Ocean Blues [1]

Week of:
Mar 13, 2020

What health risks do humans face from polluted oceans? [2]

Dear Alice,

Seems like the only health risks you read about in the news is from eating tainted fish or from getting an infection when swimming in the ocean. Are there other direct effects on our health posed by pollution in the ocean?

Read more [2]

Is the South Beach diet for me? [3]

Alice,

What is good and bad about the South Beach Diet? What group of people does it work best for? What does it consist of? Would you advise someone to use the diet?

Read more [3]

Blue light therapy for acne? [4]

Dear Alice,

I recently stumbled upon something called ANSR Beam on a blog talking about acne control. I've been trying to look into the blue light therapy it claims to use to help diminish acne, but am having a hard time finding any information about it. What is blue light therapy? Is it effective in treating acne? And would something like this at home blue light therapy be strong enough to be effective?

Read more [4]
Test-taking blocks and blues

Dear Alice,

What can you tell me about test-taking and mental block issues?

High voice blues

Dear Alice,

I am a 28 year old male. I have an extremely high pitched voice that cracks when I have to raise my voice. When I speak loudly for extended periods of time, I lose my voice.

In my profession, I need to speak to large groups of people at one time who are, at times, 100 yards away.

Is there anything I can do about this, or can I somehow strengthen my voice?

It would be nice to call someone on the telephone and not be thought of as a woman before I give my name

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