September 2016 Top Holistic and Integrative Health Reads

Here's the latest news in Health, Nutrigenomics, and Medicine. Use it for your skimming pleasure a list of references, resources, or just brain candy (distracting your hand from the Halloween "treats.")

HEALTH

Mind-Body

Effect of Different Meditation Types on Migraine Headache Medication Use

Adapting to Stress: Understanding the Neurobiology of Resilience

Racism is Bad for the Heart

Rest and Well-Being: World's Largest Survey

The Stress Effects on Fertility

Training the Amygdala to Tame Stress

Belief in Nicotine for the Buzz in Cigarettes Is Important In Depedency, Study

A Gene Variant in an Enzyme Linked to Alcohol Dependency (in Rats)

What Predicts If an Adolescent Will Abuse Alcohol?

Twin Study Helps Unravel the Genetics of the Brain

Healthcare in the United States

$200 Billion Estimated in Overtreatment in US

American Healthcare Failing Its Sickest Patients

The US Unfit Youth- Scores a Low 47 of 50 Countries Studied

Sleep Effects

The Gender Difference in Sleep Time

The Brain Circuit That Drives Sleep-Wake States (sleep-preparation behavior is identified in this study)

Technology & Toxicity

New Non-Ionizing Bone Scanning Tool Promising for Diagnosis and Prognosis

45 Potential Toxins Found in Household Dust

New Biomarker to Measure 2nd Hand Smoke Exposure

How Much Video Gaming Is Too Much for Kids?

Baby Born from DNA of 3 Parents

BioBank Storage Time Can Affect Lab Results

A Step Towards a Blood Test to Predict Alzheimer's Disease

Factor from Human Cord Blood Could Help Sepsis (rodent study)

NIST Releases New 'Family' of Standardized Genomes (including bacteria genomes)

> *With the addition of four new reference materials (RMs) to a growing collection of 'measuring sticks' for gene sequencing, the National Institute of Standards and Technology (NIST) can now provide laboratories with even more capability to accurately "map" DNA for genetic testing, medical diagnoses and future customized drug therapies.*

Updates in Medicine

PSA Rise Predicts Reoccurrence in Prostate Cancer in Previously Treated Healthy Men

FDA Warns Ovarian Cancer Tests Not Reliable

Zero Tolerance for Second Hand Smoke in Little Ones- AHA

Annual Exam Turned Wellness Visits?

14 Genes That May Affect Cancer Treatment

Farm Kids Get Fewer Allergies, International Study Finds

Policy & Politics

Is it Time to Abandon the Dreaded Rectal Exams?

FDA Bans Antibacterial Soap- Hand Sanitizers Still OK?

Earned Income Tax Credit Program is Boon for Health, Report Suggests

Healthcare Corruption Vs. Technology- Has It Met Its Match?

Sugar Industry and Coronary Heart Disease Research: A Historical Analysis of Internal Industry Documents (How the Sugar Industry Manipulated Science and Policy)

Sydney University Study Claims Industry Funding Leads to Bias in Artificial Sweetener Research

NUTRIGENOMICS

**** Game Changer:**

Identification of Altered Metabolomic Profiles Following a Panchakarma-based Ayurvedic Intervention in Healthy Subjects: The Self-Directed Biological Transformation Initiative (SBTI)

> "The aim of this study was to identify altered metabolomic profiles following an Ayurveda-based intervention. In the experimental group, 65 healthy male and female subjects participated in a 6-day *Panchakarma*-based Ayurvedic intervention which included herbs, vegetarian diet, meditation, yoga, and massage. A set of 12 plasma phosphatidylcholines decreased (adjusted $p < 0.01$) post-intervention in the experimental ($n = 65$) compared to control group ($n = 54$) after Bonferroni correction for multiple testing; within these compounds, the phosphatidylcholine with the greatest decrease in abundance was PC ae C36:4 (delta = −0.34). Application of a 10% FDR revealed an additional 57 metabolites that were differentially abundant between groups" (Proof of lifestyle medicine altering our biochemical profiles!)

Vitamin A Rock Star Month

Vitamin A Compound May Aid in Fighting Colon Cancer

Vitamin A Potential for Pancreatic Cancer

Updates

The Individual Differences in Response to the Glycemic Index

Mislabeled- The Seafood Fraud Continues (Do You Really Know What That Fish On Your Plate Is?)

DRUG UPDATES

Warnings & Safety Reports

Antipsychotics Linked to Pneumonia in Alzheimer's Patients

Early Antibiotics Associated with Food Allergies

NSAIDS Linked to Heart Failure Risk

Adverse Effects Underreported in Clinical Trials

Depression and "the Pill"

Antidepressants and Sexual Dysfunction, What's the Link?

Personalizing Medicines

Caution with Steroids in IVF Says Researchers

Worse Outcomes with Steroids for Lyme Sufferers with Facial Paralysis

Responses to Schizophrenia Drugs Related to Genetics

Scientists Discover Genes That Disrupt Breast Cancer Treatment

Updates & Technology

FDA Approves New Biologic Drug for RA

A New Promising Tool for Docs on When to Say Yes or No to Antibiotics for Tots

Using Ginger Nanoparticles May Offer Better Drug Delivery in Colon Cancer, Study

Using Honey to Sanitize Urinary Catheters!

Sound Waves: An Rx for High Blood Pressure, Migraine?

Policy & Perspectives

More Physicians Saying No to Drug Reps

Antibiotics are Still Overprescribed

FDA OKs Biosimilar to Adalimumab for Inflammatory Diseases

FDA's Cancer-Drug Reviewers Often Join Industry Later: Study

Non-Drug Pain Options