinking is obviously a good hangover prevention strategy (not to mention the many other reasons why this is a good idea).

CHAPTER 6 lists hangover prevention strategies you can use in addition to moderate and self-paced drinking.

CHAPTER 7 offers some strategies in case (despite your best preventive efforts) you have to deal with the unpleasant after-effects of over-indulging.

CHAPTER 8 includes a discussion for those readers for whom frequent hangovers may be a sign that there is a problem. Many would agree that not everyone who has had a few hangovers has a problem with alcohol. However, frequent episodes, especially in the presence of other factors, can suggest that some honest self-examination could be helpful. A brief discussion of resources and treatments is included for those who may want or need this information.



Cheers to healthy and happy drinking!

THE MORNING AFTER

Some General Thoughts

The morning light wakes you as it filters through your still-closed eyelids, causing your head and eyes to ache. Your mouth is as dry as if it's been stuffed with cotton, and the term "morning breath" is putting it mildly. You groan and pull your pillow over your head, but you can still feel the pounding of your pulse, as each surge of blood seems to hammer away at your brain. You finally get up and stumble to the bathroom feeling light-headed, weak, sweaty, and queasy. If you're religious, you might promise God that you'll **never** drink again if only He will, in His infinite mercy, spare you the agony of the next few hours.

If you can identify with this scenario (and if you're reading this book, you probably can), you know first-hand the classic symptoms of a hangover. The fact that millions upon millions of people have had this experience (and lived to tell about it) is little consolation to you when you're going through a rough "morning after".

You've probably heard all kinds of theories about what causes hangovers as well as so-called hangover "cures". Hangovers are actually the result of a number of factors, and most explanations of causes or "cures" address only part of the whole story. Because of this, there isn't a "universal cure" that works 100% of the time for everyone except for the passage of time. However, there **are** things you can do in order to address some of the major factors. Although I can't promise you a cure, I **can** say that you can at least make the passage of time a bit more bearable.



On a serious note, I need to mention that although what you will read in this book will help you to alleviate some of the misery associated with the morning-after experience, it's important to remember that hangovers are our bodies' way of telling us *that we have abused ourselves*. Hopefully, we are able to learn something from our experiences.

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Hangover Helper

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Hangover Helper is a scientifically formulated morning after remedy that addresses many of the causes of hangovers that you've read about in this book. The makers of Hangover Helper are offering a special rate to Dr. Joe readers because they believe that an educated consumer makes a good customer! We've made arrangements for our readers to have a special password, so the folks at Hangover Helper know who you are.

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