A Periodic Table of the Elements [1]

Week of:
Nov 22, 2019

High potassium (hyperkalemia) [2]

Dear Alice,

I would like to know what you would do when your potassium level is high. And what could cause this? Please let me know.

Read more [2]

Salt substitutes [3]

Dear Alice,

I have recently started a low-sodium diet to lose water weight. I have one burning question though... Does salt substitute make you retain water like salt does or not? It tastes very similar but it is potassium instead of sodium chloride. Please help me.

Thank You,
Ashley

Read more [3]

Does eating ice correct an iron deficiency? [4]

Dear Alice,

My sister has been told by one doctor that eating ice is effective for an iron deficiency. Another doctor says that this is balderdash and not effective.
What is the deal? Which opinion is correct? Why is there no consensus on the feedback physicians give for this subject?

I also would like pointers to more information for this topic.

Thanks.

Read more [4]

**Lead in stoneware – Harmful?** [5]

Dear Alice,

I have purchased a set of stoneware dishes for a friend for Christmas, but my family has told me that stoneware (even when microwave and dishwasher safe) can be harmful due to a high lead content. Is this true of all stoneware dinnerware? I would appreciate any information on the subject. Thanks!

Read more [5]

**Chlorine gas from household cleaners?** [6]

Dear Alice,

I have been reading on the internet that mixing certain household cleaners can be deadly because doing so may release chlorine gas. When I am cleaning the house, how can I tell if I may have been accidentally exposed to chlorine gas, and whether or not I require medical evaluation?

— Mr. Clean

Read more [6]
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