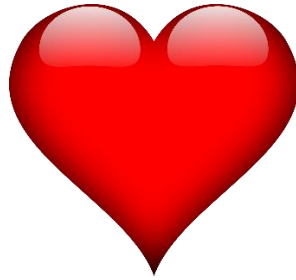


February 2019 Holistic and Integrative Medicine Top Reads



HEALTH

Microbiome

Buggy Discoveries:

- [More New Bugs Revealed: 2000 In Fact in New Model](#)
- [More than ANOTHER 100 New Buddy's in Our Bellies Found](#)
- [The New Gut Bacteria in the Tract, and It's Love of GABA](#)
- [How Gut Bugs May Regulate Your DNA!](#)
- [A New Discovery in Rodents on How the Immune System Maintains a Healthy Gut Microbiota](#)
- [New Study Shows Characteristics and Microbiome Better Predictor of Glycemic Response than Calorie or Carb Content](#)

Buggy Connections:

- [Bugs in Belly Linked to Mood, Again!](#)
- [Relationship Between Cervical Microbiome, HIV Status, and Cervical Cancer](#)
- [Gut Bugs Associated with Lupus](#)
- [Changes in Lung Microbiome in CF Linked to Antibiotic Dosage](#)
- [Belly Virus Linked to Celiac Risk in Children](#)
- [Association of Gut Viruses and Diabetes Type I in Kids](#)

Better Bug-Lovin' Boostin':

- [Flaxseed, Fiber, and Gut Health in Mice](#)
- [High Fiber Diet May Boost Battle by Gut Bugs Against Melanoma](#)
- [Breast Milk Microbiome Best Straight from the Source, Study](#)
- [Cardiovascular Fitness May Boost Gut Bug Diversity in Cancer Survivors, Study](#)
- [Asian Study Suggests Lower Fat for Better Bugs- Ethnicity and Location at Play?](#)

Health & Health Policy Updates

- [Advances in Naturopathy Research Reported in New Special 2019 Issue of JACM, CLICK HERE \(FAVORITE OF THE MONTH!\)](#)
- [National Health Expenditures to Reach 19% of GDP by 2027](#)
- [Among Rich Nations, US Highest Rates of Overdose](#)
- [Half a Million Lives Saved from Breast Cancer, But Not Death... Study with Caveats](#)
- [Vaping is Erasing Gains Made in Decreasing Tobacco in Teens](#)
- [Trump's Goal of No New HIV Cases by 2030 Is Possible, Health Officials Say](#)
- [Trump Administration Bans Abortion Referrals at US-Funded Clinics](#)

Technology & Testing

- [A Potential New Non-Invasive Test for Heart Health](#)
- [The Liquid Lung Biopsy](#)
- [A Home Colonoscopy Stool Test or the Whole Uncomfortable Deal?](#)

Environment

- [FDA Aims to Strengthen Sunscreen Safety](#)
- [Off Gassing Toxins in Home Affect Kids](#)

Mind-Body

- [Beating Pain Through the Power of the Mind](#)
- [The Youthful Brains of Women](#)
- [The Power of the Psychological Placebo](#)
- [When “Fighting” Turns to Bullying at Home... There’s Longterm Consequences](#)
- [What’s Age Got to Do with It?](#)
- [Acupuncture and Hot Flashes](#)
- [Green Space Associated with Less Mental Health Problems in Danish Kids Across 10 Years](#)

NUTRITION

- [Updated Dietary Guidelines](#)
- [FDA to Tighten Oversight of Supplements](#)
- [How Heavy Drinking Can Mess with Your Genes, Literally](#)
- [Linoleic Acid Study: Inflammatory Response is Gene Dependent](#)

MEDICINE

Safety Updates

- [FDA SAFETY ALERT: GOUT DRUG BLACK BOX WARNING FOR INCREASED DEATH](#)
- [The Pill May Effect Perception](#)
- [Link Between NSAIDs and Kidney Disease in Active, Young and Middle-Aged Adults](#)
- [Antacids Linked to Kidney Health Risk](#)
- [Association Between Common Yeast Infection Treatment and Miscarriage](#)

Latest Findings

- [Very Few Guidelines for the Pharmacologic Management of Chronic Diseases in Primary Care Are High Quality: A Systematic Review](#)
- [Cholesterol and Blood Pressure Lowering Drugs May Not Benefit Brain](#)
- [New Test Developed to Test for Antibiotic Resistance](#)