

October 2019 Top Holistic and Integrative Medicine Top Reads



HEALTH

Microbiome

[Using CRISPR to Manipulate the Microbiome](#)

[Scientists Find Timekeepers of Gut's Immune System](#)

[Why Gassy Colons May Lose Out on Energy](#)

[How Researchers Got Mice to Eat Processed Foods with Less Harm, Using Bugs](#)

[Gut Bacteria 'Fingerprint' Predicts Radiotherapy Response](#)

[Pancreatic Cancer: Invasion of the Fungi](#)

[Scientists Identify Microbiome Signature to Possibly Predict Colon Cancer Risk](#)

[A Vaginal Microbiome Transplant!](#)

[Gut Immunity in Microbiota Before Birth!](#)

[What's in the Long-Gone Iceman, Otzi's Gut?](#)

[Antibiotic Effects on the Microbiome in Small Human Study](#)

[Many Common Meds, Besides Antibiotics, Mess with the Microbiome](#)

[The Unsterile Start- The Fetal Microbiome](#)

[The Gut-Coffee Connection](#)

Environment

[Are Disinfectants Putting Nurses at Risk of COPD?](#)

[Dangers in Talcum Powder](#)

[Cosmetics Have Concerns](#)

Mind-Body

[Mindfulness for Opioid Addiction](#)

[Small Study on ADHD and Mindfulness](#)

[Exercise is Medicine in Cancer Care](#)

[Shared Neural Phenotypes for Mood and Anxiety Disorders](#)

Testing

[Standard Memory Tests for Seniors Might Differ by Gender](#)

[A New Test on the Block for Lyme Disease?](#)

[A Breath Test for Opioids](#)

Updates

[Low Risk for Colon Cancer Means You Could Skip Regular Screening](#)

[Nobel Prize Winners of 2019- Take a Deep Breath!](#)

[Waste in the US Health Care System: Estimated Costs and Potential for Savings](#)

[FDA Proposes Warnings for Breast Implants](#)

[ECRI Institute: Diagnostic Tests, Medication Pose Biggest Risks to Patients in Ambulatory Care](#)

[Dollars for Docs: How Industry Dollars Reached Your Doctors](#)

[Report Finds Americans' Health Is Flagging](#)

Policies

[Medicare Drug-Negotiations Bill Approved by House Committees](#)

NUTRITION

[Vitamin C Infusions for Sepsis](#)

[Organic Chicken Less Likely to Harbor Resistant Superbug](#)

[The Food-Mood Connection](#)

[Vitamins, Omega-3 Supplements Linked to Improving Autism Symptoms in Study](#)

[What Did You Eat the Past Few Days? Here's a Test to Find Out!?](#)

[Pediatricians' Group Calls for More Research on Artificial Sweeteners](#)

MEDICATION

[Bladder Drug Linked to Eye Problems](#)

[Steroids May Make Joints Worse](#)

[The Caveats of Antihistamines with Kids](#)

[Acetaminophen in Pregnancy Might Raise Children's Odds of ADHD, Autism](#)

[Two Types of Blood Pressure Medication, One with Higher Suicide Risk](#)

[Is That Statin Doing You Any Good?](#)

[Unnecessary Antibiotics Before Dental Visit Can Be Harmful](#)

[Antibiotics Not Needed for Toothache](#)

[Cannabinoids and Mental Health](#)