Gimme a Boost, Will Ya? [1]

Week of:
Aug 22, 2014

Energy boosters [2]

Dear Alice,

I am lacking energy. What tips can you give me to increase my energy levels?

Read more [2]

How can I boost my immune system? [3]

Dear Alice,

I was wondering what I personally can do (habits, diets, activities) to strengthen my immune system? Thank you!

? GAEF

Read more [3]


Alice,

I play on the varsity soccer team. My team's coach and captains have told us not to drink beverages with caffeine because they dehydrate you. Is this true? Are there any other harmful effects of caffeine on athletes?

Read more [4]

Boosting my booty [5]
Alice,

I come from a family where all the men have really flat butts. I'm a 30 year-old man now and mine is fading fast. I run at least 10 miles per week thinking this could help me firm it up, but it's just not happening. Is there anything that you know of that will get my old butt back?

Sincerely,
NOASSATALL!

Half-time snack for second half boost? [6]

Dear Alice,

My soccer coach is suggesting we eat bananas at half-time of our soccer game to rebuild our energy for the second half. I understand that bananas are a very good source of energy, among other things. I don't see any detriment to this idea, but my question is this: Does the consumption of bananas result in an immediate energy boost? I have always been led to believe that food must be digested through the system before the body realizes the benefits, and that usually takes several hours. Can you enlighten me?

Read more [6]