

June 2017 Top Holistic and Integrative Health Reads



Welcome to my top reads in health and medicine for June 2017!

This is [one of my monthly compilations](#) of some of the top headlines in wellness. For the past ten years, I've released these headlines in order to share with you some of the research that I enjoyed throughout the month.

I try to only list the news and research that may be of interest to you or are important to the medical community. These are also ones that may not have made it to social media, because I wanted to dive into them deeper.

In June's edition, I highlight some of my favorites, including microbiome profiling, the gut-eye connection, and natural solutions to our opioid crisis. Then, I provide links to other interesting topics.

Feel free to let me know if I missed anything or if you have more to add.

Top Reads in Health- The Marvelous Microbiome!

The more we know about the microbiome, the more we want to find out how to apply this knowledge. No one can argue that it's led us to a greater appreciation of how lifestyle and diet impact our health. We've moved beyond a sole focus on our own cellular biochemistry and into how the critters that live inside us interact with our physiology.

This month, I read about an interesting gut-eye connection!

An Eye to Health: Diet and Age-Related Macular Degeneration (AMD)

([Medscape, June 27, 2017.](#))

Furthermore, the authors demonstrated that the gut microbiome shifts in response to both aging and changes in diet, providing a mechanistic link between diet and metabolite profiles that influence AMD. A number of potential biomarkers for retinal damage were identified, including propionylcarnitine, lysophosphatidylethanolamine, and serotonin, the latter of which appears to be protective.

The authors concluded that changing from an HG to a LG diet, even during maturity, can protect against development of AMD. They also noted that changes in the gut microbiome and metabolome may facilitate these effects.

Microbiome Profiling: Big Business, but What About the Data?

([Medscape](#). June 26, 2017.)

Due to the explosion of evidence on the impact of the microbiome, studies are beginning to sprout up correlating certain strains of bacteria and clinical effects.

Unfortunately, the science in profiling our actual microbiota may not be ready for prime time yet in regards to diagnosing and prescribing specific treatments. Medscape gives its opinion on this topic:

Like the brain, to which it is often compared, the microbiome's sheer complexity makes it an unwieldy target for devising effective interventions. According to experts, we're simply too early in our understanding of it to say what will or won't work when it comes to affecting, much less improving, our gut profile.

"The appeal is that [these companies] can find out what's in your gut bacteria, but I'm concerned that this trend is opportunistic rather than evidence-based," said David A. Johnson, MD, professor of medicine and chief of gastroenterology at Eastern Virginia Medical School in Norfolk, Virginia. "I'd give you a 100% guarantee that if you took one of these reports to a doctor, they'd say that they wouldn't know how to interpret it. And if the doctor did order it—and there are some out there who are doing this—I bet they have a diet or a probiotic that they want to sell you right behind it."

For Johnson, the problem with these tests begins at the source.

"The ability to stabilize the stool and the gut bacteria immediately after the stool is passed is critical. The bacteria change as the stool is passed and continue to change out, so what was passed may not represent what was in the body itself."

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What critics do agree on is that these services can be valuable for identifying basic, established bacteria, as with uBiome's SmartGut test. Anything beyond the diagnostic, however, appears to them as speculation...

Top Read in Medication Updates

Natural Alternatives to Deadly Prescription Opiates

([Green Med Info](#). June 23, 2017.)

This article highlights the current opioid epidemic and how natural solutions may be a safer alternative:

Prescription drugs kill nearly fifteen times as many Americans per year than the casualty toll of domestic terrorist attacks from over thirteen years combined, but still natural alternatives are suppressed and maligned despite a growing body of evidence supporting their far greater safety and efficacy.

Since 1997, when the United States became one of only two developed nations that allows direct-to-consumer pharmaceutical advertising, addiction to prescription drugs and prescription drug overdoses have quadrupled (Real Leaders, 2016). In fact, last year, deaths due to prescription drug overdoses surpassed 50,000 per year, dwarfing the number of deaths due to motor vehicle accidents (37,757) and to gun violence (36,252) (Chicago Tribune, 2016).

Now, here's a list of more topics of interest!

HEALTH

MICROBIOME

- [A Link Found Between Common Brain Disease and the Gut Microbiome](#)
- [The Mouth Microbiome and Its Association with Fertility](#)
- [How Long Do Fecal Transplants Last?](#)
- [The Gut Microbiota and Autism Spectrum Disorders](#)
- [Probiotics for Depression- Preliminary Trial Provoking!](#)
- [Prebiotic Intervention Helps Obese Kids Lose Small Amount of Weight, Study](#)
- [Too Much of a Good Thing? Excessive Exercise and Gut Damage](#)
- [Gut Cravings](#)
- [Even Dust Has a Microbiome](#)
- [Passing on Skin Disease Microbes](#)

HEALTHY LIVING

- [Obesity Rates Tip Scale Worldwide, US Still Tops List: Major Health Implications](#)
- [Obesity Is More Than Diet Related- Scientists Feel More Research Needed](#)

ENVIRONMENTAL HEALTH

- [Toxic Clothes](#)
- [More Toxic Beauty Connections](#)
- [Deadly Tanning Creams](#) (Did you discover my favorite [new non-toxic sunscreen?](#))
- [Can Solar Energy Save Lives and the Planet at the Same Time?](#)

POLICY

- [Leading Medical Groups Mobilize Against Obamacare Repeal](#)
- [Industry Payments to Clinicians, Hospitals Rose in 2016](#)

MIND-BODY

- [Catastrophizing Pain and Women](#)
- [How Mind-Body Medicine Reverses Stress on Our DNA!](#)
- [Acupuncture Stands Up to Pain in Emergency Room- Largest Randomized Study](#)
- [Social Isolation and Sleeplessness](#)
- [Primary Care Decisions Not Always Evidence-Outcome Based](#)
- [Mind-Body-Skin: Integrative Skin Care: A Review of Efficacy](#)

NUTRIGENOMICS

Probably most people's favorite section! Who doesn't want to read about coffee, fish oil, and chocolate?!

- [FDA Puts Brakes on Rule Requiring New "Nutrition Facts" Label](#)
- [Coffee- Light or Dark Roast?](#)
- [Fish Oil Associated with Reduce Stay in Hospital](#)
- [Fish Oil- Okay Before Surgery?](#)
- [Chocolate for a Smarter Brain?](#)

MEDICATION SAFETY

- [Study Confirms Link Between Diabetes Med and Rare, Dangerous Complication](#)
- [FDA Asks Endo Pharma to Take Opana ER Off the Market](#)
- [Lithium Babies](#)
- [Too Many Antibiotics and Side Effects](#)
- [AMA Speaks Out Against Rising Drug Costs](#)
- [Fat-Soluble Statins and Parkinson's Disease](#)