

November 2016 Top Holistic and Integrative Health Reads



HEALTH

Back to the Belly Bugs!

[Gut Microbe Diversity Linked to Response of Melanoma Treatment](#)

[Gut Microbiota Regulate Motor Deficits and Neuroinflammation in a Model of Parkinson's Disease](#)

[Could C-Section Birth Raise Child's Obesity Risk?](#)

[Effect of Probiotic Supplementation on Cognitive Function and Metabolic Status in Alzheimer's Disease: A Randomized, Double-Blind and Controlled Trial](#)

[Antibiotics FOUND IN the Microbiome?](#)

[European Centre for Disease Prevention and Control \(ECDC\)- Antibiotic Resistance Still Rising](#)

[Pesticides and the Mouth Microbiome](#)

[The Diversity in the Dirt in NYC Provides Potential for Natural Medicine of Microbes](#)

[The Importance of the Virome](#)

[Environment and Genetics Determine Relative Abundance of Some Gut Microbes](#)

Health and Environment

[How Reducing Pollutants Can Help with Diabetes](#)

[Seven Substances Added to 14th Report on Carcinogens](#)

[Victory for America's Youth – Constitutional Climate Lawsuit Against U.S. to Proceed](#)

Nature AND Nurture- The Science of Epigenetics

[New Technique May Help Determine Which Genetic Variants are Harmful or Inert](#)

[Genetic Variances and Age Determine Response to Lyme Disease in New Study](#)

[DNA Isn't Destiny: Healthy Living Can Overcome Genes Linked to Heart Disease](#)

[Mapping the Epigenome](#)

[The Epigenetics of Autism](#)

[DNA Variation and Diseases](#)

[Got a "Salt" Tooth? It May Be Genetics](#)

Integrative Medicine Headlines

[Complementary Pain Treatments Gain Traction](#)

[How Happy Your Community Is May Effect Your Lifespan](#)

[Yogic Breathing Fights Depression, Study](#)

[Go Outdoors for Eyesight](#)

U.S. Healthcare & Policy

[CommonWealth Fund- US Healthcare Still Fails in Comparison to Other Industrialized Nations, Regardless of Coverage](#)

[Loss of Sleep is Costing Nations Big Bucks](#)

[World Cancer Rates Increase](#)

[Top 5 Causes of Death](#)

[US Healthcare Spending Up 5%](#)

[Death Tolls from Types of Infectious Diseases Shift](#)

[Childhood Cancer Survivors Living Longer But Not Always Better](#)

[Dementia Numbers Declined](#)

[Kids May Be Eating Better](#)

[Zika Downgraded as Threat-WHO](#)

[Killer Fun- The Dangerous Toy List Released for the Holidays](#)

[Trump Picks Rep. Tom Price, MD for HHS](#)

[Trump Picks Seema Verma for Medicaid Expansion Architecture](#)

[Healthcare Ballot Results from November 8th](#)

Medicine and Technology

[Brain MRI and Oxytocin- Two New Studies Provide More Tools for Autism](#)

[New Radiation- Free Brain Imaging Approach](#)

[New Blood Test for Joint Disease](#)

[New Urine Test for Cervical Cancer](#)

[Can Time-Release Capsules Replace Daily Pills?](#)

[Cholesterol- It Gets More Complicated- Why Higher HDL Is Not Always Good](#)

NUTRIGENOMICS

[Additives in Processed Food Leads to Colon Cancer Due to Belly Bug Shifts in Rodents](#)

[Gluten-Free Diets Alone May Not Heal Celiac Kids](#)

[When Should Baby Eat Peanuts?](#)

[Sugary Sips Linked to Shorter Sleep](#)

[Happier Heart Measures with Higher Omega 3s in Associative Study](#)

[Does Drinking Really Effect Heart Health Outcomes?](#)

MEDICATIONS

Technology

[A Shot for Lowering Cholesterol](#)

[Why Teens Abuse Prescription Drugs](#)

Safety

[PPIs and Stroke Risk](#)

[Blood Thinners and Statins May Not Be Good Combo for Bleeding Risk](#)

[New Warning on Essure Birth Control](#)

[The Common Drugs More Likely to Send Someone to the ER](#)

[Vaccine for Opioid Overdose](#)