

## Need help avoiding hangover? Less booze, more H2O

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In this Wednesday, Dec. 21, 2011 photo, Jason Jarosz practices making specialty shots at the American Professional Bartender School in Villa Park, Ill. (AP Photo/Brian Kersey)

(AP) -- Chicago attorney Colleen Gorman has a holiday ritual that doesn't involve buying presents or counting down to midnight: She goes online looking for new hangover remedies.

The 28-year-old's fiance tells her she should probably just drink less.

Experts say that's good advice for everyone.

In fact, the only way to prevent a [hangover](#) is to not get drunk. But there are strategies to soften the blow.

Experts say not drinking on an empty stomach tops the list because food helps absorb [alcohol](#) and delay [toxic effects](#) on the body. Drinking plenty of water before, during and after also helps because alcohol can dehydrate the body.

But researchers note that preventing hangovers is a challenge because no one's pinpointed a cause.

**More information:** National Institute on Alcohol Abuse and Alcoholism: <http://www.niaaa.nih.gov>

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