

Surprisingly little scientific works are currently devoted to a hangover. However, some of them demonstrate that high -intensity physical exercises can help in this state.

In 2024, scientists first published a study on the influence of physical exercises on a hangover. 1600 students of the university took part in this work. It turned out that those who were engaged in intensive physical exercises for three months suffered from a hangover less than those who played sports less often. Moreover, such people and a hangover were less pronounced.



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There is also reason to believe that training after drinking alcohol can be useful. During prolonged physical exertion, endorphins are produced, that is, natural painkillers. This means that they can alleviate the headache, but only if you train hard enough.

According to scientific research, high -intensity exercises stimulate the production of endorphins more effectively than light exercises. In addition, physical exercises themselves have an anti -inflammatory effect, which is the opposite of how alcohol affects us. True, a hangover, on the contrary, complicates the exercise.

High -intensity exercises will help you get rid of a hangover

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.