Alternative Antidotes? [1]

Week of:
Jan 17, 2020

Natural ulcer remedies? [2]

Dear Alice,

What natural food or herb can help soothe stomach ulcers?

Read more [2]

What do you know about valerian? [3]

Alice,

What do you know about the new alternative herb called "valerian"?

Read more [3]

What's the point of acupuncture and acupressure? [4]

Alice,

What do you know about the medical uses of acupuncture and acupressure? Have either of these practices been helpful in treating any medical conditions? Thank you for any information you can provide me.

— Pondering pins and points

Read more [4]
Is hypnosis an effective form of therapy? [5]

Dear Alice,

What is your opinion about hypnosis? Is it dangerous? Does it really work? I have a few issues about my personality that I would like to work on and the more I read about hypnosis, the more I think this is what I need. It almost sounds like magic to me. Would this kind of therapy help me with my many problems such as: self-confidence, communication problems, control of my emotions, sexual intercourse pain, etc.? As you see, I have quite a few things to work on and I really hope that hypnosis will help me. However, I wanted to get your opinion about it before I go ahead and do it. Thank you very much for your wise advice.

Desperately wanting to improve my life.

Read more [5]

Will pot soothe my feelings of depression and anxiety? [6]

Dear Alice,

I really want to try pot because I am SICK of being uptight and careful all the time. I have been depressed and anxious for several years and I just want to feel SOMETHING different. But I've had a couple of panic attacks (both related to medication) and they were the most frightening things I've ever experienced. I'm scared that pot would do the same thing to me. What do you think? I know you can't encourage me to smoke pot but I would very much appreciate an honest answer, which I know you always give. (I know that smoking pot is not the best thing to do when you have depression and anxiety, but it would only be once, and I would be with friends. By the way, I'm not currently on medication as I find it useless. But I'm not trying to self-medicate. I just want to remember what it's like to experience an emotion that is not depression or anxiety). Thank you very much.

Read more [6]
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