

Forum:[Hack Forums](#)

Thread: [Best hang over cure ?](#)

littleblueguy24 - December 17, 2022, 9:42 am

Half a bottle of brandy and 5 espressos later I feel the hang over starting need the cure. What do you suggest?

Lyrica - December 17, 2022, 9:43 am

Begin drinking water yesterday.

AbnormalOne - December 17, 2022, 11:51 am

A pint of water drunk just before going to bed used to work ok for me. A lot of hangover is just dehydration.

Yin Yang - December 17, 2022, 12:12 pm

Advil/Alevee and water would help.

SSH - December 17, 2022, 4:55 pm

Drink tons of water before going to bed,
will flush your system and lessen the hangover
and sometimes you won't even have one.

Rule #1: Drink more water than you drank liquor.

Rule #2: Try to eat.

Rule #3: Caffeine

.RTCX - December 17, 2022, 6:42 pm

Step 1. Don't drink
Step 3. No hangover
Step 5. Profit

??

whatareya - December 17, 2022, 9:10 pm

drink some pickle juice before you go to bed. Its supercharged electrolytes

littleblueguy24 - December 18, 2022, 6:44 am

(Dec 17, 2022 12:51 PM)AbnormalOne Wrote: [\[CITE\]](#) A pint of water drunk just before going to bed used to work ok for me. A lot of hangover is just dehydration.

Same here usually

630 - December 18, 2022, 6:47 am

If you know there will be a hangover then a large glass of water the night before and then continue with water when you wake up. Gatorade / sports drinks are nice too.

Yin Yang - December 18, 2022, 6:47 am

(Dec 18, 2022 07:44 AM)littleblueguy24 Wrote: [\[CITE\]](#) Same here usuallyDid you eat? A big breakfast helps

littleblueguy24 - December 18, 2022, 6:57 am

(Dec 18, 2022 07:47 AM)Yin Yang Wrote: [\[CITE\]](#) Did you eat? A big breakfast helps Perpetually yes.

Bastille - December 18, 2022, 7:29 am

Too late but the next time drink 1 glass of water between each glass of alcohol, works perfectly to avoid hangovers

?nxy - December 18, 2022, 7:42 am

Xanax, Tylenol, and a good vape works good for me.

JustHereToBuyStuff - December 18, 2022, 8:26 am

From a guy who served in the navy the best cure is to start drinking again but lighter

Oxidation - December 18, 2022, 8:33 am

(Dec 18, 2022 08:42 AM)Viper The Rapper Wrote: [\[CITE\]](#) Xanax, Tylenol, and a good vape works good for me.
spoken like a true full blown addict

Bentley - December 18, 2022, 8:40 am

Typically any sports drink like Gatorade since it hydrates you quicker. The brand 'LiquidIV' makes powder for your water and it works amazing. It's pretty much the same as Gatorade but stronger. Pricey too.

Komodo - December 18, 2022, 5:02 pm

You can't get a hangover if you just never stop drinking.

LostViking - December 19, 2022, 2:25 am

don't mix suger into any of the drinks, aka soda, drink strong only and water with salt before bed. Never get hangover.

Smexy - December 19, 2022, 2:37 am

A really cold shower and a really hot coffee does the trick for me.

Terax3 - December 19, 2022, 4:08 am

I drink maybe 25cl of whisky at least, every night. Can not sleep otherwise, too many demons. So basically what you can do to get no hangover overall is drink fluid replacement. It is something that we got here in norway. It is a lot of salts, including electrolytes Something closely would be maybe "Wiggle Nutrition Hydration Tablets".

It is very popular in Scandinavia where drinking 4 days a week is popular. Everyone I know takes them.

You need to take 1 before bed and 1 after waking up. Also a lot of water of course.

This has worked for me for over 10 years. And it is all you got to do.

This requires you to of course have a healthy lifestyle meaning that you eat as usually, drink regular water as usually etc.

Sometimes this does not work, usually when its warm outside somehow. Then backup is always a bucket with ice and water, drown your face it in and whoila - hangover begone. 100% legit.

Advil will always take away any eventual headache.

Good luck :)

Diabolic - December 19, 2022, 11:47 am

(Dec 18, 2022 06:02 PM)Komodo Wrote: [\[CITE\]](#) You can't get a hangover if you just never stop drinking.
?

