June 2019 Holistic and Integrative Medicine Top Reads

HEALTH

Microbiome

This is Your Gut Bugs... On Drugs
Rodents Young at “Gut” Housed with Rodents “Old” at Gut Share Their Bug Youth
Label Issues with OTC Probiotics
Defining the Microbiome, It’s Complicated
The Unsterile Start Vindicated!
The Virus-Bacteria Phage Response
Mice with Disturbed Guts Have Higher Chance of Breast Cancer
Checking Poo for Cancer
Gut Microbes Respond Differently to Similar Foods
Gut Bugs That Eat Your (Parkinson’s) Meds!
Gut Bugs May Be Able to Change Your Blood Type
Gut Bugs and Fibromyalgia
Gut Bugs and Athletic Performance? Of Mice & Men
Allergy Therapy That Targets Gut Bugs

Mind-Body
The Dangers of Being a People-Pleaser
The Brain Changes in Visualization and Neurofeedback

Environment
European Academies of Science Council - Climate Action Urgency Needed for Health
Everyone is Eating Plastic, Here's Why!
USA Lags Behind Other Countries in Banning Pesticides
Water with Nitrates
Link Between Triclosan and Weaker Bones in Women

Updates and Policies
Trump Signs Executive Order to Make Healthcare Prices Transparent
ACP Guidance on Physician Impairment Emphasizes Rehabilitation
The Shock That Took the Length NOT Out of Telomeres!
World Health Organization Defines “Burnout” as Official Medical Diagnosis
Group of Physicians and Psychiatrists Release Report on Mental Health of President Based on Mueller Report
CA Lawmakers Agree to Give Immigrants Health Benefits
Something Stinks, Bad for Your Nose but Good News for Your Memory!
Poor Sleep Linked to Lower Memory in Older Adults, Differences in Race

Technology
357 Questions - To App or Not Health App?
MRI for Breast Cancer: More Positives, More False Positives
Diagnosing Celiacs That Have Gone Gluten-Free!
Promise for Diagnosing Prostate Cancer Risk Through Pee

NUTRITION

Supplements for Weight Loss, Energy, and Body Building Have Higher Risk Than Vitamins
No One Size Diet Fits All, Food Responses Differ Among Twins
FDA Approves Qualified Health Claim for Omega-3 Fatty Acids

MEDICINE & DRUG UPDATES

FDA Approves E-Stim Device for IBS Based on Small Trial
Severe Acute Respiratory Failure in Healthy Adolescents Exposed to Trimethoprim-Sulfamethoxazole
Many Patients Don't Need Opioids After Surgery
'Scary World' of Generic Drug Manufacturing, Revealed
Another Study Links Heart Burn Drugs and Heart Problems Later
Seizure Drug Linked to Suicide Risk
Common Med Linked to Dementia Risk
Common Antidepressant Interacts with Opioids
Cholesterol Meds and Diabetes