

May 2017 Top Holistic and Integrative Health Reads



HEALTH

Microbiome Topics

Buggy Infections on the Brain!

Check out these new studies that demonstrate a connection to [the microbiome in our brains!](#)

- [Phagocytes in the Brain: Good or bad?](#)
- [Minocycline for MS \(A Brain-Infection Connection?\)](#)
- [Gut Microbiota Differences in Systemic Sclerosis Patients](#)
- [Toxins, Teeth, and ASD](#)

Other Microbe-Systemic Effects

- [Detecting Fatty Liver Using Gut Bugs](#)
- [The Gut Microbiome's Impact on IBD Treatment Effects](#)
- [New Ways to Detect and Monitor Inflammatory Bowel Disease](#)
- [Diagnosing Gut Inflammation by Modifying Bugs](#)
- [Microbes, Genes, and Zebrafish, Oh My!](#)
- [Microbes and Metabolic Syndrome: How Bacterial Enrichment By the Border is a Good Thing for Glucose Control \(Plain English Summary Link\)](#)
- [Ethnicity, Breast Feeding, and the Gut](#)

Mind-Body Connections

- [Mindfulness Eases Anxiety- In 10 Minutes!](#)

- [Yoga Eases Depression, Another Study](#)
- [Music May Ease Depression in People with Dementia](#)
- [Relationships with Kids Effect Parents' Risk for Dementia](#)
- [Effective Ways to Treat IBD Are Holistically Comprehensive](#)
- [Where Anxiety Lives in the Brain](#)

Environmental Health

- [Phthalates and Allergy Risk in Children](#)
- [Longevity and Environment](#)
- [Traffic-Related Air Pollution Linked to DNA Damage in Children](#)
- [A New Way to Measure Toxic Effects?](#)

Science Updates

- [Methylation By Manipulation... Why Not Use Lifestyle?](#)
- [Experimental Technology Monitors and Maintains Drug Levels](#)
- [The Revolutionary, Biodegradable... Maxi Pad!](#)
- [A Better Way to Measure Youth Body Composition- TMI](#)
- [A New Gluten Sensitivity Test?](#)

Healthy Updates

- [Where You Live Linked to How Long You Live](#)
- [Location Linked to C-Section Rates](#)
- [A New Virus in Ticks More Prominent and Something to Be Aware of](#)
- [Physical Activity Linked to Less Aging in Cell Marker](#)

Screening and Policy

- [Should Cervical Cancer Screening Continue after 65?](#)
- [Do You Still Need Regular Cholesterol Screening?](#)
- [Risks with HRT Over Benefits for Prevention](#)

NUTRIGENOMICS

- [Trump Reverses Healthy Lunch Guidelines for Schools](#)
- [Alternate Day Fast May Not Be Superior to Continuous Fast](#)
- [An Enzyme for Gluten Digestion Reported Helpful](#)
- [Diet Linked to Osteoarthritis Prevention](#)

- [Is Dairy O “K”](#)

MEDICINE

Reports

- [US Emergency Department Visits for Outpatient Adverse Drug Events, 2013-2014](#)
- [Pain Med Prescribing Down Second Year in Row: Tsunami of Drug Prescribing Still Higher Than Inflation Rate](#)
- [Different People, Different Results- Personalizing Antidepressants](#)
- [Too Much Hype for Too Low Results- Promotion vs. Efficacy in Drug Prescribing](#)
- [New Drugs of Abuse- Risk for Opioid Addicts](#)

Safety

- [Common Painkillers Linked to Heart Risk](#)
- [Prenatal SSRIs and Preterm Birth Associated in Study](#)
- [To Block or Not in Heart Failure](#)
- [Antibiotics and Miscarriage Risk](#)
- [Sleeping Pills Linked to Fracture and Falls Risk](#)
- [FDA Approves 1st New Drug for ALS in Decades, Severe Side Effects Could Occur](#)
- [Post-Market Safety Concerns for FDA Approved Drugs Common!](#)
- [Statins Linked to Back Pain](#)
- [Should the Elderly Take Statins?](#)
- [New Treatment for Premature Ejaculation May Have Negative Effects on Partner](#)
- [Diabetes Drug Linked to Amputation Risk, FDA Warns](#)