

May 2019 Holistic and Integrative Medicine Top Reads



HEALTH

Microbiome News

The Science

- [Microbiome- On a Chip](#)
- [It Ain't the Bugs Found in the Poo, It Be What They Do](#)

In Mice

- [Transplanting Gut Bugs from Stressed to Non-Stressed Rats Modulates Behavior and Brain](#)
- [Food Additive Causes Havoc on Rodents' Microbiome](#)
- [High Fat Rat Choo Bad News for Intestinal Health of Babies](#)
- [Microbiome and "Poo Propulsion" Changes in Rodents Who Drink Coffee](#)

In Humans

- [Resisting Bacteria in Recurrent UTIs in Small Study with Postmenopausal Women](#)
- [Link Between Starch Digestion, Gut Bugs, Genes, and Oral Health \(A Keto Nightmare!\)](#)
- [How the Gut Garden Grows in Genders](#)
- [Transport of Poo Good for Kids with C.Diff Too!](#)
- [The Gut Microbiome Revealed for IBD... In 132 People](#)
- [Probiotics for the Mood](#)
- [Bacteria in the Mouth May Move to the Head of Those with Strokes!](#)

Environment

- [Radiation and Risk on Blood Pressure](#)
- [Trees are Cool, Really!](#)
- [Maximum Doses of Sunscreen Ingredients Beyond Toxicological Limits Tested in Studies](#)
- [Costs Associated with Slowing Climate Change Could Be Offset with Health Gains](#)
- [From Smart Energy to “Smart” Clothes](#)
- [Cleaner Air Linked to Less Lung Issues in CA Kids](#)
- [Nothing Like a Nice Refreshing Glass of \(Antibiotic-Laden\) Water... Good Grief!](#)

Tech and Labs

- [Breast Surgeons Issue Guidelines for Mammography- Confusion on What Experts are Right](#)
- [A Biomarker Linked to Increase Suicide Risk in Those with PTSD](#)
- [New Hearing Aid for Cocktail Parties](#)
- [FDA Clears First Zika Blood Test for Routine Use](#)
- [FDA Clears Assays for Extragenital Chlamydia/Gonorrhea Testing](#)
- [A Blood Tests for Cancer?](#)
- [Eating Breakfast Before Lipid Labs May No Longer Be a No-No](#)

Updates & Policies

- [Putting a ‘Positive Spin’ on Cardiovascular Trial Outcomes Can Threat Scientific Integrity](#)
- [Control Arm Quality in Randomized Clinical Trials for Anticancer Drug Approval by the FDA](#)
- [U.S. Health Agency Finalizes ‘Freedom Rule’ to Allow Doctors to Opt-Out of Procedures](#)
- [Low Birthweight, Big Issue... Still](#)
- [New Thyroid Treatment Guidelines- Avoid Pill to Treat Labs, Doesn’t Make Much Difference](#)
- [Physician Groups Decry Proposal to Reverse Federal Transgender Protections](#)
- [WHO- Patient Harm Due to Adverse Events is Leading Cause of Death and Disease Globally](#)
- [Oops- Yes, You Do Grow New Brain Cells!](#)

Mind-Body

- [Rx: Exercise](#)
- [Should Science Be Able to Manipulate Our Memories... for the Better?](#)
- [Music May Help Support Premies’ Brains](#)
- [Mind Over Menopause Symptoms](#)
- [Shame Does Not Help the Weight-Blame Game!](#)
- [Could Track Help Kids with Trauma?](#)
- [Racism is Toxic](#)

NUTRITION

- [Where's the Anthrax?](#)
- [Have It Your Way ... With a Side of the Weed Killer Glyphosate!](#)
- [New Labeling Laws Allows for GE Salmon and Several Concerning Exemptions](#)

DRUGS & MEDICINES

Spending and Stats

- [Almost ½ of Adults Use Prescriptions- Prescription Drug in the United States, 2015-16](#)
- [Rise in Price for Anticancer Meds for Seniors](#)
- [Trends in Prices of Popular Brand-Name Prescription Drugs in the United States](#)
- [Report: Medicine Use and Spending in the U.S. in 2018 and Outlook to 2023 \(Independent Organization, Larger Sampling\)](#)
- [Medicine Use and Spending in U.S.- Decline in Opioids, Increase in Spending](#)

Safety Alerts

- [Higher Risk of Peripheral Neuropathy Linked to Fluroquinolone Antibiotics](#)
- [Newer Diabetes Drugs Linked to 'Flesh-Eating' Genital Infection](#)
- [New Safety Concern for Aspirin- Benefits vs. Risks](#)
- [And Now Aspirin is Back....and Forth... Back and Forth](#)
- [Linking Benzos to Miscarriage](#)
- [EU Panel Backs Market Withdrawal of Fenspiride Due to Heart Risk](#)

Updates

- [Use of Meds for BPH May Delay Cancer Diagnosis](#)
- [Pot and Autism- Do They Mix?](#)
- [CBD for Craving and Anxiety in Drug-Abstinent Individuals with Heroin Use Disorder](#)
- [FDA Takes a Look at CBD](#)