Earth Day: Reduce, Reuse, Recycle! [1]

Week of:
Apr 22, 2016

The ins and outs of menstrual cups? How do they differ from tampons and pads? [2]

Dear Alice,

What is the deal with menstrual cups? How is it different than a diaphragm? Is it safe? Is it safe for virgins to use? Is insertion much more difficult than tampons? How do you take it out? What are the benefits? I'd like an educated opinion.

? Curious

Read more [2]

Is reusing water bottles safe? [3]

Dear Alice,

I started buying bottled water because it seemed to taste better. As an experiment, I tried refilling the empty bottles with tap water and refrigerating them. And I discovered that what I really liked was drinking chilled water out of the bottle. If no one else is using the bottles, how often do I need to wash the bottles out with soap as opposed to just re-filling them?

Read more [3]


Dear Alice,
I know how important it is to get plenty of fruits and vegetables in one's diet, but I've been finding it difficult ever since I moved out to do so. I live by myself, on a fixed income, and I can only grocery shop once a week. Whenever I buy fruits and vegetables, they end up going bad three or four days after I buy them, and I feel like I've wasted them. Do you have any advice on cheap, vitamin-rich fruits or vegetables that keep for a good long time? Thanks!

Berry Healthy

Read more [4]

**Pros and cons of vegetarianism [5]**

Dear Alice,

What are some good and bad things about becoming a vegetarian?

Read more [5]

**Reusable vs. disposable pads? [6]**

Dear Alice,

My mother recommended that I use a cotton washable sanitary towel during my period (as she did) instead of disposable pads. In the country I'm from the feminine sanitary towel is 30x30cm, so when I put it in my panties I can't wear trousers, tights, or jeans. What is your opinion? Are disposable pads unhygienic?

Read more [6]
If you are in an urgent situation, please visit our Emergency page to view a list of 24 hour support services and hotlines.

Source URL: http://www.goaskalice.columbia.edu/theme-week/earth-day-reduce-reuse-recycle

Links