

5 WAYS TO PREVENT A HANGOVER

Why let hangovers cramp your style? Here's five practical ways to party hard and avoid a hangover.

1) DRINK WATER

Hydration is important to staying healthy and helping your body perform at its peak.

However, there's a common myth we've all heard. Which says, "All you have to do to avoid a hangover is drink lots of water." (We all have that friend who claims to drink a glass of water between drinks and never gets hungover – I would call that 'bullshitski' or he's not REALLY drinking a lot).



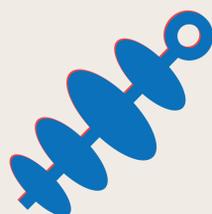
Good hydration is less about avoiding the hangover itself but more about fighting the diuretic effect of alcohol, which can make a hangover worse but isn't the main reason you get one.

For an explanation of the science of why you get a hangover check out this video from the awesome guys at ASAPScience: <http://youtube/mq1F4It-3RM>



Korean BBQ is one of my favorites before drinking.

2) EAT A LARGE MEATY MEAL



Alcohol is one of the few things absorbed in your stomach rather than your intestines so eating a greasy meal before drinking may help avoid a hangover.

The theory is that you're coating your stomach with grease, so you absorb less of the alcohol you consume. Ever had a big meal and then went out drinking after and it seemed like no matter how much you drank you couldn't catch a buzz? That's probably why.



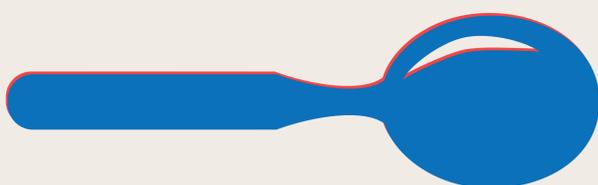
This is a great strategy for the office party where you want to drink with your co-workers but not be "that guy". But if you're trying to get drunk this may not be the best strategy.

3) EAT A SPOONFUL OF YEAST

Eating a spoonful of yeast is a strategy that Jim Koch (CEO of Sam Adam's) stated he uses in an Esquire interview

(<http://www.esquire.com/food-drink/drinks/how-to/a26328/how-not-to-get-drunk/>).

In the interview, he says yeast in your stomach starts breaking down the alcohol in your stomach before you have a chance to absorb it so you get less drunk (seems legit).



We tried it and did seem to notice a difference in how much alcohol was affecting us. But, two big things to note: First, it seemed to work okay for the first few drinks but as we kept drinking the benefit seemed to wear out quickly. Second, WOW it tastes and smells gross. It's raw yeast! Yuck. Pass.

4) DON'T DRINK. BUT... LAME



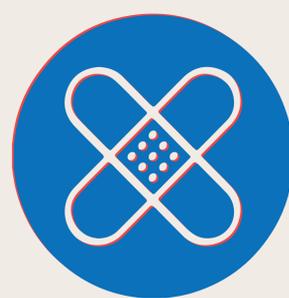
Nuff said. Unless you're the Designated Driver (in which case you're AWESOME, and we salute you).

5) TAKE AN ANTI-HANGOVER SUPPLEMENT

There are a lot of different products on the market that claim to prevent or cure a hangover.

We've tried almost all of them and most didn't work at all. (Last New Years I gave out a bunch of anti-hangover patches I bought on the internet to my friends as a test.

New Years morning I had a lot of hungover and pissed off friends. Not a single one worked.) The only anti-hangover products that kind of worked were the small drinks that look like a 5-Hour Energy shot. But you have to take one every 2-3 hours to be effective all night.



Ever tried going to a club with three energy shots in your pocket? You look like you're a little too excited to see everyone. Also, you think the active yeast tastes bad? Try that stuff.

I bought one for a friend of mine and asked her to try it. She opened the bottle, raised it to her mouth, her eyes got wide and yelled, "This smells like cat piss! I am NOT drinking this!" and threw it at me. They're seriously gross.

These are all the reasons we made Sun rocks. None of the products on the market worked that well, and the only ones that "kinda" did were inconvenient to take out with you and tasted so bad you'd rather just deal with a hangover.

Sunrocks solved all of these problems. We think it works, it's conveniently packaged in three servings for a full night, and it's inexpensive (competing products are \$5-\$7 per serving, and you need 2-3 servings throughout the night VS. Sun rocks which comes with three servings in each pack for the same price).



Personally, I can drink a whole bottle of scotch (I'll be hammered, and I'm not recommending that!) and won't feel any hangover the next day. It's changed my life and how I think about going out and having fun during the week. Monday Night Football? Hell Yeah! Taco Tuesday? Si! Hump Day? Hell Yeah! Hangovers are not invited.

