

SOBERING UP

Remember this: All the ways you've heard to sober up fast are bogus. It's a matter of time... and only time. Not coffee, not exercise, not even a cold shower will accelerate the process. That's only in the movies. They'll only make you a wide-awake, wet drunk. There just isn't any way to speed up the sobering-up process.

Sobering up takes time! That magnificent liver of yours can only metabolize about half an ounce of pure ethyl alcohol per hour, which is roughly the same as ONE DRINK per hour. Three drinks --three hours, get the picture? The time it takes to sober up may vary among people depending on age, weight, gender, health, tolerance and lots of other things, but the end result is the same: there's no way to sober up quickly.

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