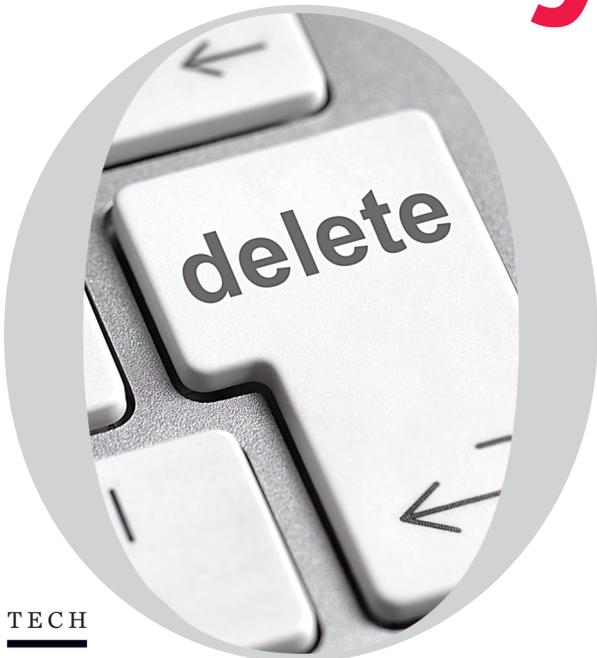


# Ask anything

NOTHING'S OFF-LIMITS. OUR PROS ANSWER ALL.



TECH

## If I erase my browser search history, can someone still dredge it up?

**A** Yep—erasing your search history removes only the pathways to the data, not the data itself. The average person may no longer be able to see your “deleted” information, but computer forensics experts and data recovery engineers are skilled at unearthing it if asked to do so. Consult one of these experts if you truly want your digital “fingerprints” erased from your computer’s hard drive or mobile device. Chances are, the quirky YouTube videos you’re worried about aren’t incriminating enough to warrant the effort.



Michele Lange, director, Kröll Ontrack, a data recovery and erasure company



Keri Peterson, M.D., internal medicine, Lenox Hill Hospital, NYC

HEALTH

## I just heard you can get HPV without having sex. What?!

Okay, let’s backtrack: There are more than 100 types of HPV, and different ones tend to infect different body parts. Some cause plantar warts (the kind that grow inward on the bottom of your foot), which is what you could contract from a dirty gym shower floor if you don’t wear flip-flops.

Other types—the ones you get from sexual contact—infect the skin and membranes around the anus, genitals, and cervix.

Most study reviews of HPV have focused on infection from penile penetration, but a large review recently looked at other ways a person could get these strains and found the disease could be detected on medical tools, like ultrasound probes. There isn’t enough hard research to know whether humans can contract the virus this way, but the studies in this review found that HPV was present on less than 8 percent of tools. Plus, reputable docs’ offices protect against this by putting a condom over the probe. If you’re still concerned, talk to your doctor.



FROM LEFT: PETER DAZELEY/GETTY IMAGES; ISTOCK; GETTY IMAGES

**GROUND VS WHOLE CHIA SEEDS: WHICH ARE BETTER?**  
While both types give you fiber, protein, calcium, and antioxidants, you get higher levels of omega-3s with ground seeds.

SmartCreate

# Ask anything



**Keri Glassman, R.D., founder of NutritiousLife.com and author of The New You (and Improved!) Diet**

## NUTRITION

### I'm a vegetarian, so why do I crave a burger after a night of drinking?

**Q** right back at you: What were your reasons for going veg? If they're based on ethical or health concerns, you may still like the taste of meat. And when we are tired or have had one too many drinks, we tend to crave indulgent meals that are high in fat and salt like a burger and fries. Also, when we're low in iron, research suggests that our desire for high-iron foods may increase. If you're a dedicated veg, keep a stash of Sunshine Burger's Quarter Pound Original in your freezer—they're organic, well-seasoned, and contain no processed soy.

**HOW CAN I KEEP LINEN PANTS FROM WRINKLING SO EASILY?**

The night before wearing them, give the pants a good starch, iron them, then hang them at the waist with a soft-clip hanger.



