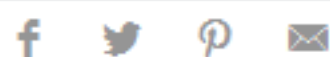


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Bartenders Reveal Their Best Hangover Cures

When a cup of coffee and an aspirin won't do the morning-after your bachelorette party, try these bartender-vetted hangover cures to feel as good as new.



By [Yelena Moroz Alpert](#) of [Martha Stewart Weddings](#)
Contributing Writer

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One of the perks of having a wedding is that it can feel like a non-stop season for parties—woo-hoo! That is, until you realize that between a million toasts and the bachelorette party shenanigans you'll likely relive your college-day hangovers. Not necessary. Here's how to avoid the aches and pains of a hangover.

1. Take your vitamins

"An ounce of prevention is worth a pound of cure," says Kent Westmoreland, head mixologist at Cocktail Bar at [Windsor Court](#) in New Orleans. Alcohol depletes your body of vitamins, particularly C and the B family, which is the primary cause of dehydration. Take a multivitamin or whip up an [Emergen-C](#) cocktail before you head out.

2. Eat like a man

If you anticipate a night of drinking, don't settle for a dainty salad. Having food in your stomach helps prevent a serious hangover. Dan Churchill, author of [DudeFood](#), recommends ordering a cheeseburger with avocado because the oils will slow down alcohol absorption. Watching your waistline? Opt for a bison burger

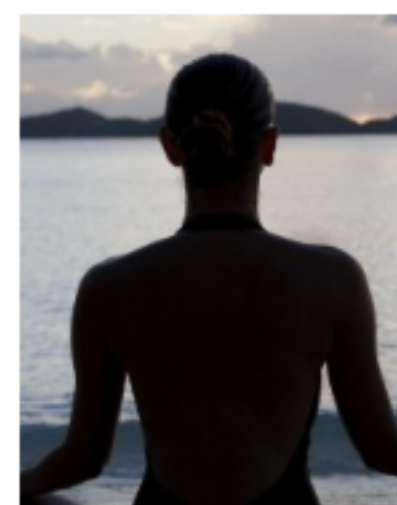
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or a piece of salmon. Either way, you'll burn it all off on the dance floor.

3. Hydrate first thing in the a.m.

You already know that drinking water is going to help flush out the alcohol, but after a rough night, wimpy H2O might not cut it. Try electrolyte-rich natural drinks to speed up your body's hydration. We are especially keen on cold-pressed watermelon juice, like [WTRMLN WTR](#), that has more electrolyte-balancing potassium than coconut water. Fun fact: it's the lack of potassium in your body that makes you feel weak and shaky in the a.m.

4. Order eggs for breakfast

"When you're hungover your body gains toxins and loses nutrients," says Chris Hannah, head bartender at [Arnaud's French 75 Bar](#) in New Orleans. "Eggs contain loads of Cysteine, an amino acid which breaks down toxins when your body can't." Who knew that an omelet has anti-inflammatory benefits? Order a side of asparagus to further detoxify our liver, according to [Journal of food Science](#).

5. Boost your sugar intake

Too many toasts can negatively impact your blood sugar. That's because when you sip Mojitos, your body is putting all of its energy reacting to alcohol toxins which interrupts regular glucose regulation—that's one of the reasons you feel lightheaded and tired. Recover like a champ with a sweet cure from a veteran bartender, Dougie of [Dougie's Bar](#) at Jakes Treasure Beach in Jamaica, who is known for his potent rum punch: mix two tablespoons of honey into a glass of orange juice, and try to remember all the fun you had at night.



ABOUT THE AUTHOR

Yelena Moroz Alpert

For Yelena, the best part of the wedding is seeing the bride and groom walk up the aisle, especially if confetti is involved. Cocktail hour hors d'oeuvres is a close second. When she isn't doling out wedding-planning advice, Yelena tests out new recipes (hello, mini-pancake tacos!) on her husband and toddler in Richmond, Va.

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