July 2019 Top Holistic and Integrative Medicine Top Reads

HEALTH

Microbiome

- Probiotics, Antibiotics, and Poo Transplants: A Complicated “Sludge”
- Gut Microbes Protect Rodents from Virus?
- Drug in Development to Treat Alzheimer’s via Dental Pathogen
- Sampling the Microbiome with a Pill
- Association of Vaginal Microbiome, BRCA Gene, and Ovarian Cancer Risk
- Sharing Skin Microbiomes for Therapeutic and Cosmetic Purposes
- Microbiome Linked to Preterm Growth Failure
- This is Your Colon Microbiome: On a High-Quality Diet
- Swallowing a Bug Helps Metabolic Markers: In Small HUMAN Trial!

Updates in Health

- Sprinkle on Salt and Feel the Bloating?
- Playing Games in Later Life Can Help Keep the Brain Young, Observational Study
- Maternal Thyroid Levels and Baby’s Brain Volume Linked
- Would You Like Some Broccoli with That? Hospitals Offering Plant-Based and Healthier Foods for Better Health!
- Serious Misdiagnoses Leading to Harms & Malpractice Claims: the Big Three
- Medical Device Reports of Breast Implant-Associated Anaplastic Large Cell Lymphoma
- Cheaper Canadian Drugs Imported to U.S.?

Testing
A New Urine Test for IBS
Newer Lung Cancer Screening May Reduce Deaths
New Test to Help Determine Pancreatic Cancer Risk
Staging Alzheimer's Disease

Mind-Body
Socializing May Be Good for the Brain
A Broken Heart and Cancer Risk
The Genetics and Gender of Procrastination
How Family and Tough Neighborhoods Link to Asthma in Kids

Environment
Climate Change Is a Public Health Emergency, Medical Groups Warn
A Boston Hospital With a Farm on Its Roof Seeks to Inspire Others
Trump EPA Allows Use of Controversial Pesticide

NUTRITION
FDA Issues Revised “Advice about Eating Fish for Women Who Are or Might Become Pregnant, Breastfeeding Mothers, and Young Children”
Higher EPA Levels Linked to Lower Risk of Heart Failure
NAC and Parkinson’s- Small Trial

MEDICATION
New Cancer Drugs and Diagnostics in WHO Essential 2019 Lists
Risk for Adverse Psychiatric Reaction in Those on Acne Med
Opioids Prescribed to ½ Women After Delivery
Millions on Daily Aspirin for CV Prevention, but Probably Shouldn't Be: US Study
FDA Approves First Needle-Free 'Rescue' Drug for Low Blood Sugar Episodes
Driving Under the Influence of Prescriptions