**My partner and I adopted a pet together—and we just broke up. Who gets to keep Mr. Wolfie?**

**GND:**  
I can relate!

My fiancée and I adopted a cat earlier this year. I wasn't sure I wanted to, but the woman of the house put her foot down, and now I'm emotionally attached to the furball. Don't let your custody battle devolve into a literal catfight over who spends more time scooping the litter box. Arguments like those create a lot of resentment and resolve nothing. As long as you both genuinely care about your pet, your first step should be to consider joint custody. Ask your vet what schedule would make sense for your breed of pet. Then, after a few months of living with these initial rules (when tempers have also cooled), you can reopen the convo.

**GDTH:**  
Ugh, that sucks.

I'm sorry, and I'm sure Mr. Wolfie is too! No doubt, caring for a pet requires a lot of time, money, and square footage. When living arrangements inevitably change post-split, logistics need to trump emotions. Ask yourself the hard questions: Can you afford the food, supplies, and vet visits on your own? Seriously consider all of the factors at play, then make a decision based on the best interests of your li'l guy—not out of spite for your ex or sadness from the thought of losing Mr. W. If you and your ex can co-parent, great! If not, the better-equipped person should get him, and the other partner should have visitation rights. It's only fair.

### The Consensus

Decide how much you can afford to take on—both timewise and financially—then broach the subject with your ex. And if you can amicably share custody, all the better. (Because: that face!!)



FROM LEFT: STOCKSY; CHRIS STEIN/GETTY IMAGES

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# Ask anything

SEX

What do I do if his penis is way bigger (or smaller) than I'm used to?



Rachael Ross, M.D., Ph.D., board-certified sexologist and cohost of The Doctors

There are adjustments you can make, depending on whether he's too girthy, too long, or too short. For wide penises, use coconut oil on a thick dildo and train your body to receive by gently and gradually penetrating your vagina a few times a week to get used to the size until you can do so comfortably.

If long length is the issue, you'll need to control the positions. Try ones where he is engaged in shallow penetration: you riding him, standing missionary, spooning with him behind you, or even standing from behind (don't bend over). With a small penis, it's Kegel time: Contract your muscles

rhythmically while he penetrates you. The squeezing will allow more of your vaginal canal to be stimulated, giving both of you the illusion that he is hitting all of your walls.

Tune in to *The Doctors* weekdays for more health and relationship advice. For listings, go to [thedoctorstv.com](http://thedoctorstv.com).



FITNESS

Any tricks for becoming an a.m. exerciser if I loathe mornings?

Yes, but it'll take time to change your habits, so be patient and focus on the benefits: Getting your workout done first thing increases the likelihood that you'll stay consistent, and the endorphin rush means you'll be more productive. As you start to associate these things with your morning workout, you'll eventually become hooked.

For now, two things you can do: Get enough sleep and recruit a pal. Count backward at least seven hours from the time you have to wake up, and make that your new bedtime. Being accountable to a friend who you know will be waiting for you also makes you less likely to hit snooze.



Rachel Cosgrove, C.S.C.S., owner of Results Fitness in Santa Clarita, California, and author of *The Female Body Breakthrough*

**Q & A** Do comic books count as literature? Asking for a friend.

I live in Los Angeles, so usually when I tell people I just finished a novel, I really mean that I spent the entire morning reading street signs to figure out where I could park. Obviously, my definition of what counts as literature is pretty broad. But I think that anytime you're actually reading instead of mindlessly swiping left on your phone or obsessively checking likes on your latest Facebook post, that's a good thing.

Should comic books be your only reading material? Probably not. But the comic book industry is pushing to hire more women writers and focus on female characters in their stories, and who doesn't want to support that? I mean, Wonder Woman and Gloria Steinem are practically the same person. And if you're feeling guilty about your literature intake, join a book club. You probably won't read more, but you'll drink so much wine that it won't matter.



Amy Rhodes, Emmy-winning writer and actress, @iamamyrhodes

I DENTED MY WALL. HOW DO I PATCH IT MYSELF?  
Buy joint compound from your local hardware store and apply an even coat with a drywall knife. Gently sand after it's dry, then top with paint.

NATE HOFFMAN, THE LENSING PROJECT.COM