**Why, It's Grease(d) Lightening!** [1]

Week of:  
Feb 20, 2016

**Is reusing cooking oil safe?** [2]

Alice,

I am trying to convince my good friend not to save the grease she cooks with for re-use. Instead of draining grease out of a pan after frying it, she saves and stores it to use again. It seems to me that grease that is cooked once is bad enough, twice must be horrible. Am I unjustly picking on her, or am I right that there is an even greater health risk when you cook with pre-cooked oil/grease?

Read more [2]

**Greasy foods lead to acne and gallbladder problems?** [3]

Alice,

I have had terrible stomach problems for a few years now. My doctor says it's due to my love of greasy and oily foods, and that I should concentrate on eating healthier, broiled foods. Do you think if I continue on this unhealthy eating cycle, that I could develop gallbladder problems? Also, do you think my diet contributes to my acne-prone skin? Thanks for your help.

? Grease lover

Read more [3]

**Oil pulling ? Does it work?** [4]

Dear Alice,

I just recently heard of oil pulling where someone swishes oil in their mouth for 10 minutes and it is supposed to remove bacteria in a person's mouth, preventing cavities, etc. Does this work?

Read more [4]
Olive oil as anal sex lubricant?

Dear Alice

Two months ago I met an amazing man from Spain, we had a hot affair during the time that he was visiting my city and he told me that he was a collector of olive oil. We talked about having anal sex during the time that he was here but it never happened. Anyway, I am planning a trip to Spain to visit him and I thought about bringing him a nice bottle of olive oil to be used as a lubricant for our anal adventures! But my question is: is it a safe lubricant in terms of keeping the condom from breaking?

Thank you!
Hot for Spain

Read more

Hair condition: Oily or dry?

Dear Alice,

How do I know if my hair is oily or dry? Does it make a difference if I'm a guy with short hair?

? clueless

Read more

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