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Detox 101

How to survive St. Patrick's Day week like a pro

By Erin Brereton

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Livers of Chicago, we hear you. It was a tough weekend, and it's only going to get rougher. You've got just 48 hours to detox between the weekend-long St. Paddy's Day pre-party and the next round of green beer. In times like these, Extra Strength Tylenol and a nap won't get you where you need to go. We turned to a panel of experts, each uniquely qualified, for serious detoxification tips.

Karyn Calabrese (*pictured*)

Owner, [Karyn's Cooked](#), [Karyn's Raw](#), [Karyn's on Green](#) and [Karyn's Inner Beauty Center](#)

What's the first thing you should eat or drink if you wake up hungover? If you're really hungover, just drink warm water with lemon. It helps stimulate the liver to do some regeneration.

What's the most unorthodox hangover cure you've tried or prescribed? Ozone bathing--we have it at my wellness center. It helps the cells to detox and regenerate really quickly. You get in an ozone bath, and you're done with your hangover.

Personally, I'm most in need of detox after ... Traveling.

Guinness or whiskey? I don't drink a drop. Guinness is beer? Then I'd go for the beer because hops are healthy.

Beer before liquor: Will it really make you sicker? Drinking liquor first would probably be better because by the time you'd get to beer, you wouldn't drink as much!



Photos: Chicago St. Patrick's Day Parade

Check out the scene at the 2010 downtown parade

Mehmet Ak

Chef-owner, [Cousin's Incredible Vitality](#)

What's the first thing you should eat or drink if you wake up hungover? Caffeine-free herbal tea--I'd recommend a ginseng blend.

What's the most unorthodox hangover cure you've tried or prescribed? A steam bath or sauna ... sweat it out.

Personally, I'm most in need of detox after ... If I overdose on tropical fruit, in the morning I'm not so happy and ache.

Guinness or whiskey? I prefer celery juice.

Beer before liquor: Will it really make you sicker? If you mix your drinks, it will definitely impact you even worse. Seriously ... stay with one drink and one drink only.

Tommy Cheatle

General manager, [Abbey Pub](#)

What's the first thing you should eat or drink if you wake up hungover? Nothing's better than a Big Mac and a McDonald's Coke.

What's the most unorthodox hangover cure you've tried or prescribed? One of our waitresses told me that Midol works.

Personally, I'm most in need of detox after ... Working at a bar after St. Patty's Day week.

Guinness or whiskey? Whiskey. All the way.

Beer before liquor: Will it really make you sicker? Of course.

Kim Gracen

Executive chef-general manager, [Chicago Diner](#)

What's the first thing you should eat or drink if you wake up hungover? Fresh juices to bring your electrolytes back up ... and water, water, water.

What's the most unorthodox hangover cure you've tried or prescribed? A milkshake made with raw eggs, which is pretty gross. Or the hair of the dog-who wants to drink something again if you've already barfed?

Personally, I'm most in need of detox after ... I listen to the Republicans speak.

Guinness or whiskey? Oh, whiskey. When I drink, I drink whiskey straight up.

Beer before liquor: Will it really make you sicker? Absolutely. That's why when I drink, I don't mix it with anything.

Devra Brenn

Bar manager-bartender (known at the bar as "Mom"), [Cork & Kerry](#)

What's the first thing you should eat or drink if you wake up hungover? A burger. White Castle is always good.

What's the most unorthodox hangover cure you've tried or prescribed? They always say that the hair of the dog helps-whatever you were drinking the night before.

Personally, I'm most in need of detox after ... Parade day! I could use a couple days' rest after that.

Guinness or whiskey? I don't drink, but I'd probably have gin if I did. I'd go with something clear.

Beer before liquor: Will it really make you sicker? I'm married to a drinker, and it's so true. It will hit you faster and you will not be feeling good the next morning.

Erin Brereton is a Metromix special contributor. metromix@tribune.com