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Subject: Re: how often do you guys get drunk?

Posted by [Caveman](#) on Mon, 26 Jan 2009 23:49:18 GMT

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Ryan3k wrote on Mon, 26 January 2009 21:33Caveman wrote on Sun, 25 January 2009 14:49I very rarely drink to the point where im an absolute reck. Everytime I come home pissed I drink my 2 pints of water and I go straight to sleep, wake up fine and dandy. I drink every other weekend. This is me.

Wisdom and moderation.

If you can exercise some level of self-control, there's no reason not to have a drink with your friends every now and then.

Not to say I haven't overdone it before. When I was in India I had 7 glasses of scotch, felt great for a while, but later had projectile vomiting! Even then, I remembered to drink my water before crashing, and didn't have the slightest hangover when I woke up. Actually, I felt great.

Aye, I have never been hungover because I replace the fluids that I lost by urinating all night because ive been drinking beer.

Its just a case of knowing your limit. I know when I need to stop drinking. If I decide that no I want to stay another 2 hours or so I make sure I eat to try and sobar up before having another drink. People that get plastered and have fights give alcohol a bad name.

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