TGIF (Thank goodness it's fermented!) [1]

Week of:
Nov 01, 2019

Apple cider vinegar [2]

Dear Alice,

I've heard claims that indulging organic apple cider vinegar on a daily basis can help control weight, control blood pressure, prevent acne, etc. Does this really work? Will organic and non-organic apple cider vinegar yield different effects? Thanks in advance.

Read more [2]

Drinking wine without breaking the bank (or your belt) [3]

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 [3]

It's Greek (yogurt) to me! [4]

Alice,

Last week I purchased Greek yogurt from the grocery store. I have heard that Greek yogurt is healthier than regular yogurt, but don't have anything to base that off of. Is this true?
Thanks,
It's Greek to me

Read more [4]

Do I have thrush? Can I give it to my lover? [5]

Dear Alice,

Are there other causes for white-coated tongues?? I believe I have thrush. Do I need a tongue culture to confirm it? Can my mate get it by kissing? Could it be the reason for my chronic sore throats lately?? The only difference I notice is I don't have any metallic or salty taste in my mouth. When I get it really bad, that is what I usually experience, as well as a raw tongue. Thanks for any help!!

— Lindee

Read more [5]

Alcohol poisoning [6]

Dear Alice,

There seems to be no advice or information on the subject of alcohol poisoning that I can find on your web site. Recently I had a very bad experience that I think must have involved alcohol poisoning, and would like to have some information on the causes and signs of alcohol poisoning. Does beer before liquor have anything to do with it?

Sincerely,
Traumatized drinker

Read more [6]
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Links
[5] https://goaskalice.columbia.edu/answered-questions/do-i-have-thrush-can-i-give-it-my-lover-0