

## March 2019 Holistic and Integrative Medicine Top Reads



### HEALTH

#### Microbiome

- [Breast Milk Contains a MycoBiome: Yeast and Fungi](#)
- [A Fungus May Be Linked to IBD](#)
- [More on the Gut-Brain Connection in Stroke Model Research](#)
- [Oral Bacteria Found in Pancreas Linked to Aggressive Tumors!](#)
- [Previously Unknown Microbes Discovered](#)
- [Population Study Links Specific Gut Bacteria to Mental Health](#)
- [Priming the Immune Response with Early Gut Bugs in Rodents](#)
- [CervicoVaginal Microbiome and Premature Birth Risk](#)
- [The Gut-Lung Rodent TB Connection, Intriguing!](#)
- [Same Microbe, Different Effects](#)

#### Mind-Body

- [The Heart-Brain Connection Confirmed Again](#)
- [Social Connections Linked to Better Health, Again](#)
- [A Lonely Life for Adults Reported, Even in Times of “Greater Connection” at Our Fingertips](#)
- [Blood Tests for the Brain and Mental Health May Help Find Individualized Treatment](#)
- [Clinical EFT Improves Multiple Physiological Markers of Health](#)
- [St. Louis Symphony Lowers Blood Pressure, Eases Chemo](#)

## Health Updates and Policies

- [Current FDA Chief, Gottlieb, Resigns](#)
- [Diagnostic Errors and Test Results Top ECRI Institute's Patient Safety List](#)
- [NIH Supports Call for Moratorium on Clinical Uses of Germline Gene Editing](#)
- [Heart Care Guidelines Rarely Backed by Top-Notch Science](#)
- [Second U.S. Jury Finds Bayer's Roundup Caused Cancer](#)
- [Privacy Risks Revealed with Popular Health Apps](#)
- [CDC to Start Tracking Ticks as Diseases Rise](#)

## Testing

- [New Breath Test for Those with Gut Issues?](#)
- [Sitting on the "Thrown" May Provide a Slew of Heart Info](#)
- [Common Blood Sugar Test Misses Diabetes Diagnosis](#)

## Environment

- [Pollution Inequality](#)
- [Agent Orange's Toxic Legacy](#)
- [EWG's 2019 Dirty Dozen of Pesticide Residue for Produce](#)

## NUTRITION

- [Stop the Patient Blame Game: What Actually Causes Obesity?](#)
- [Plant- Healthy or Plant-Junkie?](#)
- [Alcohol and the Heart- Not Good News for Blood Pressure](#)

## MEDICINE

- [FDA Poised to Approve Ketamine-Like Drug for Depression](#)
- [Tramadol Associated with Increased Risk of Mortality in Comparison Study of Other Meds](#)
- [Docs Back Away from Low Dose Aspirin](#)
- [Top Drugs and Companies by Sales in 2018](#)
- [New Drug Approved for Postpartum Depression](#)
- [Risk of Psychosis and Variations Among ADHD Meds](#)

- ['Male Pill' Makes Another Advance](#)
- [Chronic Medication Use in Children Insured by Medicaid: A Multistate Cohort Study](#)
- [Artesunate Now First-Line Treatment for Severe Malaria in US](#)
- [Levothyroxine Dosing: Morning, Night, or In Between? \(In-Between\)](#)