

November 2018 Holistic and Integrative Medicine Top Reads



HEALTH

Microbiome

- [Your Gut Bugs Can Change Based on Where You Live](#)
- [A New Tool to Hunt for Bacteria Metabolites](#)
- [Blood Cells from the Intestine!](#)
- [Diabetes Drug Efficacy Linked to Microbiome](#)
- [Interfering with Two Viruses Link to Cancer](#)
- [How Our Gut Bugs Shift with Our Food Availability](#)
- [Sugars and Microbiome in Breast Milk Modulate Neonatal Rotavirus Infection](#)
- [Breast Milk, Breastfed and a Link to the Microbiome](#)
- [Small Study Links Birth Delivery to Microbiome Change Effecting Immune Function](#)
- [Lactobacillus rhamnosus GG versus Placebo for Acute Gastroenteritis in Children](#)

Health Updates

- [Amazon Introduces Cloud-Based Patient Data Mining Software](#)
- [Dad's Age and Mom's Age- Both Linked to Birth Outcomes](#)
- [Does Your Kid REALLY Need a Tonsillectomy?](#)
- [Patient Safety in Hospitals Still a Concern](#)
- [Update in Physical Activity for Americans- Move More, Including Kids](#)
- [FDA Moves to Restrict Flavored E-Cigs, Ban Menthol](#)
- [Your Heart's Connection to Your Heel: A Thick Achille's Tendon!](#)
- [The Largest Reference in Human Genome is Missing Something Big](#)
- [Zapping Back Pain?](#)

- [Infections Linked to Heart Risk](#)
- [Emerging Trend of Decreased Life Expectancy in US](#)
- [US OD Rates Highest Among Wealthiest Nations](#)
- [Personalized Cholesterol Management Guidelines](#)
- [Population and Fertility Estimates for 195 Countries- By Age and Male/Female Gender](#)

Testing

- [A Liquid Biopsy for Cancer?](#)
- [All Adults to Be Screened for Alcohol Abuse, USPSTF](#)
- [Using the “Skin Glow” to Literally Test “AGE” and Certain Diseases](#)

Environment

- [Cellphone Radiation Tied to Upped Odds of Cancer... In Rats](#)
- [Endocrine Society Experts Question FDA's Statement on BPA](#)
- [Leading Researchers Call for a Ban on Widely Used Insecticide](#)
- [An Air Filter for Heart Health](#)
- [To Noses Horror in NE: Ragweed Heads North as Temps Increase](#)
- [There's a New Tick in Town](#)

Mind-Body

- [More Research That Society and Culture Linked to Physical Health](#)
- [Stress Linked to Type 2 Diabetes](#)
- [Popularity of Yoga, Meditation, and Chiropractic Increasing, National Survey from CDC Reports](#)
- [This is Your Child's Brain on Football... the Controversy Continues](#)
- [Social Isolation and Mortality in US Black and White Men and Women](#)
- [Life Span and Life Partner Linked](#)

NUTRITION

- [Reduced Salt Intake for Heart Failure: A Systematic Review with Unimpressive Results](#)
- [Fish and Fish Oil Shown to Lower Heart Attack Risk in Studies](#)
- [Eat a Peanut if You are Allergic, Says Researchers! What?!](#)
- [Is Your Love of Coffee Genetic?](#)

MEDICATION

Updates

- [First FDA Approved Drug Containing CBD Goes on Sale](#)
- [FDA Approves Powerful New Opioid Despite Criticism](#)
- [FDA Reintroduces OTC Primatene Mist for Mild Asthma, ATS Criticizes Claiming Public Safety Concern](#)
- [Vaccine for Celiac Disease Enters More Trials](#)
- [Stopping the Resistant Mutant Bugs in Their Tracks!](#)

Safety

- [EMA Curtails Use of Fluoroquinolone, Quinolone Antibiotics](#)
- [Drug Trials Safety for Children Often Unfinished](#)
- [Link Between Blood Sugar and Brain Health- Diabetes Drugs Linked to Lower Rates of Alzheimer's](#)
- [Link Between BP ACE Inhibitor Drugs and Lung Cancer Found](#)
- [Link Between Blood Sugar Meds and Amputation Risk](#)
- [Monitor B12 to Prevent Nerve Damage on Metformin](#)