Love on the Brain [1]

Week of:
Feb 14, 2020

Does physical activity rev up my sex drive? [2]

Dear Alice,

I'm curious to know if going to the gym increases sexual drive? I am a female in my 20s and recently started an exercise routine (running and weights), and I have noticed that my sexual drive has increased significantly. There have been no other major changes in my life, and I have been dating the same man for close to two years now, so I can think of no other real reason why my libido would have increased. Is there any real connection between working out in the gym and beneath the sheets?

Thanks,
Sporty and Sexy

Do birth control pills cause brain aneurysms? [3]

Alice,

Sadly, today I found out that a friend of my family has just passed away. The cause of her sudden death was a brain aneurysm. I have been researching brain aneurysms and have found out that oral contraceptives are thought to sometimes cause them. I am 19 and I am taking birth control, and now I am very worried. Can you give me some statistics about brain aneurysms linked to oral contraceptives? Thank you.

Marijuana — Does it produce serotonin? [4]
Dear Alice,

My girlfriend tells me she uses marijuana to calm herself if she is having a stressful day. She has been doing this for many years. She says smoking pot is like self-medicating — it is better than using anti-depressants. She also claims smoking pot helps with depression because of how it helps produce serotonin in the body. What is serotonin and how does it help depression? Does smoking pot really help with managing your anxiety, depression, etc.?

Thank you,
A very concerned boyfriend

Read more [4]

Natural highs [5]

Dear Alice,

Is there a natural way to get high?

Read more [5]

Loving confusion — Is it okay to love same sex friends... and say so? [6]

Alice,

What is the difference between "I like you" and "I love you"?

I mean, when I say, "I like you," to my male friends, and when I said, "I love you," to my girlfriend and my family. In my opinion, I'm not supposed to say, "I love you," to my best male friend because of homosexuality. Is it true?

Mr. Doubtful

Read more [6]

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