

November 2019 Top Holistic and Integrative Medicine Top Reads



HEALTH

Microbiome

[Preemies Gut Microbiome Linked to Stunted Growth](#)

[How Probiotics Could Help Preemies in NICU](#)

[What We Know About the Gut-Parkinson Connection](#)

[Quitting Smoking May Be Good for Gut Bugs and Your Heart](#)

[H. Pylori and Gastric Cancer Risk Stratified by Ethnicity](#)

[Transferring Poo in Parkinson's- Yeah or Nay?](#)

[The Spit-Heart Link](#)

Environment

[The Power of Plants to Reduce Toxins](#)

[Environmental Contamination Linked to Neurologic Disorders](#)

[Nature Nurtures Kids in Study](#)

[Fluoride at High Levels 'Presumed' a Neurodevelopmental Hazard](#)

Mind-Body

[ADHD Rates Doubled Among U.S. Adults Over 10 Years](#)

[How Loneliness is Risky for the Heart](#)

[Mind-Body Medicine for Chronic Pain](#)

[Getting Along with the Family May Help Your Health](#)

Testing

[New ACP Guidelines for Colorectal Cancer Screening](#)

[New Non-Invasive PAP Test- For Home Use in Works](#)

[Large-Scale Assessment of a Smartwatch to Identify Atrial Fibrillation](#)

Updates

[Parents Have a Hard Time Finding Child Psychiatrist](#)

[One Third of US Acute-Care Hospitals Get 'A' on Patient Safety: Survey](#)

[Effect of Stellate Ganglion Block Treatment on PTSD](#)

[New Consensus Guidelines for Youth Regarding Sports-Related Concussions](#)

[Evidence for “Complementary” Approaches with Colic](#)

[The Threat of Superbugs, Some Progress but a Long Way to Go](#)

[New Guidelines for High Blood Pressure... Again](#)

Policies

[Trump Administration Wants to Raise Age to Buy E-Cigs](#)

[US Right to Know Petition: Groups to CDC: Stop Falsely Claiming Not to Accept Corporate Money](#)

[HHS Kicks Off Battle for More Price Transparency in Healthcare](#)

[AMA Calls for Ban on E-Cigs and Vaping](#)

NUTRITION

[Anorexia Comes in All Sizes](#)

[AHA News: Omega-3 May Boost Brain Health in People With a Common Heart Disease](#)

[Dieting Doesn't Work, Period.](#)

[Experimental Injection for Peanut Allergy](#)

[Potential Bias in “Diet Trials”](#)

[Fish Oil May Help Some Kids with ADHD](#)

MEDICATION

[New Form of Birth Control- Monthly Patch- In the Works](#)

[Common Muscle Relaxant Could Pose Mental Dangers for Seniors](#)

[Opioids Won't Help Arthritis Patients Long-Term: Study](#)

[Drugs May Not Be the Answer for Heart Disease Risk](#)

[Could Cannabis Use Curb Opioids?](#)