

October 2017 Top Holistic and Integrative Health Reads



HEALTH

Microbiome

- [Gut Bugs and Blood Pressure](#)
- [Gut Bugs Linked to Toxic Chemo Drug Effect](#)
- [Bugs in Your Mouth and Gut May Be the Cause of “Fat” in Your Arteries](#)
- [The Breast Microbiome, Gut Microbiome, and Cancer](#)
- [Microbiome Linked to Skin Cancer Therapy Response](#)
- [Type 1 Diabetes and the Microbiota: These Immune Cells May Be Key](#)
- [Keeping Your Microbiome Young to Stay Ageless](#)
- [How the Microbiome and Fungione Interact for Metabolism- Studying Bug Differences AND Bug Actions!](#)
- [How H.pylori Effects Flies’ Microbiome](#)
- [Map of the Gut's Microbial Landscape](#)
- [Gut Bacteria from Wild Mice Boost Health in Lab Mice](#)
- [The Lung Microbiome and Asthma](#)
- [Side Effects of Antibiotics Linked to Toxins Made by Gut Bugs](#)

Stats & Ethics

- [Medical Errors in America- Admission of Guilt and Compensation Help to Save on Lawsuit](#)
- [Survey of 2,500: 1 in 5 Affected by Medical Error](#)
- [Updates in Lancet Global Burden of Disease](#)
- [Amazon May Be Selling Your Prescriptions Soon](#)
- [A Drug Company's Gift Might Change How Your Doctors Prescribe](#)

Healthy Updates

- [A New View on Cancer?](#)
- [Dance Your Way to a Healthy Brain](#)
- [Sperm Counts, Testicular Cancers, and the Environment](#)

Technology

- [Blood Samples May Provide Radiosensitivity Answers](#)
- [2nd Gene Therapy Approved by FDA for a Type of Lymphoma](#)
- [Blood Test Can Effectively Rule Out Breast Cancer, Regardless of Dense Breasts](#)
- [Fingerprints Used to Screen for Drugs](#)

Politics and Medicine

- [White House to Roll Back Birth Control Mandate in Employers' Health Care Plans](#)
- [Trump Signs Executive Order to Allow Cheaper Health Plans](#)
- [Trump Axes ACA Cost-Sharing Subsidy Payments to Insurers](#)
- [Bipartisan Deal Could Give Temporary Protection to Obamacare](#)
- [Judge Rejects Bid by 18 US States to Revive ACA Subsidies](#)
- [What to Expect with Health Insurance with the Changing Laws](#)
- [Opioid Epidemic- White House New Policies](#)

Environment

- [A Little OJ to Go with that Glyphosate?](#)
- [Pollution Tied to 9 Million Deaths Worldwide in 2015](#)
- [The Death of the Insect Ecosystem](#)
- [Climate Change Costing US Billions](#)
- [NEW REPORT: 'An Overwhelming Case for Action' - Expert Panel Identifies Unacceptable Toll of Food and Farming Systems on Human Health](#)

Mind-Body

- [How Mindful Training Changes the Brain, Study](#)
- [More Evidence of the Nocebo Effect](#)
- [Exercising in a Group Provides More Benefit Than Alone- The Power of Community](#)

NUTRIGENOMICS

[Modulation of Inflammation in Brain: A Matter of Fat](#)

[The Nutrigenomics of Peanut Allergy](#)

[Picky Eating and Genetics](#)

[Fast Food Score Cards for Antibiotics in Meat](#)

[Could Calcium Effect Immune Cells Use of Sugar?](#)

[Medical Food May Help Control Inflammatory Pain](#)

[Black Tea Effects Gut Bugs and Weight in Mice](#)

[Probiotics in Dairy Help Female Mice with Lupus](#)

MEDICINE

Safety

- [New Blood Thinners with Side Effects and Various Interactions](#)
- [PPIs, Gut Bug Alterations Linked to Liver Disease](#)
- [Blood Pressure Meds Are Not Restoring Heart Function](#)
- [Association of Antidepressant Medications with Incident Type 2 Diabetes Among Medicaid-Insured Youths](#)
- [Adderall Misuse and Abuse in Teens](#)
- [Statin Use Associated with Diabetes Risk in Large Study](#)
- [E-Cigarette Use Causes a Unique Innate Immune Response in the Lung](#)
- [Acetaminophen in Pregnancy Linked to ADHD](#)
- [Drowsy Driving Induced by Meds- Are You Aware?](#)

News and Updates

- [Levothyroxine Dose Tweaks Don't Alter Symptoms in Hypothyroidism](#)
- [Placebo and SSRIs](#)
- [No Clear Evidence That Most New Cancer Drugs Extend or Improve Life](#)
- [Top Prescribed \(Levothyroxine\) and Top Selling Drugs \(Humira\) of 2016](#)
- [Moving to a Male Birth Control?](#)
- [Steep Prices for Cancer Drugs- Should They Be Regulated?](#)