

## 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



### Tune up

**Songs overheard during Thursday's lunch rush at Chicago gyms**

#### "Ray of Light"

by Madonna  
David Barton Gym  
(600 W Chicago Ave),  
12:05pm

#### "Neuflex"

by Two Lone  
Swordsmen  
Fitness Formula Clubs  
South Loop (1151 S  
State St), 12:14pm

#### "Fast Car"

by Tracy Chapman  
YMCA Irving Park  
(4251 W Irving Park  
Rd), 12:20pm

#### "Believe"

by the Bravery  
Crunch Fitness Lincoln  
Park (2727 N Lincoln  
Ave), 12:25pm  
—compiled by  
Alice N. Park



#### "Don't Stop the Music"

by Rihanna  
XSport Fitness (3212 N  
Central Ave), 12:22pm

## 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 1437 N Milwaukee Ave, 773-862-1000). Here's how it works: After the blankets and a wool heating pad warm your bod 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 massaging 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  
Got 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.