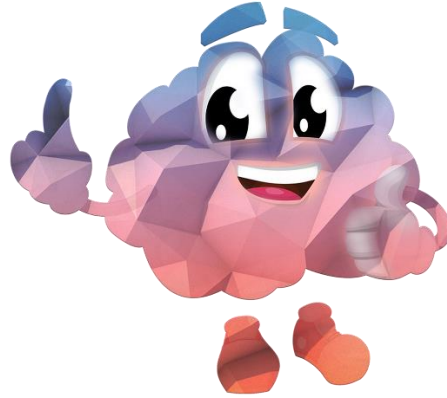


## June 2019 Holistic and Integrative Medicine Top Reads



### HEALTH

#### *Microbiome*

[This is Your Gut Bugs... On Drugs](#)

[Rodents Young at “Gut” Housed with Rodents “Old” at Gut Share Their Bug Youth](#)

[Label Issues with OTC Probiotics](#)

[Defining the Microbiome, It’s Complicated](#)

[The Unsterile Start Vindicated!](#)

[The Virus-Bacteria Phage Response](#)

[Mice with Disturbed Guts Have Higher Chance of Breast Cancer](#)

[Checking Poo for Cancer](#)

[Gut Microbes Respond Differently to Similar Foods](#)

[Gut Bugs That Eat Your \(Parkinson’s\) Meds!](#)

[Gut Bugs May Be Able to Change Your Blood Type](#)

[Gut Bugs and Fibromyalgia](#)

[Gut Bugs and Athletic Performance? Of Mice & Men](#)

[Allergy Therapy That Targets Gut Bugs](#)

### *Mind-Body*

[The Dangers of Being a People-Pleaser](#)

[The Brain Changes in Visualization and Neurofeedback](#)

### *Environment*

[European Academies of Science Council- Climate Action Urgency Needed for Health](#)

[Everyone is Eating Plastic, Here's Why!](#)

[USA Lags Behind Other Countries in Banning Pesticides](#)

[Water with Nitrates](#)

[Link Between Triclosan and Weaker Bones in Women](#)

### *Updates and Policies*

[Trump Signs Executive Order to Make HealthCare Prices Transparent](#)

[ACP Guidance on Physician Impairment Emphasizes Rehabilitation](#)

[How Chinese Gene-Editing Could Backfire: Babies Might Have Shorter Lives](#)

[The Shock That Took the Length NOT Out of Telemores!](#)

[World Health Organization Defines "Burnout" as Official Medical Diagnosis](#)

[Group of Physicians and Psychiatrists Release Report on Mental Health of President Based on Mueller Report](#)

[CA Lawmakers Agree to Give Immigrants Health Benefits](#)

[Something Stinks, Bad for Your Nose but Good News for Your Memory!](#)

[Poor Sleep Linked to Lower Memory in Older Adults, Differences in Race](#)

### *Technology*

[357 Questions- To App or Not Health App?](#)

[MRI for Breast Cancer- More Positives, More False Positives](#)

[Diagnosing Celiacs That Have Gone Gluten-Free!](#)

[Promise for Diagnosing Prostate Cancer Risk Through Pee](#)

## **NUTRITION**

[Supplements for Weight Loss, Energy, and Body Building Have Higher Risk Than Vitamins](#)

[No One Size Diet Fits All, Food Responses Differ Among Twins](#)

[FDA Approves Qualified Health Claim for Omega-3 Fatty Acids](#)

## **MEDICINE & DRUG UPDATES**

[FDA Approves E-Stim Device for IBS Based on Small Trial](#)

[Severe Acute Respiratory Failure in Healthy Adolescents Exposed to Trimethoprim-Sulfamethoxazole](#)

[Many Patients Don't Need Opioids After Surgery](#)

['Scary World' of Generic Drug Manufacturing, Revealed](#)

[Another Study Links Heart Burn Drugs and Heart Problems Later](#)

[Seizure Drug Linked to Suicide Risk](#)

[Common Med Linked to Dementia Risk](#)

[Common Antidepressant Interacts with Opioids](#)

[Cholesterol Meds and Diabetes](#)