

## January 2018 Top Holistic and Integrative Health Reads



### HEALTH

#### *Microbiome*

- [Editing Mice Microbes to Decrease Inflamed Guts](#)
- [Monitoring Poo Transfer](#)
- [Mice, \(Genetically Manipulated\) Microbes, Broccoli, and Cancer](#)
- [Immune Cells Gobble Up Gut Fungi in Mice](#)
- [Gut Bug Metabolites May Support Bone Health](#)
- [Mouth Bugs and Cancer Link](#)
- [Prebiotics Boost Memory in Piglets](#)
- [Women with PCOS, Gut Bugs, and Gut Bugs Effect on Hormones](#)
- [Premature Births Linked to Vaginal Microbiome](#)
- [The Bacteriophages in the Female Urinary Bladder](#)
- [Bad Bacteria Drive Colon Cancer in Small Study and Rodents](#)

#### *Updates*

- [Are US Cancer Rates Declining? Full Text](#)
- [Child Death Rate Higher in U.S. Than Other Wealthy Nations](#)
- [Working on the Night Shift Ups Cancer Risk](#)
- [Why You May Be Spending More on Healthcare](#)
- [Autism Rates Steady? May Be Too Soon to Make Conclusion Due to Methodological Differences](#)
- [Why Doctors May Treat Family and Friends, Even Though it is Discouraged!](#)
- [Does the BRCA Gene Mean More, Less, or the Same Risk? New Study Points to Same](#)
- [Breast Feeding Linked to Health Benefits in Mom's and Kids](#)
- [The Lost Art of Explaining Smells](#)
- [Lyme Disease Can Linger](#)

#### *Technology*

- [The First Monkey Clone- Showing Primate Cloning Possible](#)
- [Top 10 List of 2018 Healthcare Innovations Released](#)
- [Apple Investors Press for Parental Controls on iPhones](#)
- [Diagnoses via Epigenetics](#)

### Health Policies

- [White House to Shield Health Workers Who Refuse Services on Moral Grounds](#)
- [U.S. Health Agency Revokes Obama-era Planned Parenthood Protection](#)
- [Government Ban on Seven Words Creates Anger Among Physicians](#)

### Exercise

[Late Bloomers in Exercise Still Get Benefits in Heart Health](#)

### Environmental

- [Clean Air Saves Lives](#)
- [ToxicDocs \(www.ToxicDocs.org\): Form History Buried in Stacks of Paper to Open, Searchable Archives Online](#)
- [Air Quality Leading Public Health Threat](#)
- [Bug Bombs, Dead People](#)

### Mind-Body

[Yoga May Help with Menopause Symptoms](#)

### NUTRIGENOMICS

- [Prenatal Vitamins Linked to Lower Levels of Autism](#)
- [Alcohol, Cancer, and Mice](#)
- [Mediterranean, DASH Diet Top the US News Best Diets List](#)
- [More Good News on the Mediterranean Diet... Prostate Health](#)
- [Association of Maternal Use of Folic Acid and Multivitamin Supplements in the Periods Before and During Pregnancy with the Risk of Autism Spectrum Disorder in Offspring](#)
- [Multi-mineral and Nutrient Supplement Helped Women Athletes' Running Time](#)
- [Curcumin Improves Mood and Memory in Clinical Trial](#)
- [Will Supplements Help for Exercise?](#)
- [Careful with Crash Diets on Your Heart](#)

## DRUG UPDATES

### *Safety*

- [Antibiotics, Antidepressants Dominate New FDA Watch List, Regulatory Actions to Follow All but One](#)
- [Over 15 Drugs Get Updates for Black Box Warnings: Safety Warnings and Updates: July-September 2017](#)
- [Medications \(PPIs, Cephalosporins\) Linked to C-Diff Infections](#)
- [Neurontin Prescriptions Surge Amid Opioid Crisis](#)
- [Opioids and Memory Loss Linked](#)
- [Imodium AD- FDA Cracks Down on Diarrheal Agent Due to Opioid Crisis](#)

### *Safety: Pregnancy and Children*

- [Acetaminophen in Pregnancy Tied to Language Delays in Girls](#)
- [Morning Sickness Drug May Not Work](#)
- [Pregnant Women Still Getting UTI Meds Linked to Birth Issues](#)
- [FDA Bans Use of Opioid-Containing Cough Meds for Kids](#)

### *Technology*

[Genetic Testing for SSRIs](#)

[Closer to Male Birth Control? Mouse Study](#)