

## March 2017 Top Holistic and Integrative Health Reads



## HEALTH

### **Microbiome and the Gut**

#### Probiotics

- [Probiotics for Allergies](#)
- [Microbiota, Mice, Depression, and the Probiotic That Saved the Mood](#)
- [Probiotics for Junk Food Rodents Helpful But May Not Be Good for Memory in “Healthy” Eating Rats](#)

#### The Microbiome

- [Change in Gut May Change Brain](#)
- [Link Between Parkinson’s and Changes in Microbiome](#)
- [Bacteria Transferred from Humans with IBS Has Similar Effects Intestinal and Brain Behavior in Rodents](#)
- [Is Dysbiosis Always Bad? Maybe It’s Adaptive to Deal with Dietary Changes, Mouse Study Reveals More](#)
- [Gulf War Illness and Gut Bugs Linked](#)
- [How Microbes Colonize Certain Parts of Our Bodies](#)
- [Gut Bugs Help with Digesting Carbs](#)

#### The Gut

- [Research to Help Make the Gut \(Stem\) Cells Younger](#)
- [A New Cell Discovery Found in the Gut](#)

## **New Research**

[Zapping Migraines with a Smartphone App](#)

[The Male Infertility Test- There's an App for That](#)

[Controversial Study Shows No Effect of Meds for Low Thyroid on Outcomes in Pregnancy](#)

[Is Breast Cancer Radiation Overprescribed and Costly??](#)

[New Blood Test for Brain Disorders](#)

[2 Blood Tests Better Than One for Cardiac Risk Prediction](#)

[The Epigenetics of Crohn's Disease](#)

[The Epigenetics of Death Risk?](#)

[An Easy to Swallow Alternative for Colonoscopies?](#)

[Autism: New Analysis Shows Efficacy of Studying Analytes Including Methylation and Oxidative Stress \(What We Do in Functional Medicine\)](#)

## **Environment and Health**

[Two United Nation \(UN\) Experts Urge for Regulations of Pesticides due to Human Health Effects](#)

[The World Health Organization \(WHO\) Claims Pollution Causing 1.7 Million Children's Death a Year  
Pyrethroids, Prenatal Exposure, and Neurobehavioral Development at Age 6](#)

[Eleven US Medical Groups Unite to Raise Public Awareness On Climate Change and It's Impact  
Human Health](#)

[Medscape Lists the 3 Harms of Climate Change by These Medical Groups:](#) Direct harm by environmental injuries and deaths from violent weather, spread of diseases through insects and contaminated food and waters, mental and emotional effects (Password protected.)

[Metabolic Syndrome: Toxicology's Next Patient?](#)

[Air Pollution Can Affect Antibiotic Effectiveness](#)

## **Policy and Research**

[Researchers Want More Transparency in FDA](#)

[Conflicts of Interest Found in Patient Advocacy Groups](#)

[Senate Kills Funding Protection for Planned Parenthood](#)

[A History of Presidential HealthCare Reform](#)

[House Releases ACA Repeal, Replace Bill That Transforms Medicaid](#)

[Comparison of ACA and American Health Act in 2020](#)

[Trump and GOP 'Pull' House Bill to Replace ACA](#)

[More Doctor Tests Does Not Equal More Health Results](#) (But It May Upset Your Pocketbook)

[Many Doctors Getting Paid by Drug Companies](#)

[ECRI's 2017 Top 10 Patient Safety Concerns](#)

The Top 3 Include: Information management in EHRs, unrecognized patient deterioration, and implementation and use of clinical decision support. (Medscape password protected)

## **Mind Body**

[Yoga for Depression](#)

[The Brain Power of Human Touch in Premies](#)

[Autism and Review of Mind-Body Medicine Studies](#)

[Depression May Hasten Death in Years Following Heart Diagnosis](#)

[Social Support During Colds Could Help Healing](#)

## **NUTRIGENOMICS**

[2017 Dirty Dozen and Clean Fifteen of Pesticides](#)

[Another Health Reason to Eat Broccoli](#)

[An Apple a Day \(In a Pill\) May Keep the Cholesterol at Bay](#)

[Fructose in Breast Milk Affects Body Composition of Infant at 6 Months](#)

[Exercise, Diet, and Supplements- Do They Help Muscle Mass and Function?](#) (Exercise Probably Does and Some Specific Supplements)

[Brain Structure Changes with Depression, Medication Helps \(So Could Nutrition?\)](#)

# MEDICATIONS

## Safety

- [Older Women at Higher Risk for Diabetes with Statin: Study](#)
- [Drug for Urinary Frequency in Seniors Has Dementia Risk Associated](#)
- [The EpiPen Recall](#)

## Heart Health

- [Ibuprofen Could Stop the Heart?](#)
- [Digoxin Risk for Heart Health](#)
- [Rest as Good as Drug for High Blood Pressure in ER](#)

## Highlights for Children

- [Pain Relievers May Effect Pregnancy- Survey](#)
- [Benefits of ADHD Meds Long-Term May Not Be More Beneficial](#)
- [Kids with Mild Eczema May Do Best to Skip Antibiotics](#)
- [Antibiotic After Ear Surgery in Kids a High Risk for Ear Injury Following](#)