



SPRING ISSUE | ESSENTIAL COMPONENTS OF LONG ISLAND LIVING

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## HANGOVER HELPER

It's common knowledge that judicious alcohol consumption—no more than two drinks a day for men and (sigh!) only one for women—may provide health benefits. However, even moderate drinking may also increase the likelihood of serious health problems and even start restrained imbibers hopping down the primrose path that leads to AA. The culprit here? Acetaldehyde, a highly toxic compound produced when our bodies metabolize alcohol, has been directly linked to a variety of cancers, liver and brain damage, sexual dysfunction, premature aging of the skin and hangovers. Quintuple ough! Acetaldehyde even alters DNA, generating a genetic predisposition to alcoholism. Good Lord! That's enough to make you consider climbing on the wagon for life.

Fortunately, nothing that drastic is required, thanks to a Russian medical breakthrough called RU-21, also known as the KGB Pill. It was originally developed by the Soviet Union in the 1980s with the hope that it would allow Russian spies to drink their foes under the table while remaining sober themselves. Alas, it was not a complete success. It didn't prevent drunkenness, but it did thwart hangovers. How? By decelerating the creation of acetaldehyde while hastening its breakdown into harmless water and carbon dioxide—thus preventing damage to vital organs and body functions, reducing alcohol cravings and allowing one to say, "Dosvidanya," to that headache-plagued morning after. Hip, (hic), hurrah!

RU-21 has been endorsed by Russia's top health officials—one hopes, while sober—and, thanks to word of mouth, is selling like crazy there. If it's good enough for the country that invented vodka in the 12<sup>th</sup> century and certainly drinks enough of it, it should find an equally appreciative audience in the birthplace of bourbon. RU-21 is found at GNC stores and via the Internet at [www.ru21now.com](http://www.ru21now.com) for a mere cost of \$5.99 for 20 tablets.

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