

February 2018 Top Holistic and Integrative Health Reads

HEALTH

Microbiome

- [Intestinal Cells and Microbiome Corporate for Gut Health](#)
- [Gut Microbes Combine and linked to Colon Cancer](#)
- [Mice, Gut Bugs, and Weight](#)
- [Humans, Gut Bugs, Amino Acids, and Weight](#)
- [C-Sections, Gut Bacteria, and Weight](#)
- [Bacteria on Skin May Protect it from Cancer](#)
- [Microbiome or Genes- Lifestyle and Gut Bugs Most Important Health Determinants, Reports One Study](#)
- [Mice, Microbes, Sepsis](#)

Environment

- [Dirty Faucets...Beyond Flint](#)
- [Too Much Noise Harms the Heart](#)
- [Climate Change Heats Up the World](#)
- [Personal Care Products= Personal Pollution Products](#)
- [Cleaning and Greening May Reduce Violence](#)

Updates

- [Fitness Related to Metabolic Risk in Those with High BMI, States Study](#)
- [Home Hospital vs. In-Hospital...and the Winner is?](#)
- [Ovarian Cancer Screening Test Still No Go- Task Force](#)
- [A New MRI Test for Breast Cancer, More Accurate?](#)
- [Accuracy of BRCA Test Varies by Lab](#)
- [First Multi-Plex Test for Tick Borne Diseases](#)
- [Healthcare Spending Accelerating, 19.7% of Economy by 2026](#)
- [Smartphones and Pot Cause Pedestrian Deaths](#)

Technology

- [Near Infrared Light Could Determine Chemotherapy Effectiveness in Breast Cancer](#)
- [Blood and Urine Test for Autism Developed, Small Trial](#)

NUTRIGENOMICS

- [Think green for brains! Diet Rich In Greens Linked To Less Age-Related Memory Loss](#)
- [Think Non-Processed, Whole Foods for Cellular Health](#)
- [Killing Tony the Tiger- Chilean Government Slays Junk Food with Regulations and Warnings](#)
- [FDA Mandates Major Overhaul of Supplement Labels](#)

DRUGS

- [FDA Takes New Steps to Mitigate Opioid Overprescribing- Drug Manufactures Required to Provide Core Content for Prescribers](#)
- [Opioids Linked to Pneumonia Risk](#)
- [Steroids and Fracture Risk... from Asthma Meds](#)
- [Many People Overdosing on OTC Pain Killers, and Don't Know it!](#)
- [Shining the Light on the Flu](#)
- [Can Over-the-Counter Pain Medications Influence Our Thoughts and Emotions?](#)
- [Acetaminophen and Effects on Sex Hormones in Males via Genetic Variants](#)
- [FDA Cracks Down on Kratom](#)
- [Watch Out for This Combo of Antibiotic and Heart Disease!](#)