The Get

Mind & body

Pro-active

Our nutrition expert tells us how to drink without a hangover.

Most of us have heard the adage, “Beer before liquor, never been sicker; liquor before beer, you’re in the clear” since freshman year of high school, but does that approach actually stave off a hangover when it comes to drinking around the world via Chicago bars? Nope, says registered dietician Dawn Jackson Blatner (pictured above). “It doesn’t matter what you drink; it’s how much you drink,” Blatner says. She offers three rules of thumb (and unfortunately, none of them rhyme).

1. Start with a well-balanced meal, because food helps slow the absorption of alcohol in your bloodstream.

2. Follow what Blatner calls the one-two punch, meaning for every alcoholic drink, throw back two cups of water or club soda.

3. Eliminate straight shots, which contain no added water and therefore offer zero hydration. Water makes up the difference between a 1.5-ounce shot of alcohol and a 12-ounce bottle of beer. Bottom line: “The idea with prevention is really to help someone slow down how quickly alcohol is entering the system,” Blatner explains. “You’re giving your body a chance to have its organs (your kidney and liver) help detoxify,” while still getting that blissful buzz.

—Jessica Herman

What’s your problem?

“I wake up with a splitting headache and stuffy sinuses, thanks to my Sahara-dry apartment.”

Alleviating sinus problems can be a lot more pleasurable than spraying Flonase up your nose. Open your pores and nasal passages with a sweat-inducing steam massage at Fringe (pictured, $15 extra tacked onto an $80/hour massage at 3437 N Milwaukee Ave, 773-862-1000). Here’s how it works: After the blankets and a wool heating pad warm your body and a rub-down gets your blood flowing, the masseuse lays a dry towel, a few wet towels and a heat pack (clay wrapped in canvas to sustain the warm temp and add some nice weight) on your back, then tummy, while individually folding each foot in a just-cool-enough-for-comfort wet towel. Sinus acupressure (massaging around the eye sockets) followed by a warm towel on the face and manual lymphatic drainage (light massage around the throat and mouth) gets everything moving before you finish up. We had a minor tickle in our throat and a nasal drip when we walked in, and by the time we arrived home, all signs of potential sickness had vanished. If you’d rather save a few bucks and still enjoy the detoxifying effect of a full-body steam, check in to Thousand Waves Spa for Women (1212 W Belmont Ave, 773-549-0700, thousandwavesspa.com). For $20, you can lounge in the buff for three hours, alternating between the dry sauna, bubbling hot tub and eucalyptus-scented steam room, soothing the throat and the mind.—JH

Get an ailment? E-mail theget@timeoutchicago.com and we’ll find the cure. You could even get a free spa or salon treatment!

FACT! The wool heating pad gets up to 155 degrees.