



## CARE OF THE TAILGATER



**SURE, WINTER'S OVER**, but it can stay cold well into May in some places in our country, not to mention our neighbors in the North. Here are some tips to make sure you're not caught off guard in the lot by a cold snap

### DRESS WARM

Spring might be around the corner, but make sure you follow our advice from last issue: layer your clothes. Have a windproof outer shell, warm middle layers, and a moisture-wicking inner layer to keep you warm, dry, and healthy. And buy some good, warm shoes and socks; cold feet will ruin your day no matter how warm you are on top.

### EAT RIGHT

If you're going to pig out on junk food on game day (and let's face it, we all deserve it once in a while) make sure you're treating your body right the other six days in the week. Eat lots of fruits and veggies for their vitamins, eat lots of whole grains for their fiber, avoid junk food and empty calories, and drink lots of water. That way your body will be in tip-top shape to take on the game day treats.

### EXERCISE

Exercise just plain makes us feel good, not only physically, but mentally and emotionally as well. It's a proven fact that in addition to keeping off the pounds, exercise helps forgetting those winter blahs. A healthy body is

a body that can better handle adverse conditions like inclement weather. You want to be as prepped as you can be when subjecting your body to the elements.

### DON'T OVERDO THE ALCOHOL

While downing beer after beer after beer gives you that warm, tingly feeling, you might want to think twice about how much alcohol you are consuming. Even though you are sweating and shedding layers like you're in a sauna, your blood and body temperature is actually cooling down, maybe dangerously so. Alcohol makes the blood vessels at the surface of your skin expand. This means more of your blood is nearer to your skin, where the cold air is cooling it down, all while tricking your body into thinking it's getting warmer. Better to stick with soda or hot coffee instead. Drink lots — of the right stuff!

Although you should stay away from alcohol, it's a good idea to make sure you're drinking lots of other fluids. With dressing in layers, grilling, keeping your guests' plates full, and dancing to your team's touchdowns, you'll work up quite a sweat, which means you need to replace that fluid being lost. Even if you don't feel thirsty, drinking lots of fluids is always a good idea.

### KNOW THE SIGNS

Hypothermia and frostbite are serious business. They can lead to pain, unconsciousness, and even death. So know the warning signs, and take measures to prevent them: keep bundled up and don't let the smaller parts of your body — fingers, toes, ears, and nose — go unprotected.

Signs of hypothermia include uncontrollable shivering, muscle tightness, fatigue, waxy numb skin, joint pain, uncoordinated movements, and appearing drunk. If you or anyone you are with exhibits these symptoms, get help immediately! Also, seek medical attention if you start seeing these warning signs of frostbite: pain or redness in an area of your body, white or gray-yellow skin, unusually firm, waxy skin, and numbness. Do not try to "thaw" the area if you're not going to get out of the cold. Just seek medical help.

You can tailgate safely and happily in the cool early spring if you follow these simple tips. Your friends and family will still think you are insane, but you'll have to take that up with your psychiatrist! 🔥

### COLD Yeses & Nos

Some things doctors say do, don't and might work when you've got that killer cold.

#### Yes!

- Fluids
- Saltwater Gargle
- Saline Nasal Sprays
- Chicken Soup
- Humidity

#### No!

- Antibiotics
- Over-the-counter cough syrup
- Not eating

#### Give it a try

- Over-the-counter medications
- Vitamin C
- Echinacea
- Zinc

## EASY HANGOVER REMEDIES

**APPLES:** Eaten on an empty stomach the day after drinking is an effective remedy.

**BANANAS:** One of the quickest ways to cure a hangover is to make a banana milkshake sweetened with honey. The banana helps calm the stomach, and the honey builds up the depleted blood sugar levels. The milk soothes the stomach and rehydrates your system. Bananas are also rich in the important electrolytes, magnesium and potassium, which are severely depleted during heavy drinking.

**B-VITAMINS:** Take the vitamins before you go to bed and let them work their magic while you sleep. If you forget, take them immediately upon arising. B-Vitamins are important in aiding the carbohydrate (alcohol) metabolizing process and in dilating blood vessels. B-vitamins will help restore your energy level. You will need to take a high-potency B-complex supplement for this remedy to work (50-75 mg of B-complex twice a day, hopefully once before bed after indulging).

**FEVERFEW:** Use in place of aspirin. Aspirin is hard on the stomach, while feverfew (herb) is not.

**GINGER:** Take 500 mg of ginger capsule every few hours, or make a ginger tea to soothe your stomach.

**HONEY:** Take 2-6 teaspoonfuls of honey every twenty minutes upon awaking, depending on the severity of the hangover. Continue with the honey until you start to feel better, then take four teaspoonfuls with your first meal. The potassium in the honey helps counteract the effects of the alcohol and will decrease the cravings for it. Alcoholic drinks are acidic in reaction and satisfy your natural desire for an acid, the same as coffee and tea do. If you have an alcohol problem, check your body chemistry and make appropriate changes in diet and supplementation. In addition, honey contains fructose, a type of sugar that helps your body metabolize alcohol more quickly.

**LEMON:** Add the juice of one lemon to a cup of black coffee and drink it unsweetened and without milk.

**LIME:** As soon as you wake up on the "morning after" add two teaspoons of fresh lime juice and a teaspoon of sugar to 8 ounces of water. Drink it slowly. This concoction will help stabilize your blood sugar, which will be low after imbibing.

**TOMATO JUICE:** In addition to being a prevention remedy, tomato juice contains fructose, a type of sugar that helps your body metabolize alcohol more quickly. This is probably why the morning-after Bloody Mary seems to work.

**VITAMIN C:** Stimulates the liver to break down the alcohol. Take 2-10 gm per day in divided doses. Start at 1,000 mg an hour and build up to bowel tolerance. An excess of vitamin C can cause diarrhea, and since you probably have stomach distress already too much C may cause a problem.

source: Health311.com