Nosing Around [1]

Week of:
Mar 12, 2016

Nose won't stop running [2]

Hi Alice,

My nose is continually running even though I don't have a cold. I keep on blowing it but it runs and then it plugs up. This cycle happens all the time. Help me, Alice!

Read more [2]

Son picks nose, gets teased: How can I help him stop? [3]

Dear Alice,

I just read your reply to avid nose picker. I have a question: Is there a way of stopping? My son picks his nose and is being teased at school. Do you have any suggestions?

Read more [3]

Neti pot [4]

Dear Alice,

Do neti pots really work? My friend swears by it and says that it even clears out the worst congestion he's ever had. If it does, do you have any tips of how to use it without making a huge, sticky mess? Thanks!

? Just Trying to Breathe

Read more [4]

Dear Alice,

My daughter's friend was having this problem I have never heard of: she had spinal fluid draining out of the nose. What causes this? Is it serious and what are the side effects from the drainage?

Can holding a sneeze cause damage?

Dear Alice,

Is it unhealthy to hold a sneeze? Does it affect the body in any harmful way?

Thank you for the help!

? Eudora