

# ANATOMY — Of A — HANGOVER

## HEART

When your body metabolizes alcohol, it creates ketones, which can make your body more acidic, leading to metabolic acidosis.

Symptoms: Arrhythmias, fatigue, and heart palpitations

## LIVER

Uses up body's stores of glutathione, an antioxidant that helps metabolize the toxic substance acetaldehyde present in alcohol, making the toxin build up. Also impairs ability to metabolize sugars.

Oxidative stress produces free radicals, which disrupt normal liver functions.  
Symptoms: Tissue damage, sweating, vertigo, nausea, rapid pulse, low blood sugar, general weakness, mood disturbances, brain fog, fatigue, and prolonged recovery time

## CENTRAL NERVOUS SYSTEM

Slightly toxic chemicals known as congeners are what give alcohol most of their taste and aroma, but they also throw the nervous system out of balance.

Symptoms: Sweating, tremors, and sensitivity to light, sound, and touch

## SLEEP CYCLE

When alcohol is being consumed, the alcohol shuts down glutamine production. Glutamine is a naturally occurring stimulant. Once alcohol consumption stops, the body over-produces glutamine, which is called the "glutamine rebound." This rebound leads to disturbed sleep cycle, fast heart rate, sweating, and high blood pressure. The final result is a poor night's sleep, fatigue, and impairment of natural healing processes. A good night's sleep is critical to the body's ability to heal.

Symptoms: Fatigue, impairment of natural healing processes, and heartburn

## BRAIN

One of the key issues with hangovers is inflammation in the brain. Congeners (other toxic substances in bottles of liquor) as well as waste products of actual alcohol metabolism lead to irritation of brain cells and membranes. This causes headache, nausea, confusion, and irritability. Most of us feel a bit "foggy" and slow in the morning after a big night of drinking. Brain inflammation is the major cause of that. Oxidative stress produces free radicals, which disrupt normal brain functions.

Symptoms: Nausea, fatigue, brain fog, fatigue, and prolonged recovery time

## HEAD

Dehydration means less water in the brain, making it shrink and pull on the membranes, which causes a headache and can inflame the membranes.

Symptoms: Headache

## STOMACH

Directly irritates and inflames stomach lining, causing gastritis and delays stomach emptying. Also increases gastric acid production.

Symptoms: Nausea, vomiting

## KIDNEYS

Prevents from properly filtering blood and absorbing water, leading to dehydration and increased urination. Urination removes essential nutrients from the body. Oxidative stress produces free radicals, which disrupt normal kidney functions.

Symptoms: Nausea, fatigue, brain fog, fatigue, and prolonged recovery time

## PANCREAS & INTESTINES

The ethanol in alcoholic drinks increases the amount of digestive secretions produced by the pancreas and intestines.

Symptoms: Pain, nausea, and vomiting

## MUSCLES

Fatty acids build up in the liver because it cannot properly metabolize alcohol, which combines with the brain's reduction of anti-diuretic production to cause muscle dehydration.

Symptoms: Fatigue and weakness



# The Mantra To Avoid Hangover Cause And Effects Of Hangover

**K Morrison**



**The Mantra To Avoid Hangover Cause And Effects Of Hangover:**

## **The Mantra To Avoid Hangover Cause And Effects Of Hangover** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**The Mantra To Avoid Hangover Cause And Effects Of Hangover**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve to the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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