

## December 2019 Top Holistic and Integrative Medicine Top Reads



### HEALTH

#### *Microbiome*

[Specific Probiotic for Infant Colic Shows Promise in Human Study](#)

[Is There a New Genetically Modified, Probiotic Protector of the Gut for Rodents?](#)

[Analyzing Microbes in Their Own Community- Living the Buggy Life](#)

#### *Environment*

[Sitting Cell Towers- Plan First](#)

[Hair Dye Linked to Breast Cancer](#)

#### *Mind-Body*

[How Playing Games May Keep Your Brain Young](#)

[Social Isolation Can Shrink the Brain](#)

[More Teen Time on Social Media, More Eating Disorders?](#)

#### *Testing*

[Should Mammography Be Used for Double Diagnosing?](#)

[FDA Approves New Test That May Offer Quicker Identification of MRSA](#)

[How Well Are You Aging? Do You Want to Know with This New Blood Test?](#)

### *Updates*

[Death By Cellphones- Not What You Think](#)

[Toward Less Bias in Evidence in Medical Research](#)

[Biotech Develops Prescription Software for Mental Health](#)

### *Policies*

[Physician-Lawmakers Shape Congress' 'Surprise-Billing' Fix](#)

[Senate Confirms Stephen Hahn as New FDA Chief](#)

## **NUTRITION**

[Could New Food Labeling Make You “Feel the Burn?”](#)

## **MEDICATION**

[A Once a Month Birth Control In the Works](#)

[Changes in the Brain with Birth Control](#)