

August 2018 Holistic and Integrative Medicine Top Reads

HEALTH

Microbiome

- [Makeup of Gut Bugs Linked to Weight Loss Success Using the Same Diet Intervention](#)
- [Swallowing Crickets for Microbiome Support and Better Health!](#)
- [How Hungry Bugs Sense Nutrients](#)
- [Latent Viruses Effect on the Microbiome and Immune System](#)
- [Why Some Bugs Live in the Gut and Others Don't](#)
- [A Concept Study: Microbiome Makeup Linked to Vaccine Response](#)
- [Why Mice Microbiomes Like Mushrooms](#)
- [Viruses and Mental Disorders](#)
- [How Bad Marriages Cause Leaky Gut and a Messed Up Microbiomes](#)
- [Gut Enzyme Could Help US Blood Shortages](#)
- [Microbiome Mishaps and Malnutrition Linked](#)
- [Changes in the Gut Microbiota of Urban Subjects Eating a Traditional Diet and Living the Lifestyle of a Rainforest Village](#)
- [Spying on and Interfering with Gut Bugs' Conversations with Synthetic Microbiomes](#)

Health Updates

- [Germs Are Getting Resistant to Hand Sanitizers](#)
- [Google Glasses May Help Autistic Kids to Read Emotional Cues](#)
- [Mental Health is Associated with Exercise: Large Observational Study](#)
- [Worldwide Declines in Life Expectancy, Are Opioids to Blame?](#)
- [New Micro-organ in Lymph System Discovered](#)
- [Risk of Pot Use in Pregnancy and Breast Feeding](#)
- [How Many Genes Do We Have Again?](#)
- [ADHD Prevalence Rises, but Reasons Remain Unclear](#)
- [Cholesterol Levels Remain High Despite T4 for Hypothyroidism](#)

Testing

- [Gas Sensing Pill Beats Breath Test in Assessing Gut Issues in Trial](#)
- [FDA OKs First Direct-to-Consumer Birth Control App](#)
- [Mayo, Cleveland, Hopkins Tops List of Best Hospitals in US News List](#)
- [USPSTF Updates Cervical Screening](#)
- [Can You Have Too Much of an \(HDL\) "Good" Thing?](#)
- [Genome-Wide Polygenic Scores Identify Risk for Common Diseases \(Full Article\)](#)

- [Three STDs Hit All-Time High in 2017, New CDC Data](#)

Politics and Policies

- [Trump Wants Opioid Manufacturers to Face a Federal Lawsuit](#)
- [DOJ Blocks Two 'Reckless' Ohio Docs from Prescribing Opioids](#)
- [Senator John McCain Dies from Brain Tumor](#)
- [Bipartisan Spending Bill Promotes Drug-Price Transparency](#)
- [Financial Disclosures Missing in Clinical Trials](#)

Mind-Body

- [Physician Assurance and Outcomes on Itch](#)
- [Listening to Yoga Music is Good for the Heart](#)

Environment

- [Banned Pesticide Linked to Autism](#)
- [Natural Pesticides Work!](#)
- [How Air Pollution Causes Cardiovascular Issues](#)
- [How Air Pollution Decreases Life Span- Review](#)
- [Mystery Illness Linked to Radiofrequency](#)
- [Even at Low Levels Toxic Metals Put Heart at Risk](#)

NUTRITION

[Average Salt Levels Seem to Be Safe for Heart](#)

[Glutamine Helps Guts of Post-Infection IBS Patients: Study](#)

MEDICATION

Updates

- [FDA Approves New Vaginal Ring for One Year of Birth Control](#)
- [FDA Approves First Genetic EpiPen](#)
- [Prices and Value Not Well Aligned for Common CV Drugs in US](#)

Safety

- [EMA Detection of Carcinogen in Valsartan Medicines \(for Blood Pressure\)](#)
- [Association of Bullous Pemphigoid with Dipeptidyl-Peptidase 4 Inhibitors in Patients With Diabetes](#)
- [Thyroid Tablets Recalled in US Because of Impurity Risk](#)
- [How Low is Too Low- Blood Pressure Meds and Risk for Falls](#)
- [Dangerous Drug Mixes in Kids](#)
- [FDA Warns of Common Diabetes Meds' Link to Dangerous Genital Infection](#)