

August 2017 Top Holistic and Integrative Health Reads



Below are some of my most noteworthy health, medicine, and nutrition headlines for the month of August 2017.

As usual, there's a whole section for one of my geek-out obsessions, the [microbiome](#).

One of the highlights was a new trial by the American Chemical Society focusing on athletes. Literally stated, "No guts, no glory..." [Science Daily](#) reported on the researchers who drove around for two weeks collecting fecal samples from 20 athletes participating in the 2015 Boston marathon. After analyzing the poo, they discovered a particular bacteria may aid athletic performance. The hope is that these results could lead to the development of specific probiotics for the elite fitness population.

Considering the fact that we are still in infancy in learning [about our genetics](#), and even farther behind [on our microbiome](#), [many are wondering](#) if targeted "bug" treatment will work. Furthermore, there's a whole lot of critters that have been ignored that could influence buggy interactions, including [viruses](#) and worms!

In fact, bacteria aren't the only [bugs people are ingesting](#). Many people are literally swallowing worms for immune modulation and experiencing good results. You'll want to check out the article, '[What the Helminth! Are "Purposeful Parasites" The Next Probiotics?](#)', [to learn more](#).

Enjoy!

HEALTH

MICROBIOME

- [Studying Poo for How to Improve Athletic Performance. Specific Probiotics for Athletes?](#)
- [Eating Worms for Immune Health- What the Helminth!](#)
- [A Next Generation Treatment for C. Diff- From Drugs to Bugs](#)
- [Don't Hate on Your Gut: It May Help Weight, Blood Pressure, Mood, and More!](#)
- [Disrupted Gut, the Impact of Diversity, and the Impact on Dysentery](#)
- [Gut Microbes, Cortisol Communication, Pigs, and Autism- How Belly Bugs Influence Cortisol and the Brain](#)
- [A Discovery of Missing Microbes- The Great Unknown That Was Unknown Discovered!](#)
- [Hunter-Gatherer's Microbes Change, Like the Seasons- The Diet- Gut Bug Connection](#)
- [Your Unique Microbiome Stress Response](#)

NATURE, NURTURE, & EPIGENETIC IMPACTS

- [Prenatal Inflammation Fires Up Baby's Brain](#)
- [The DNA Implications of Epigenetic Transgenerational Transmission](#)
- [Is Being Nice Genetic?](#)
- [Yoga, Meditation, and Mind-Body Health: Increased BDNF, Cortisol Awakening Response, and Altered Inflammatory Marker Expression after a 3-Month Yoga and Meditation Retreat](#)

MIND BODY

- [Isolation and Death](#)
- [Not "Spider Sense", But Humans Have "Baby Sense"- Some More Than Others](#)
- [Mindfulness Reduces Alcohol Consumption](#)

ENVIRONMENT

- [What's in Your Tap Water? According to EWG, 267 Chemicals](#)
- [Traffic Jam? Crank the AC and Put the Windows Up](#)
- [Developmental PBDE Exposure and IQ/ADHD in Childhood: A Systematic Review and Meta-analysis](#)

NEW DISCOVERIES & NEWS

- [Marijuana May Help Ease Nerve Pain, Review \(and Controversy\)](#)
- [Mayo, Cleveland Clinic Lead US News Top Hospitals List](#)
- [Ringing in the Ears Really Is a Brain Thing](#)
- [Enough with the Coffee Research and Other Distractions](#)
- [Pig to Human Transplants- A “CRISPR” Future?](#)
- [The “Dark Genome” Being Revealed- Lighting Up the Hiding Genome](#)
- [A Potential Blood Test for Earlier Cancer Detection?](#)
- [The “Paper” Lab](#)

NUTRITON & NUTRIGENOMICS

- [Can Breast Feeding Moms Eat Veggies & Influence Little One’s Green Leafy Lovin’](#)
- [Lifestyle Can Manage Diabetes, Study](#)
- [High Protein and Sugary Beverage = Bad Combo Meal](#)
- [Plant Power for Heart Health](#)
- [The Glyphosate Free Seal](#)
- [Is Moderation in Diet the Best Food as Medicine?](#)
- [Probiotics and Peanut Allergy](#)

MEDICATION

NEWS

[Opioid Commission: Declare a State of Emergency, Mr President](#)

[Number of People on Antidepressants on the Rise](#)

[A Manipulation of Epigenetics by a Drug vs. Lifestyle! \(I May Stick with Kale, Less Side Effects....\)](#)

SAFETY

[Antidepressant Use and Increased Risk of Head Injury in Alzheimer's](#)

[Ibuprofen Affects on Blood Pressure in the Elderly](#)

[Expiration Dates and Rxs- Are They Really Safety Linked?](#)

[CBD Interaction with Seizure Drugs](#)

[Are Fast-Tracked Drugs Being Effectively Monitored for Safety?](#)

[Antibiotics Weaken Immune System](#)