

Hangovers needn't be a pain

By Victor E. Swanson
special writer

That wonderful holiday season is here again. That means parties, those great non-stop parties.

Unfortunately, for many partygoers, it's the season for the dreaded "hangover headache," that incredible throbbing, pounding pain.

"The worst thing you can do is moan and groan and lay in bed and wish it would get better," says Kathryn Knox, a massage therapist. Knox, who runs Metro Well-Being, 870 Bowers, Birmingham, often sees clients with hangover headaches and has a few tips for the person with the headache.

The first tip is to avoid getting the headache. Knox, a former pre-med student who believes in "a holistic approach to health, beauty care and fitness," said, "I've picked up things along the way. One thing is before engaging upon alcoholic beverages, one would want to ingest bread and butter."

"The butter is to coat the stomach lining so the alcohol doesn't get absorbed immediately by the stomach the minute you drink. The bread is to absorb the liquid. The more bread and butter, the more prepared and well-armed your body."

Some people have told her, "If they eat enough butter, they don't feel the effects of the alcohol, hardly at all."

good... any kind of starch and oil." She used "crackers" as an example but said, "Bread and butter is the primo because it's readily available to you."

An important reminder for hosts is always have a lot of starchy foods around for guests.

But when the headache comes, there are a couple of things that can be done. "What I recommend is... drag yourself, crawl over to the tub and draw a nice hot bath and after that take a cool shower. You start your body to circulate, you start your body working."

"Alcohol, it dehydrates your body and robs your cells of fluid, which gives you that achy, cranky feeling, where you can't move your body. It robs you of a lot of nutrients and minerals. It burns you up, burns you out."

She recommended as fluids, for example, spring water, cranberry juice and even pomegranate juice. The body also should be given proper nutrients, vitamins. She mentioned fructose.

Another way of relieving the head-

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massage therapist

ache is through a good massage, she said. "When all else fails, there's one thing that is certain to work — massage therapy, use Swedish massage techniques." And there's ahiatus, which is known mostly as acupressure.

"YOU REALLY soothe them so they can let go of the pain."

"There's always an amazing ef-

fect. They get up, their face is not puffy anymore. Their eyes are not red. They actually have a smile on. Their hair may be a little messed up, but we have a brush and comb for that."

Then she often hears such famous last words as "Great! Now, I can go out partying again tonight."

"And I go, 'Well, what can I say.'"

Men, if you're about to turn 18, it's time to register with Selective Service at any U.S. Post Office.



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second runs Louise Okrutsky

'Something Wild,' an exciting movie

Another tape discovered while browsing through the video stacks, "Something Wild," features Melanie Griffith as Lulu/Audrey, a punk Holly Golightly.

She teams up with Woody Allen alumnus and Michigan-born talent Jeff Daniels. Daniels' Charlie, the oh-so-straightlaced junior executive, unwillingly teams up with Griffiths, a woman who changes her name with each outfit.

In a fever dream of a plot, he ends up passing for her husband, tangling with Lulu/Audrey's real escaped convict husband, robbery, theft and murder. Just your basic good time with new friends.

Griffiths exudes some Judy Holliday-style charm as the ditzy yet world-weary Lulu/Audrey. (For those of you who keep track of these things, she is a former squeeze of "Miami Vice's" Don Johnson.)

Ray Liotta as the hapless son Ray Sinclair manages to be as threatening as a Saturday night special.

One of the film's best moments

comes at the very end as Sister Carol delivers a great reggae version of the old Troggs' hit "Wild Thing" as the credits roll.

Mind you, this movie rightfully wasn't up for the Academy Award. It's 90 minutes of wackiness, weirdness and tension from the people at Orion Pictures. If this is your hybrid style of film, the 1986 effort's worth a watch.

THAT WONDERFUL old chestnut "Camille" with Greta Garbo and Robert Taylor can be found on the shelves these days. The 1936 film was directed by George Cukor. Time hasn't dimmed Garbo's greatness in this film but Taylor, as the lovesick Armand, comes off as His Wimpiness.

Still, the film does justice to Alexander Dumas' story of a terminally ill courtesan attempting to do what's best for her young, unworried lover.

Anyone with a cynical bone in his or her body should skip this one. Rated R for Romanics only.

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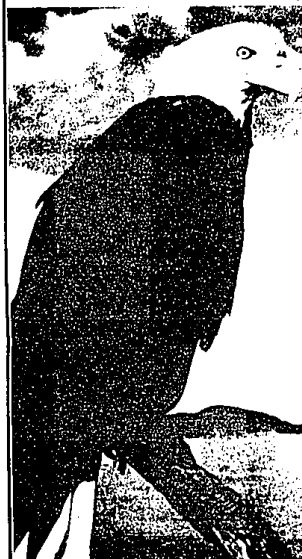
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