It's funny that this is true for me at least. If I just keep on drinking as the night goes on, I don't feel as bad as the night ends. Meaning I don't wake up feeling as bad. It's definitely backwards logic but never fails me. Drinking a pint of water before I sleep and a solid breakfast in the morning usually sorts out any grogginess I would generally have too.

Komodo - December 19, 2022, 11:49 am

(Dec 19, 2022 12:47 PM)Diabolic Wrote: [\[CITE\]](#) ?

It's funny that this is true for me at least. If I just keep on drinking as the night goes on, I don't feel as bad as the night ends. Meaning I don't wake up feeling as bad. It's definitely backwards logic but never fails me. Drinking a pint of water before I sleep and a solid breakfast in the morning usually sorts out any grogginess I would generally have too.

Water beer water beer has also never failed me.

I really don't get hangovers anymore unless I black out.

Dorrance - December 19, 2022, 11:53 am

Simply pickles, the vinegar cleans your system.

Rionxee - December 19, 2022, 1:24 pm

There are a few ways I try to mitigate hangovers. First, drink a shit ton of water before you fall asleep and take some xanax. Wake up, take more xanax and sleep.

If you have things to do the next day then you really need to take an adderall and start hydrating right away. I've also found that cold showers and filling up a bowl with water and ice and plunging your face into it and holding your breath for 10 seconds a few times helps the divers reflex.

If it's a weekend then I get brunch, hair of the dog, and go back home to sleep. Of course, if it's too bad then I call one of the IV hydration concierge services and get a banana bag drip going.

Komodo - December 19, 2022, 1:25 pm

(Dec 19, 2022 12:53 PM)Dorrance Wrote: [\[CITE\]](#) Simply pickles, the vinegar cleans your system.

I'm gonna be honest I can't imagine waking up feeling like shit and grabbing some pickles out of the fridge to eat.

Turns my stomach just thinking about it sober.

neightworks. - December 19, 2022, 1:30 pm

1 bottle of water for every shot worth of alcohol you took.

Mr Nitro - December 19, 2022, 2:00 pm

Waffle House chili crackers and coffee, thank me later !!!

theDuke - December 19, 2022, 2:02 pm

Liquid IV. You can get a sample online I think. It's basically a water enhancer. I don't get hangovers much, but if I'm feeling shitty one morning I just sip on one of those and I'm fine. Also Kratom can cure a hangover in like 5 min, but you don't wanna mess with that if you don't need to.

jcole - December 19, 2022, 2:02 pm

(Dec 17, 2022 10:42 AM)littleblueguy24 Wrote: [\[CITE\]](#) Half a bottle of brandy and 5 espressos later I

feel the hang over starting need the cure. What do you suggest?

So you cure your hang over by drinking more alcohol? I don't think that would be my go to method. I remember drinking almost a liter of some cheap whiskey not to long ago, and was sick for the entire day afterwards and longer honestly. I felt like I got poisoned. I just drank water and lemon-lime gatorade to try and replenish my bodies electrolytes. I also puked a lot so I was dehydrated.

Edit: I'm sorry that I read your post wrong and thought you were drinking more to cure a hangover.

Dorrance - December 19, 2022, 2:51 pm

(Dec 19, 2022 02:25 PM)Komodo Wrote: [\[CITE\]](#) I'm gonna be honest I can't imagine waking up feeling like shit and grabbing some pickles out of the fridge to eat.

Turns my stomach just thinking about it sober.

Shot of apple cider vinegar will clear your system. I'm telling you try it, water doesn't do it for me tbh makes it worse.

FigStreet - December 19, 2022, 2:54 pm

All you have to do is have the foresight to keep electrolytes on hand. Drink them with 16 oz of water before you pass out and you'll hardly be able to tell you drank the day before.

Nostre - December 19, 2022, 3:26 pm

I was actually hungover yesterday and felt like death. I drank tons of water and that seemed to help. It reminded me of the reasons why I don't drink often. ?

Carrot - December 19, 2022, 3:45 pm

(Dec 17, 2022 10:42 AM)littleblueguy24 Wrote: [\[CITE\]](#) Half a bottle of brandy and 5 espressos later I feel the hang over starting need the cure. What do you suggest?

