

August 2019 Top Holistic and Integrative Medicine Top Reads



HEALTH

Microbiome

- [Microbes and Lactic Acid Bacteria Make Rye Healthy in Mice](#)
- [High Fat Diet in Mice Linked to Insulin Resistance](#)
- [The Genome of Your Microbiome- Studied](#)
- [A Genetic-Microbiome Link for Autoimmunity](#)
- [Microbes in Circulation May Be Trouble for Heart](#)

Updates

- [A \(Nerve\) Tickle a Day Keeps the Doctor Away](#)
- [Women and Men May Have Similar Heart Attack Symptoms](#)

Mind-Body

- [Social Connection Linked to Dementia Risk](#)
- [Parental Problems Related to Problem Behavior in Tots](#)
- [The Social Stress Impact... On Bones](#)
- [The Powers of Flowers: Evaluating the Impact of Floral Therapy on Pain and Psychiatric Symptoms in Fibromyalgia](#)
- [Live Longer, Be Optimistic](#)

Environment

- [Air Pollution Cuts Saved Lives in NY, Study](#)

- [Breathing in Bad Air May Be as Bad as Smoking](#)
- [Link to Prenatal Use of Fluoride and Decreased IQ in Babies](#)
- [Dirty Air Linked to Mental Illness](#)

Policies and Politics

- [Firearm-Related Injury and Death in the United States: A Call to Action From the Nation's Leading Physician and Public Health Professional Organization](#)
- [Joint Statement of America's Frontline Physicians Opposing Public Charge Final Rule](#)

Testing

- [No Need for Routine Testing of Pancreatic Cancer](#)
- [U.S. Task Force Updates Breast Cancer Gene Testing Recommendations](#)
- [Gluten Response Test Using Blood in the Works](#)
- [The Caveats of Drug Testing and CBD](#)

NUTRITON

[Effect of Nut Consumption on Erectile and Sexual Function in Healthy Males: A Secondary Outcome Analysis of the FERTINUTS Randomized Controlled Trial](#)

[Toddlers Eating Lots of Gluten May Up Celiac Risk](#)

MEDICINES

Cautions

- [Prostate Cancer Treatment Linked to Increase Risk for Heart Condition](#)
- [ADD Medications May Impact Brain of Young Kids](#)
- [Anti-Migraine Drug Recalled Due to Potential Contamination](#)
- [Opioid Use in Women with Breast Cancer Linked to Depression, Anxiety, and Reduced Survival](#)
- [Associated Risk of Breast Cancer with HRT Up to 15 Years Discontinuation, Study](#)
- [FDA Warning on Risk of HCV Drug on Liver](#)

Updates

- [Evidence of Cannabis Flower for Pain](#)
- [A PolyPill for Heart Disease](#)

- [Healthy People Over 70, Aspirin Not Recommended for Prevention](#)

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