One for the History Books [1]

Week of:
Dec 05, 2014

Why do I menstruate while on birth control? [2]

Dear Alice,

I read on the Tri-cyclen website that the hormones mimic pregnancy and trick the body into thinking that I'm pregnant so that an ovum isn't released for fertilization, or in other words, no ovulation. If that's the case, why do I still menstruate? I thought that the only reason why I menstruate is to expel the unfertilized egg. Can you clarify?

?Curious

Read more [2]

History of bad sit-up form...What should I do? [3]

Dear Alice,

For as long as I can remember, I've been using my back muscles when I did sit-ups. In fact, I distinctly remember the first time we did them in second grade. After a few reps, it was already so painful that I was having trouble breathing properly. Being eight years old, however, I didn't realize this was a warning sign and assumed it was normal.

Flash forward ten years, and I have almost no strength in my abdominal muscles. I've tried to teach myself to do curl-ups properly, but no matter how hard I try, I can't even lift my head without using my back muscles. Exercise balls are no help either. Even when I concentrate on using my abs to keep myself steady, my back is still doing 95% of the work.

So, in short, I have two questions: Am I at risk for having damaged my back from years of abuse, and how can I work on strength training my abs now?

Read more [3]

Cocaine ? When did people start "taking" it? [4]

Dear Alice,
When was the first time documented that people were "taking" cocaine?

Read more [4]

History lesson? how do I ask about my partner's past? [5]

Alice,

How would I go about asking a partner about his past?

Read more [5]

Definition of sex? [6]

Alice,

How would you define sex?

?Budding Webster

Read more [6]
taking-it