I suggest that you drink plenty of water to rehydrate, get some rest, and take an over-the-counter pain reliever, such as ibuprofen or acetaminophen, to help with the headache. You should also try to eat a nutritious meal and avoid any more alcoholic beverages until your symptoms have cleared up.

Eran - December 19, 2022, 11:44 pm

I rarely get hangovers anymore because I drink lots of water with alcohol. 2 shots, 1 glass of water. 2 shots, 1 glass of water. Repeat. It really does wonders. The other night I finished a whole bottle of whiskey by myself and I barely felt anything the morning after because I drank lots of water along with it.

Charlie Sheen - December 20, 2022, 1:52 am

I go with gatorade, ibuprofen and tons of sleep. Sometimes if its really bad, I make myself throw up. I don't really drink anymore though.

SecureOp - December 20, 2022, 1:53 am

Don't mix alcohol. If you mix it you get shifted - just stick to one lane and abuse it.

MightyOne - December 20, 2022, 2:13 am

Honestly?

I found that the best hangover cure is to do a cold shower in the morning and 2 cups of orange juice.

The sugar in it just boosts you up and the cold shower drains everything from you.
its great

SecureOp - December 20, 2022, 2:22 am

(Dec 19, 2022 04:26 PM)Genuine Wrote: [\[CITE\]](#) I was actually hungover yesterday and felt like death. I drank tons of water and that seemed to help. It reminded me of the reasons why I don't

drink often. ?

It's always the same on the day you feel shit. As soon as I encounter that feeling I'm sober for another 3 months lol.

Sick - December 20, 2022, 2:25 am

For me if i've been on the drink then next day it's a full breakfast for me and it does seem to help or i either have another drink but not as much as the night before .. Also found if your having a drink Baileys with crushed ice is good the next day !

houdini0x - December 20, 2022, 4:34 am

A lot of water and electrolytes, as well if you are in Europe there should be a medicine called Rehydron. Pharmacist speaking.

Framework - December 25, 2022, 8:37 am

(Dec 17, 2022 10:42 AM)littleblueguy24 Wrote: [\[CITE\]](#) Half a bottle of brandy and 5 espressos later I feel the hang over starting need the cure. What do you suggest?
2-3 liters of water fixes it for me.

pms - December 25, 2022, 8:42 am

Another drink is always the best cure, but otherwise. Shower, pizza and a monster does it for me.

Nate - December 26, 2022, 3:04 pm

I be drinking gateraid and gettng some eggs and hash browns

iNviZ - December 26, 2022, 3:29 pm

Wait till noon, man up till then.

iiFinance - December 26, 2022, 6:05 pm

Drink tons of water before going to bed. Preferably, a gatorade or pedialyte. This will literally save you.

Hangovers are mostly dehydration for me, next morning I need to drink literally a gallon of water to stop having a dry throat.

J?ey - December 26, 2022, 6:34 pm

Don't normally get hangovers, but always have some Pedialyte/Liquid I.V. handy for the next morning

littleblueguy24 - December 26, 2022, 10:12 pm

(Dec 26, 2022 04:04 PM)N?te Wrote: [\[CITE\]](#) I be drinking gateraid and gettng some eggs and hash browns

That sounds pretty fire there son

Silence-0 - December 26, 2022, 11:38 pm

Eat some hot soup, take a cold shower, yoga, or just simply drink 0.3 dl beer, or wein. But no more than 0.3 dl.

littleblueguy24 - December 26, 2022, 11:56 pm

(Dec 27, 2022 12:38 AM)Silence-0 Wrote: [\[CITE\]](#) Eat some hot soup, take a cold shower, yoga, or just simply drink 0.3 dl beer, or wein. But no more than 0.3 dl.

Sorry for the ignorance what's a dl?

Silence-0 - December 27, 2022, 12:41 am

(Dec 27, 2022 12:56 AM)littleblueguy24 Wrote: [\[CITE\]](#) Sorry for the ignorance what's a dl?
No problem :) dl = deciliter, it is a unit, in europe we use that.

I think in the us people use qt or gallon, something like that.

littleblueguy24 - December 27, 2022, 1:33 am

(Dec 27, 2022 01:41 AM)Silence-0 Wrote: [\[CITE\]](#) No problem :) dl = deciliter, it is a unit, in europe we use that.

I think in the us people use qt or gallon, something like that.
I'm in the Phillipines . Us is fine dl 404s me.

