

# March 2018 Top Holistic and Integrative Health Reads

## HEALTH

### *Microbiome News*

- [Gut Bugs on the Brain... with Sepsis](#)
- [Killing Off Certain Belly Bugs Prevents Autoimmunity in Mice](#)
- [Feeding Fiber to Gut Bugs for Diabetes Prevention- 6 Year Study](#)
- [For Mice with IBD, How Splenda Is Not So Splendid](#)
- [Gut Bugs and Pancreatic Cancer](#)
- [Probiotics in Pregnancy Linked to Eczema Risk](#)
- [Common Meds Upset Microbiome- Not Just Antibiotics](#)
- [C. Diff, Antibiotics, and Nutrients](#)
- [Fungi in Gut are Just Passer-Byers](#)
- [Gut Bugs to Predict Cirrhosis Hospitalizations](#)

### *Updates in Testing*

- [FDA Approves First Home Test for Breast Cancer Risk](#)
- [FDA OKs First Tests for Tickborne Parasite in Blood, Plasma...For Donating Blood](#)
- [Constitutionally Thin or Anorexic? Thyroid Markers May Tell](#)
- [Novel Biomarkers for Dementia Risk](#)
- [Americans Spend More, Get Less Results with HealthCare](#)
- [Could a Pap Test Spot More Than Just Cervical Cancer?](#)
- [UroSEEK for Urinary Cancer](#)
- [Breast Cancer Dx with Light?](#)
- [New Mobile Lab Means Patients May Be Able to Skip the Lab Visit](#)
- [Prenatal Test Advance for Genetic Disorders](#)

### *Mind-Body*

- [The Use of Complementary Health Approaches Among U.S. Adults with a Recent Cancer Diagnosis](#)
- [Treating Subthreshold Depression in Primary Care: A Randomized Controlled Trial of Behavioral Activation with Mindfulness](#)

### *Political Medicine*

- [AIDS Researcher Robert Redfield Picked to Lead the CDC](#)

## *Health News Updates*

- [A New Organ Found?!](#)

## **NUTRITION**

- [Curcumin Makes Conventional Medicine News for Alzheimer's Trial!](#)
- [Mediterranean Diet on the Bones and Muscles](#)
- [Nutrients for Mental Health: New Review Shows Promise for Antioxidants, Amino Acids](#)
- [Dietary Supplement for Anti-aging of the Heart](#)

## **MEDICATIONS**

- [Cancer Drugs and Antibiotics- Messing with the Microbiome and Effects on Innate Immunity](#)
- [Potential Hazards with Prescribing Meds for Chronic Kidney Disease Patients](#)
- [Fetal Exposure to Epilepsy Drug Tied to Lower School Grades Later](#)
- [DPP-4 Inhibitors May Increase Risk for IBD in Diabetes Patients](#)
- [Pharmaceutical Financial Costs for Cancer Drugs- New Panel Recommendations](#)
- [A Step Closer to Male Birth Control](#)
- [FDA Okays New Interoperable Continuous Glucose Monitor](#)
- [Rate of Antibiotic-Resistant Infections Doubled Since 2002, Cost Tops \\$2B Annually](#)