Breaking Down Beverages [1]

Week of:
May 24, 2019

Milk — Good or bad for you? [2]

Dear Alice,
Is milk good or bad for you?
— Cow lover
Read more [2]

Side effects of drinking seltzer water? [3]

Dear Alice,
I read on someone's blog about drinking seltzer water if you're trying to quit drinking soft drinks but still need that fizz. Are there any good/bad side effects to drinking seltzer water?
Read more [3]

Grapefruit juice and drug interactions? [4]

Dear Alice,
I heard somewhere that drinking grapefruit juice with vitamins and/or prescription medicine is harmful. Is this true?
Read more [4]
Drinking wine without breaking the bank (or your belt) [5]

Hi Alice,

What is the difference between cheap wine and expensive wine? I like red, but is there any artificial sugar in it? Will I consume more calories by drinking cheap wine?

Thank you. I hope this is not a silly question.

Read more [5]

Coach limits water during practice — Help! [6]

Dear Alice,

I have a question about dehydration. I am an eighteen-year-old female and play on a varsity basketball team. We usually have two-hour practices in which we work very hard. Our coach does not give us water breaks, and usually by the end of practice, we have cottonmouth and are "dying" for water. It is horrible. Is there any way that not having water during that time can be dangerous? Sometimes the team can feel sick or weak by the end of a practice.

Thirsty one

Read more [6]
If you are in an urgent situation, please visit our **Emergency page** to view a list of 24 hour support services and hotlines.

**Source URL:** https://goaskalice.columbia.edu/theme-week/breaking-down-beverages

**Links**