Silence-0 - December 27, 2022, 2:03 am

(Dec 27, 2022 02:33 AM)littleblueguy24 Wrote: [\[CITE\]](#) I'm in the Phillipines . Us is fine dl 404s me.
By the way i wrote it wrong, 0.3 dl is nothing, i wanted to write 3 dl... :D 3 dl wine or beer and hangover is gone.

littleblueguy24 - December 27, 2022, 2:08 am

(Dec 27, 2022 03:03 AM)Silence-0 Wrote: [\[CITE\]](#) By the way i wrote it wrong, 0.3 dl is nothing, i wanted to write 3 dl... :D 3 dl wine or beer and hangover is gone.
You seem fun private message me

lokeshjoshi - December 27, 2022, 3:14 am

As When alcohol is consumed, it is mainly converted into acetaldehyde (an intermediate metabolite of alcohol metabolism) by the liver. Acetaldehyde at higher concentrations leads to unpleasant after-effects such as fatigue, headache, nausea, vomiting, body ache, burning sensation in the stomach, and drowsiness.

If I have enough time, I do the following things in the morning:

- 1: Work out:
- 2: Drink water.
- 3: Shower:
- 4: Eat Eggs:
- 5: Drink coffee:

Dialog - December 27, 2022, 3:39 am

Stay hydrated, eat a big ass omelet with bacon and cheese, and then take a bath. Depending on how severe the hangover is, perhaps a light workout.

baka~ - December 27, 2022, 9:09 am

Best trick you can do while drinking is to not mix different kind of alcohol. If you start the evening by drinking beer then keep drinking beer for the rest of the night. There's a tendency to drink a lot more alcohol if you mix it up. Also lot's of water the day after and rest. Get some fatty food aswell.

homelessduck - December 27, 2022, 1:09 pm

Best cure is to just keep drinking

pms - December 27, 2022, 1:20 pm

Had a hangover today and my cure was a long shower and some thai food and a redbull.

ScottyS65 - December 27, 2022, 3:32 pm

shit load of water bro works everytime for me

Nate - December 27, 2022, 10:28 pm

(Dec 26, 2022 11:12 PM)littleblueguy24 Wrote: [\[CITE\]](#) That sounds pretty fire there son
No cap ids the best go to meal for me after a night out

dovyd - December 28, 2022, 12:44 pm

Water in ya mouth
Cold water shower or bath
go back to sleep

littleblueguy24 - December 28, 2022, 12:44 pm

(Dec 28, 2022 01:44 PM)dovyd Wrote: [\[CITE\]](#) Water in ya mouth
Cold water shower or bath
go back to sleep
I like this. I like this a lot.

CyberRonin - December 28, 2022, 4:30 pm

Plenty of water and a shot of apple cider vinegar

littleblueguy24 - December 28, 2022, 4:59 pm

(Dec 28, 2022 05:30 PM)CyberRonin Wrote: [\[CITE\]](#) Plenty of water and a shot of apple cider vinegar
I should try this.

pms - December 29, 2022, 3:24 am

(Dec 28, 2022 06:03 PM)Focus Broken Wrote: [\[CITE\]](#) The best hangover cure is more alcohol,
obviously.
Brother this method works so well in the summers.

The - December 29, 2022, 4:22 am

“Aspirin, cold Coca-Cola, smoke a joint, eat some spicy Szechuan food – works every time.”
- Anthony Bourdain

protege - December 29, 2022, 4:40 am

your liver only burns 1oz of alcohol per hour so its a time thing

Yanix - December 29, 2022, 4:42 am

Have you tried 7-11 slurpee or Wendy's frosty?

RAT - December 29, 2022, 6:19 pm

Tomato Juice
Hamburgers
Tons of water
Different kinds of Vitamin B
Electrolytes
Sleep a lot
Aspirin C - if headaches

littleblueguy24 - December 30, 2022, 4:17 am

(Dec 29, 2022 07:19 PM)RAT Wrote: [\[CITE\]](#) Tomato Juice
Hamburgers
Tons of water
Different kinds of Vitamin B
Electrolytes
Sleep a lot

Aspirin C - if headaches
Sounds good to me.

