Information About Imbibing [1]

Week of:
Apr 06, 2018

How do I drink in moderation? [2]

Dear Alice,

How do I drink moderately in social situations?

Read more [2]

Mixing alcohol with energy drinks? Safe or risky? [3]

Dear Alice,

Are the health risks of drinking Red Bull and vodka in moderation (two to three) drinks an evening any greater than drinking two or three rum and Cokes, or two or three anything and Mountain Dew?

Read more [3]

Hangover helper and tips for healthy drinking [4]

Dear Alice,

Do you have any tips for avoiding hangovers?

? Hungover

Read more [4]

Alcohol or marijuana: Which is safer? [5]

Dear Alice,
What is, overall, safer for your body: alcohol or marijuana?

Eating marijuana

Dear Alice,

Is it harmful, under any circumstances, to eat marijuana instead of smoking it?

Drinking for stress relief? a problem?

Alice,

I get stressed out with everyday life and find drinking a great stress release, but I am finding that I drink more and more every week and my stress levels never really decrease. Does that signify a problem? Any suggestions?

Thanks!