

NAUSEA

Some people don't realize that alcohol is an irritant as well as a sedative. In excessive doses it can do quite a number on your digestive system. The bottom line is that you're more likely to get nauseous drinking on an empty stomach than on a full stomach.

Alcohol can irritate the lining of your stomach enough to produce nausea or vomiting. The problem is the pyloric valve (bet you didn't know you had one of these), which regulates the passage of the stomach's contents into the small intestine. It's sensitive to the presence of alcohol. A large concentration of alcohol can cause the pyloric valve to spasm, or get "stuck" (ouch!) in the closed position temporarily. This will keep the alcohol from passing from the stomach to the small intestine and result in nausea and sometimes vomiting. (Not great if this is your first date. Hurling definitely ruins the overall flow and rhythm of the evening.)

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