

April 2017 Top Holistic and Integrative Health Reads

HEALTH



More Microbiome Updates

[A New Method to Manipulate the Genetics of the Mouse Microbiome](#)

[A Model to Describe Microbiome Variations in People- It's Related to Resources](#)

[Gut Virus Linked to Celiac Disease in Mice!](#)

[A Gut Microbe Improves Fatty Live in Mice](#)

[How Doggies May Increase Beneficial Buggies in Baby and Mitigate Obesity and Allergy Risk](#)

[How Soil Microbes and Intercellular Communication Affects Human Health](#)

[Gut Bug Metabolites May Protect from Diabetes](#)

[Gut Bugs Linked to Chronic Fatigue Syndrome](#)

[The Bug Species in Babes That Loves Breast Milk](#)

[Skin Microbiome Balance Linked to Acne](#)

Mind-Body Highlights

[Better Communication Between Doctors and Patients Linked to Better Outcomes](#)

[Massage May Help Back Pain](#)

[Integrative Medical Model for Pain Management Shows Big Outcomes and Saves More Money!](#)

[Treating Romantic Break Ups with a Placebo Could Trick Your Brain to Less Pain](#)

[Integrative Medicine for Quality of Life and Breast Cancer](#)

[Using "Bad" Feelings for "Good" Behavior in Cancer Patients](#)

[Great Minds Really Do Think Alike!](#)

[Happy Moms Means Less Colicky Babies](#)

Science Updates

[Study Finds Cholesterol Levels Not Linked to Heart Attack](#)

[The Cap with the Zap for Brain Tumors?](#)

[The Epigenetics of the Aging Clock](#)

[Brain Super-Agers: New Study Asks What Makes These Elderly So Sharp?](#)

[Have We Got the Brain Mapped Out All Wrong!?](#)

[Are There Two Forms of Chronic Fatigue Syndrome?](#)

[Ultrasound and Microbubbles to Diagnose Cancer Without Biopsy](#)

[Stress Builds the Blood!](#)

[\(Non-O\) Blood Type Associated with Heart Risk](#)

[Tired? Walk Up the Stairs! It May Be Better Than a Caffeine Jolt...](#)

[Parkinson's in the Gut](#)

[AH-Choo! Save That Mucus?](#)

[A New Blood Test May Predict Gestational Diabetes](#)

Environmental Health

[More Smog, Denser Breasts, and More Cancer Risk?](#)

[Flame Retardant Linked to Risk for Thyroid Cancer](#)

[Pesticide Linked to Earlier Male Puberty](#)

[Teens Susceptible to Endocrine Disruptors from Chemicals](#)

[The Days of Eating Snow are Over](#)

[Tips for Decreasing Air Pollution Exposure](#)

[Our Chemicalized Waters](#)

[... An Environmental Solution to Cleaner Water?](#)

[GABA Protects Against Hypothyroidism Caused by Fluoride and Reduces Anxiety](#)

Exercise and Movement

[Review of Studies Show Exercise Boosts Brain Power](#)

[Walk for a Better Brain and Heart](#)

[Exercise and Lifespan](#)

[The Interactions of Genes, Exercise, and Obesity Risk](#)

[Is Exercise Contagious?](#)

Policies and Economics

[Physicians Make Themselves Heard at the March for Science](#)

[Problems with Trusting Medical Science](#)

[Trump Rolls Out First Set of Obamacare Fixes](#)

[U.S. House Bill Would Exempt E-cigarettes From Tobacco Regulations](#)

[White House Establishes New Opioid Commission](#)

[WHO Sends Wake-Up Call for Mental Health Care: Depression Now Number One Cause of Illness and Disability, up 18% since 2005](#)

Screening Vs. Prevention

[Updated Prostate Cancer Test Guidelines Now Stress Patient Choice](#)

[The Change with PSA](#)

[Medscape Gives Statistics of Risks Vs. Benefits of Screening for PSA](#)

[Clinicians Not Following Breast Cancer Screening Guidelines](#)

[Different Biomarkers Found for Cardiovascular Risk in Women](#)

[FDA Okays Consumer Genetic Risk Test](#)

NUTRIGENOMICS



[More Proof of Seafood Fraud](#)

[Fruits, Veggies, Potassium, and Blood Pressure](#)

[To Eat or Not Eat \(Before Exercise\)](#)

[How Stevia May Control Blood Sugar](#)

[B Vitamins May Mitigate Air Pollution Negative Effects on Heart](#)

[The “Second Meal” Effect of Legumes and Fibers](#)

[Summary of the Advisory Opinion of the International Monsanto Tribunal \(4/18/17, Netherlands\)](#)

[Coca Cola’s Secret Influence Over Science and Medical Journalists](#)

[Broccoli or Chocolate? Preference May Be Genetic!](#)

(Note: Article not correct in taste for broccoli not genetic, it could be, [though cooking may help alleviate taste aversion.](#))

[Kids, Recess, and Spinach](#)

[A1 or A2 Milk?](#)

[Raising Emotional Eaters](#)

[Sociodemographic and Eating Behavior](#)

[High Energy Drinks May Be Causing More Than Higher Energy- High Blood Pressure](#)

[Study on Effects of Supplements and Autism](#)

[Antibiotics and Grains Don’t Mix: Animal Study](#)

MEDICATION



Updates

[Herb for Malaria Beats Out Drug](#)

[These Women Can Stop Their Blood Thinners, Study](#)

[Underestimating Deaths Contributed By Opioids](#)

[Most Children with Anxiety Relapse, Regardless of Treatment](#)

Safety

[Aspirin Use May Decrease Some Cancer Risks- Health Professionals Study](#)

[... But May Not Help Vascular Disease](#)

[Side Effects of Steroids](#)

[Got Milk? Better Not with Your Thyroid Med!](#)

[10 New Drugs the FDA is Watching Post-Market and Why: Is Yours on the List?](#)

[Xanax, Valium May Boost Pneumonia Risk in Alzheimer's Patients](#)

[Don't Use Tramadol and Codeine in Kids Under 12, FDA Warns](#)