Nuworld - December 30, 2022, 8:30 am

Toco bell and a beer ?
Works for me

pms - December 30, 2022, 11:27 am

(Dec 30, 2022 09:30 AM)Nuworld Wrote: [\[CITE\]](#) Toco bell and a beer ?
Works for me
Taco bell get's the stomach working again to, to get all that drank out.
works great!

mansman - December 30, 2022, 3:11 pm

(Dec 17, 2022 10:42 AM)littleblueguy24 Wrote: [\[CITE\]](#) Half a bottle of brandy and 5 espressos later I feel the hang over starting need the cure. What do you suggest?
I don't allow my self to get hangover, after a bottle or two I drink a bottle of water, then drink the next two bottles.

Then after the next two bottles i drink a tonic and eat something. After the next two water again and the cycle continuous,

Badgers - December 30, 2022, 4:07 pm

an electrolyte drink and you feel normal again.

Hey_Art_Em - December 30, 2022, 9:26 pm

hydration and glucose. all kind of non alcoholic beverages are good. food: whatever you crave will be good. if you have some vitamins and magnesium throw it into the mix. don't overthink it. drink a lot and eat.

Alternative from Polish friends, drink more, don't get sober.

mdkgr123 - December 31, 2022, 3:33 am

A lot of water, food and sugars specifically help.

shadowghost - January 8, 2023, 9:35 am

You need to hydrate yourself before drinking, hydrate yourself during drinking and don't drink too much. If you have a hangover, tomato juice + a lot of water + fresh air + cold shower will be the cure.

Baby - January 8, 2023, 12:48 pm

My hangover cure has never really changed. Plenty of water, and iced Matcha from Starbucks & a burger. Got me feeling golden afterwards.

NetworkingYaDig - January 9, 2023, 8:51 am

Do a little meth and you'll be good.

eddberkel - January 9, 2023, 12:07 pm

The trick is actually to drink tons of water while drunk, which makes the hangovers a lot more manageable.

MAMBA - January 9, 2023, 1:59 pm

Start drinking coca cola will help you

Purgatory - October 2, 2024, 11:57 am

Fatty and greasy fucking food. Or, more alcohol lmao

DeITex - February 8, 2026, 3:44 am

You gotta pre-game the hangover. Before you drink hard pop 3-4 advils and get some extra electrolytes in your system. I personally like the liquid IV's you can get at just about any gas station. Also, if you wanna go the extra mile (I do because I HATE the headache that follows sometimes) I'll slam a glass of water every 2-3 drinks.

Then again, liquor is just poison to our system. Maybe feeling a bit sick sometimes is just what we all need to remind us that drinking heavy - though fun - shouldn't be a normal activity. We get one body in life, have fun but don't forget to take care of your "wheels".

anxom - February 27, 2026, 1:30 pm

Various IVs that you can get and learn how to give to yourself.

littleblueguy24 - March 21, 2026, 1:10 pm

Four years, a girlfriend several moves later holy shit y'all.

(Feb 27, 2026 02:30 PM)anxom Wrote: [\[CITE\]](#) Various IVs that you can get and learn how to give to yourself.

Went to nursing school. I appreciate it.

(Feb 8, 2026 04:44 AM)DeITex Wrote: [\[CITE\]](#) You gotta pre-game the hangover. Before you drink hard pop 3-4 advils and get some extra electrolytes in your system. I personally like the liquid IV's you can get at just about any gas station. Also, if you wanna go the extra mile (I do because I HATE the headache that follows sometimes) I'll slam a glass of water every 2-3 drinks.

Then again, liquor is just poison to our system. Maybe feeling a bit sick sometimes is just what we all need to remind us that drinking heavy - though fun - shouldn't be a normal activity. We get one body in life, have fun but don't forget to take care of your "wheels".

Chelada(pre-mixed Clamato and modelo or budweiser.)

Raddify - March 23, 2026, 6:32 am

(Feb 27, 2026 02:30 PM)anxom Wrote: [\[CITE\]](#) Various IVs that you can get and learn how to give to yourself.

Firstly, thread pull of the month.

Secondly, ^^ this is the way but also such a bummer if you don't have NS or LR on hand -- then its back to the ol' gatorade experience.

avielderich - March 23, 2026, 11:34 am

just accept the suffering and drink water

iNviZ - March 24, 2026, 4:21 am

Just don't drink. Your welcome. /;