



The Playboy Advisor

While serving in the Army, I had a few medic buddies who swore by IVs as hangover cures. I hate needles, but I'd be willing to put up with them if it would get me through a bender. Is it worth buying IV bags, or should I stick to water, aspirin and time? Or is there some other miracle cure you've heard about?
—S.R., Milwaukee, Wisconsin

IVs are great if you can get them, but that usually happens only when you're found in a gutter. The drip works by quickly rehydrating your brain, but it's not something we recommend for home use. The latest of an endless variety of no-needle treatments is an herbal supplement called RU-21. Its manufacturer offers a charming story about how scientists developed the pill for the KGB so its agents could drink without getting intoxicated. It didn't work, but the pills allegedly lessened the severity of the operatives' hangovers. As with most hangover "cures," no reliable tests have been done to determine its efficiency. We've always said the best hangover treatment is to know your limits.



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