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LIVING

Green juice, vodka and sex: Doctors reveal their hangover cures

Instead of **nursing a vicious hangover** in the new year, let the experts nurse you back to health. Just in time for the ball drop, we called up five local doctors and nutritionists to hear their secrets to kicking off 2016 pain-free. Their tips for stemming next-day headaches, both physical and mental, might surprise you. Cheers!

Dr. Judith Hellman, cosmetic dermatologist



“Why do people look so bad after a hangover?” asks **the Hungary-born skin doc** (above). “The skin is dehydrated, so be sure to eat a lot of food before you start drinking and a tablespoon of olive oil to coat the stomach to help absorb the alcohol,” she advises.

Don’t forget to pop an aspirin before hitting the sack, either: “The anti-inflammatory properties can help prevent a headache.”

Finally, when in doubt, down vodka:

“I only drink straight-up Grey Goose — you get less of a hangover,” she says. “I drink it when I want to go out and enjoy myself.”