#Trending [1]

Week of:
Mar 06, 2020

Placenta eating trend? [2]

Hi Alice!

I heard that TomKat (Tom Cruise and Katie Holmes) were going to eat the placenta after their baby was born. I know that was a joke, but then I heard that some people actually do eat the placenta! My friend said it's supposed to restore nutrients to a woman's body after she gives birth. I'm doubtful about that, seems like just a hippie trend to me. What do you say Alice? Is there any scientific evidence to support placenta eating?

Thanks,
Trying to be open-minded but still grossed out

Read more [2]

Hookah pipes — More or less harmful than cigarettes? [3]

Hi Alice,

My friends and I occasionally (once a week or so) like to smoke the "Hookah" or sometimes referred to in Arabic as an "argeelay." The tobacco that it comes with smells really good and comes in all kinds of flavors, such as apple, mango, mixed fruit, etc. Anyway, I consider myself to be pretty healthy in that I have never experimented with drugs, never smoked cigarettes, and rarely drink alcohol. My question is about the health effects of smoking a hookah. The rewards are mostly relaxation after a long day of studying for law school. The hookah provides this through smell, flavor, and sound of the water that filters the tobacco when you puff on it. However, I don't know what the health risks are. How does it compare to cigarettes? People say that it's much safer than cigarettes... and according to the packaging that comes with the tobacco, there are far fewer harmful ingredients... in fact, it's mostly tobacco and molasses. It's a very popular trend these days. It's time we get a good source of information. So what's the
verdict?

— Moose & Co.


Dear Alice,

I know there are video games out there now that require you to move more, unlike traditional video games. Are these games, like Wii Fit, a good way to be more active or are they doing more harm than good?

Thanks,
Gaming for Exercise

It's Greek (yogurt) to me! [5]

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

Cannabidiol (CBD) oil — Efficacy, safety, legality? [6]

Hi Alice!

I recently heard about CBD oil - that it can be effective for chronic pain and anxiety, both of which I've struggled with (and seen many specialists about) for years. But when I went looking for more information, I couldn't find many resources that looked like they came from legitimate, trustworthy sources. Can you shed some light on the subject?