Warm 'n Toasty [1]

Week of:
Dec 04, 2015

Does eating fat keep the body warm in winter? [2]

(1) Alice,

Is it true that eating fat keeps the body warm in cold weather?

? Land’s End Ad

(2) Hi Alice,

What I'd like to know is, does my body burn more calories to keep me warm when it's cold out? Thanks!

? Chilly in NY

Read more [2]

Does warm milk really lull us to dreamland? [3]

Dear Alice,

I recently was reminded about the practice of using warm milk to fall asleep easier. I thought to myself... "Hey, I'm almost ready for bed... why not give it a whirl." So, I took the glass of milk I was already drinking and popped it into the microwave. It was in there for about three minutes and when I opened the door... it had overflowed. Not only that, but when I stuck my finger in to see how hot it was, a skin of milk came off and stuck to my finger. It burned me. To make it worse, the smell of the warmed milk grossed me out so much that I can still smell it now... 15 minutes later. Do people actually like this method? Or, do they just suffer through it to have a good night sleep? And, does it really work?

Read more [3]

Infrared heat lamps [4]
Dear Alice,

What are the benefits, risks, hazards of those infrared heat lights various companies sell? Thanks.

? Reddened

Better to drink warm rather than cold water? 

Dear Alice,

I am a soccer player who is extremely active and drinks lots of water. I am wondering, for my sake, whether it is better to drink cold water or warm water. While we all like cold water better, I was wondering if because of the fact that your stomach is a lot closer to body temperature than the temperature of most tap water, that it would be better to drink warm water. I thought this because it seemed like your stomach would be able to handle it a lot better. Thank you for your time.

? J

Hypothermia or hyperthermia?

Alice,

What are the symptoms of hypothermia or is it hyperthermia?

? Temperature change

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