# ANATOMY Of A — HANGOVER

#### HEART

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

Symptoms: Arrythmias fatigue, and heart palpitations

#### LIVER -

Uses up body's stores of glutathione, an antioxidant that helps metabolize the tosic 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, tertige, measure, rapid pulse, low blood sugar, general weakness, mood disturbances, brain feg, fatigue, and prolonged recovery time.

## CENTRAL

NERVOUS SYSTEM

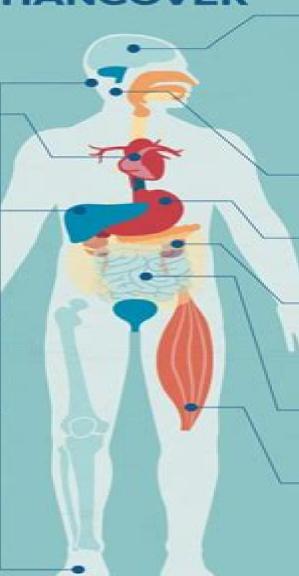
congeners are what give alcohol most of their teste and aroma, but they also throw the nervous system out of beliance.

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

#### SLEEP CYCLE

When alcohol is being consumed, the alcohol shuts down glutamine production. Clutamine 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 nights sleep is critical to the body's ability to heal.

Symptoms: Fotigue, impairment of natural healing processes, and Hearthurn



#### BRAIN

One of the key issues with hangovers is inflammation in the brain. Congeneer tother tooks 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, nautes, confusion, and irritability. Most of us feel a bit Toggy' 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: Hausea, 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. Usination removes essential nutrients from the body. Oxidative stress produces free radicals, which disrupt normal kidney functions.

Symptomic Nazusa, 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, neuses, and verniting

#### MUSCLES

Fatty acids build up in the liver because it carried properly metabolize alcohol. which combines with the brain's reduction of anti-diuretic production to cause mucle dehydration. Symptoms Fatigue and weakness.



## The Mantra To Avoid Hangover Cause And Effects Of Hangover

**Mike Jess** 

The Mantra To Avoid Hangover Cause And Effects Of Hangover:

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