

# October 2016 Top Holistic and Integrative Health Reads

## HEALTH

### *Technology, Medicine, & Health*

[Exploding Smartphones: What's the Silent Danger Lurking in Our Rechargeable Devices?](#)

[The Patch- a Sensor for Measuring Vitamin D Levels](#)

[This is an Astronaut's Brain on Mars? \(Rodent Studies Cite Brain Concerns\)](#)

[Docs and Media Use Advice for Kids](#)

[Heart Rate Wristbands Often Inaccurate: Study](#)

[The Human Cell Atlas- Scientists Seeking to Map Every Cell in the Human Body](#)

[Stress Hormones Measured in Hair to Measure Fertility](#)

[Mammography Controversy Continues- Overdiagnosis or Better Screening?](#)

[How Poop Transplants Work](#)

### *Microbiome Highlights*

[Fantastic article on gut-heart and metabolic function with belly bugs!](#)

[Microbiome and Diabetes- Difference in Function Not Critters](#)

[Our Other Vital Organ- Made of Critters "Not Quite Human"](#)

[Making the Microbiome Part of Precision Medicine](#)

[Gut Bugs and Spine Health- Could Probiotics Help Spinal Injury](#)

[Does the Urinary Microbiome Play a Role in Urgency Urinary Incontinence and Its Severity?](#)

[Gut Bugs-Mouth Microbes- Migraines!](#)

### *Mind-Body-Whole Health Medicine*

[The Company You Keep at Work- Identifying with Co-workers is Good for Well-Being](#)

[Longer, Healthier Life's End Means Starting with Healthier Beginnings](#)

[Hot Head and Heavy Loads = Bad Combo for Heart Health](#)

[Bad Relationships in Pregnancy Linked to More Infections and Trump Baby's Health](#)

[The P Spot of the Brain \(The Location of the Brain's Sweet Spot for the Placebo Effect\)](#)

[Placebo over Meds: Study Questions Use of Migraine Meds in Kids, Teens](#)

[Knowing Taking Placebos Helps Back Pain](#)

[Tai Chi May Help Neck Pain](#)

[Music May Make Exercise More Palatable](#)

[How People Are Treating Pain Without Drugs \(National Health Statistics Report\)](#)

*The Most Relaxing and Cheapest Thing You Can Do to Save Your Health*

[How Lack of Sleep Effects Developing Brains](#)

[How Lack of Sleep Effects Men's Fertility](#)

[Sleep and Effects on Appetite](#)

[How Lack of Sleep Affects Gut Bugs \(Full article\)](#)

*Updates in United States Healthcare and Public Health Policies*

[Recent Increases in the U.S. Maternal Mortality Rate: A Matter of Statistics? Maybe, But Likely More \(See Rankings Here\)](#)

[U.S. Life Expectancy and Other Health Measures Behind Other Wealthy Nations](#)

[U.S. Preterm Birth Numbers Rising](#)

[Evidence Linking C-Sections and Obesity](#)

[Little Gains in Efforts to Boost Outpatient Care](#)

[More People with Achy Knees in U. S.](#)

[Polypharmacy and Health-related Quality of Life Among US Adults with Arthritis, Medical Expenditure Panel Survey, 2010–2012 - More Drugs, Lower Scores on Physical Component Measurement](#)

[Soda Sponsorship, Public Health Policies, and Doctors Buddying Up with Industry](#)

[More Than Half Americans Have Chronic Health Problems](#)

[Hypothyroid Symptoms May Linger with "Proper" Treatment](#)

[Beyond BMI – Why This Weight Measurement Doesn't Portray the Whole Story](#)

[Rates of Preventive Mastectomy Doubled in a Decade, and Fear Is a Factor](#)

*How Genes Effect Health Outcomes and How Environment Shapes Genes (Epigenetics)*

[Chicken Korma, Etom Mess, and a Genetic Variant That May Trigger Eating More Fat or Craving Sweet Instead](#)

[Genes Relationship to Mood Disorders](#)

[Love of Exercise \(Or Hate\) May Be in Your Genes](#)

[Your Fingers Show Your Athletic Ability and Anxiety \(Hint: Testosterone is “At Play” Here\)](#)

*Environmental Health*

[The Economic and Health Costs of Toxic Chemicals in U.S.](#)

[Air Pollution, Noise Pollution, and High Blood Pressure](#)

[Lose the BPA and Lose Environmental Estrogen](#)

[Lead Levels and Children's Test Scores](#)

*Health Topics of Interest*

[Acne's Silver Lining- Younger Skin](#)

[More Evidence Menopause 'Brain Fog' Is Real](#)

[As Little as Ten Minutes a Day for Little Ones May Help Keep Adipose Tissue at Bay](#)

[Dying to Be Thin... on Cigarettes](#)

## **NUTRIGENOMICS**

*Nutrients, Supplements, and Health Outcomes*

[Americans Are Changing Their Supplements of Choice- Vitamin D, Probiotics, and Fish Oil are Topping the List](#)

[Vitamin E, Men, and Pneumonia](#)

[Calcium Supplements- Good or Bad? Depends on the Right Dose \(Risk if Calcium Intake Already High and Heart Risk Factors Present\)](#)

[DHA and Developing Children](#)

[Folinic Acid Improves Verbal Skills in Children with Autism, Study](#)

[More on the Benefits of Fish Oils](#)

[New Formulation for Drug Containing Amino Acid to Aid in Preventing Heart Side Effects](#)

*Food and Diet*

[Dieting Success Lies in the Brain in Study](#)

[More Good News for Chocolate Lovers](#)

[The Skinny on High Protein](#)

[Scary Nutritional Facts on Candy](#)

## **DRUG UPDATES**

*Drug Policy*

[FDA Sued Over Delay for Graphic Warning on Cigarettes](#)

[The Golden Ticket Fast-Track of Drugs Through the FDA- “We’re Not Making Pizza Here.”](#)

[DEA Puts Quota on Production of Opioid Painkiller](#)

[FDA: New Abuse Warning Put on Testosterone](#)

[Steep Rise in Cancer Drugs Continues](#)

*Safety Updates*

[Antidepressants in Moms-to-Be Linked to Speech Issues](#)

[Statins and Heart Drug Interactions](#)

[New FDA Watch List Covers 27 Drugs and Drug Classes \(These Include Medications for: Blood Sugar, Blood Pressure, Cholesterol, Depression, and Antibiotics\)](#)

[Non-steroidal Anti-inflammatory Drugs \(NSAIDs\) and Risk of Heart Failure in Four European Countries](#)

[NSAIDs Vary in How Much They Raise Heart-Failure Hospitalization Risk](#)

[Prostate Cancer Treatment May Increase Dementia Risk](#)

[Certain Blood Pressure Meds Linked to Mood Disorders](#)