

April 2018 Top Holistic and Integrative Health Reads



HEALTH

Buggy News- Microbiome and Other Critter Effects

- [How a Protein Helps Lyme Bacteria Outsmart the Immune System](#)
- [Research on Manipulating Gut Microbiome to Boost Efficacy of Cancer Immunotherapies](#)
- [Microbiomes- the New Autopsy Organ for Teller of Death Cause](#)
- [You and Your Pups Microbiome May Match Closely](#)
- [Containing Superbug Outbreaks](#)
- [The Impact of the Genitourinary Microbiome](#)
- [Gut Bugs in Small Intestine Linked to Absorption of Fat and Overnutrition in Rodents](#)
- [How Gut Bugs Effect Blood Sugar, Lipids, and Liver in Mice](#)
- [The Fecal Transplant for Liver Patients- Better Poo for Better Brain Function](#)
- [EBV/Mono Link to Autoimmunity](#)
- [The Bugs in Mice Guts Make Them Weak in the Knees](#)
- [Killing the Bugs for Better Heart Outcomes in Mice with Heart Failure](#)
- [The Gut-Liver Connection in Mice](#)
- [Kefir helped Hypertensive Rats](#)

Health Updates

- [Non-Coding Genes and Cancer](#)
- [A New Form of DNA in Our Cells](#)
- [Major Project Completes Genetic 'Map' of 33 Cancers](#)
- [Obesity and Risk for Disease- Not Always, May Be in the Genes](#)
- [Lifespan Changes Based on Where You Call Home](#)
- [Cardiac Risk Also Linked to State of Residence](#)
- [World's Largest Animal Study on Cell Tower Radiation Confirms Cancer Link](#)
- [Preclinical Efficacy Studies in Animals Prior to Human Testing Poor](#)
- [Debunking the Myth of Exercise-Induced Immune Suppression](#)
- [The Rodent Connection Between Fear, Smell, and Breathing](#)
- [Positioning for Chemo May Effect Outcomes](#)

- [Cognitive Behavioral Therapy for Autism](#)
- [Could “Bad Autoimmunity Antibodies” Turn Good? Mouse Study](#)
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Environment

- [New Safety Concerns on Tungsten](#)
- [Banned Toxins Lurking in Your Kitchen?](#)
- [A lot of Americans Breathing Bad Air- Bad for Health](#)
- [Food-Fruit Waste](#)

Testing

- [New Bloodless Glucose Monitoring in the Works](#)
- [AI Monitoring of Diabetic Eye Disease- It Spots It, You Get a Head Start to Ward It Off](#)
- [Skin Sensor May One Day Monitor Addicts](#)
- [New Computational Framework Predicts Drug-Food and Drug-Drug Interactions](#)
- [Wearable Wrist Device for Tremors](#)
- [A Less Harmful Alternative to X-Rays?](#)

Mind Body

- [After 7 years, Meditation Still Gives Cognitive Gains](#)
- [Different Mindful Practices, Different Effects](#)
- [Meditation, the Heart, and Anxiety](#)
- [How Trauma Ages the Brain](#)
- [COPD Patients May Breathe Easier with Tai Chi](#)
- [Let It Go for Better Health?](#)
- [Yoga for Grade Schoolers May Help Anxiety, Small Study](#)
- [Digital Addiction and Loneliness/Depression](#)
- [How Chronic Stress Raises PTSD Vulnerability](#)
- [Get Rid of Back Pain by Facing Your Fear of It?](#)
- [Blood Pressure, Music, and Medicine](#)
- [Exercise Your Blues Away](#)
- [Tiny Changes in Facial Telegraph Your Emotions](#)

NUTRIGENOMICS

- [Food Packaging Could Interact with How You Absorb Nutrients](#)

- [Produce Without Poisons- EWG's Dirty Dozen and Clean Fifteen 2018](#)
- [Why You May Get Thirsty for Water After Eating Sugar and Drinking Alcohol](#)
- [Fish Oil and Olive Oil- Both Good for Dry Eyes, Yet Study Headlines Say Fish Oil Not?](#)
- [FDA Cracks Down on Caffeine-Loaded Supplements](#)
- [Too Much Alcohol Associated with Shorter Lifespan](#)
- [Sensitive to Salt- It May Be in Your Genes](#)
- [Mito PPQ and Healthy Blood Vessels](#)

MEDICATIONS

- [Babies on Certain Meds Mess Up Microbiome and Greater Risk for Asthma/Allergies](#)
- [Common Antidepressants in Pregnancy May Alter Fetal Brain Development](#)
- [AHA: Gene Test Predicts Who Won't Benefit from Blood Thinner Plavix](#)
- [FDA: New Restrictions on Contraception Essure](#)
- [Antiepileptic Drugs Linked with Dementia Risk](#)
- [Doctors Curbing First Time Opioid Rxs- Rates of Death Still Rising from Chronic Use](#)
- [New Drug for Migraines Holds Promise](#)
- [Blood Pressure Drugs Associated with Pancreatic Cancer Risk for Postmenopausal Women](#)
- [Senator Schumer to Introduce Bill to Decriminalize Marijuana](#)
- [Thyroid Function and Antipsychotics Linked](#)
- [FDA Panel Unanimously Backs Cannabis Drug for Severe Epilepsy](#)
- [PPIs and Pneumonia Link in Older Adults](#)
- [FDA Panels Vote to Add Aspirin Warning to Naproxen Label](#)