

## October 2018 Holistic and Integrative Medicine Top Reads



### HEALTH

#### *Microbiome- Studies in Petri Dishes and Animals*

- [Gut Germs in Mice & Link to Heart Recovery](#)
- [Mamma Pigs' Inflamed Gut Impacts Her Piggies Inflammation](#)
- [A Probiotic Wins Against Staph Infection, Study](#)
- [Link Between Gut Bugs and MS](#)
- [Is the Gut to Blame for a Bloodstream Infection?](#)
- [How Exercise May You \(and Your Gut\) Healthier](#)
- [Gut-on-a-Chip Shows Intestinal Permeability Makes Probiotics Harmful- Is This Relevant to Humans?](#)
- [Inferring Metabolic Interaction within a Defined Gut Microbiota](#)

#### *Humans, Bugs, Guts, & the Microbiome*

- [Gut Microbiota Signature Altered in Alzheimer's Disease](#)
- [Differences in Gut Bugs and Metabolites in Diabetics, Small Study](#)
- [Probiotics & Fecal Transplant Promising in Ulcerative Colitis](#)
- [Mouth Microbiome in Mice and Men Linked to Systemic Inflammation and Bone Health](#)
- [Breastfeeding Protects Young From Antibiotic Resistance & Negative Impact of Antibiotics Prenatally](#)
- [Herpes Virus in the Brain, Literally!](#)
- [Antibiotics and the Sad Story of the Missing 9](#)
- [How the Microbiome Develops in Early Childhood with Cohort of Kids at Risk for Diabetes](#)

#### *Health Updates*

- [LDL-C Does Not Cause Cardiovascular Disease: a Comprehensive Review of Current Literature](#)
- [The Goldilocks Dose of Amount of Sleep for the Brain, What's Just Right?](#)

- [Sit. Now Stand. Good Desk. Good Mind-Body. :\)](#)
- [C-Section Rates Double Since 2000](#)
- [How Lifestyle Linked to Genetic Risk for Stroke- Epigenetics Baby!](#)
- [Stimulating the Vagus Nerve for Digestive Relief?](#)
- [Consider Neuroinvasive Arboviruses in Differential Dx, CDC Says](#)
- [New Structure in Ankle Found](#)

### Environment

- [High Urinary Fluoride in Moms Linked to ADHD in Kids](#)
- [WHO Says Air Pollution Kills 600,000 Children Every Year](#)
- [Lead in Hair Dyes Must Go: FDA](#)
- [High Levels of Previous Unsuspected Pollutant Found in Homes, Environment](#)

### Tests

- [New Lab Test Measures Direct DNA for Lyme Disease](#)
- [FDA Approves New DNA-Based Test for Blood Compatibility](#)
- [New Test for Measuring Glutathione May Help Monitor Brain in Alzheimer's](#)
- [Using Facebook to Predict Depression?](#)
- [New Fertility Test for Men](#)
- [Sperm Count and Motility Declining in United States](#)
- [Thyroid Screening for a Smarter Baby?](#)

### Mind-Body

- [Mindfulness Eases Menopause Symptoms & Stress in Study](#)
- [Mindfulness Meditation May Reduce Anxiety with Breast Biopsy](#)
- [Stress and Memory Link- Cortisol on the Brain](#)
- [How Tetris Treats Anxiety](#)
- [Dying of a Broken Heart Is a Real Phenomenon- Grief, Inflammation, and Depression in Bereaved Spouse](#)
- [Three Types of Depression Found in Study with fMRI](#)

### NUTRITION

- [One-Third of 'Gluten-Free' Restaurants in the U.S. are Not, Study!](#)
- [FDA Bans Seven Artificial Food Flavorings](#)
- [Unapproved Pharmaceutical Ingredients Included in Dietary Supplements Associated with US Food and Drug Administration Warnings](#)

- [Omega-3s in Seafood May Keep You Healthier, Longer](#)
- [Linking Organic Foods to Less Cancer Risk](#)
- [Building Tolerance Helped Kids with Wheat Allergy](#)

## **MEDICATIONS**

### *Updates*

- [HHS Secretary Says Opioid Deaths Starting to Plateau](#)
- [Storing Insulin and Effectiveness](#)
- [Statins Not Great Beyond Heart Risk Benefits for Some, Study](#)
- [No More Secrets: Congress Bans Pharmacist 'Gag Orders' on Drug Prices](#)
- [A New Way to Optimize Thyroid Levels with T3 Medication?](#)
- [FDA Permits Psilocybin to Be Tested for Refractory Depression](#)
- [Making Drug Prices More Transparent](#)
- [Widely Used Antipsychotics May Not Ease Delirium in ICU](#)
- [FDA Approves First New Flu Drug in 20 Years](#)

### *Updates*

- [Benzodiazepines Use in COPD and PTSD Linked to Higher Suicide Risk](#)
- [Skip OTC Cough & Cold Remedies for Kids 6 Years & Under, Study](#)
- [Lung Cancer Risk with Blood Pressure Med](#)