Naturopathic Oncology

The Huffington Post (huffingtonpost.com) - Naturopathic Oncology - By Amy Rothenberg, ND - (Monday, January 27, 2014)

After a perfectly lovely New Year’s Eve, I was lying in bed the next morning and found a lump in my breast, hard and large and not right. I had all the diagnostic work done in the following days, had to wait what seemed like an interminable amount of time. A few days later I learned that I have breast cancer.

I am lucky. I have a broad and exuberant circle of support and a loving family nearby. I have health insurance. I have social and professional connections, so was seen in second opinion at a top tier hospital in the northeast within days of my diagnosis. I will begin treatment soon. Read More...

Peanut Allergies

Health Day (consumer.healthday.com) - Gradual Exposure to Peanuts May Help Some Allergic Kids - By Steven Reinberg - (Thursday, January 30, 2014)

For children and teens with peanut allergies, a new type of treatment might be a step closer to becoming a reality, according to a preliminary study from England. The treatment, known as oral immunotherapy, involves eating small amounts of peanut protein, gradually increasing the amount in hopes of building up a tolerance to peanuts. Read More...

Anti-depressants

Aljazeera America (america.aljazeera.com) - Waking Up From Sadness: Many Find Trouble Getting Off Antidepressants - By Rebecca White - (Wednesday, January 22, 2014)

Denise Scott had just one day to go before she would feel free. “Two drops in the morning and two drops at night,” Scott said of her last dose of liquid Klonopin.

A disabled mother of two, Scott had been tapering off the panic-disorder medication for 40 weeks - an incremental measure taken to reduce what is commonly referred to by medical professionals as discontinuation syndrome, fiercely negative physical and psychological reactions to the decrease of such drugs in the system. Read More...

Probiotics for Weight Loss

Science Daily (sciencedaily.com) - Certain Probiotics Could Help Women Lose Weight, Study Finds - (Tuesday, January 28, 2014)
Certain probiotics could help women lose weight and keep it off, according to a recent study published in the British Journal of Nutrition by a team of researchers headed by Université Laval Professor Angelo Tremblay.

Studies have already demonstrated that the intestinal flora of obese individuals differs from that of thin people. That difference may be due to the fact that a diet high in fat and low in fiber promotes certain bacteria at the expense of others. Professor Tremblay and his team tried to determine if the consumption of probiotics could help reset the balance of the intestinal microbiota in favor of bacteria that promote a healthy weight. Read More...

Breakfast & Metabolic Syndrome

Science Daily (sciencedaily.com) - Poor Breakfast In Youth Linked To Metabolic Syndrome In Adulthood - (Tuesday, January 29, 2014)

It is often said that breakfast is important for our health, and a study conducted by Umeå University in Sweden, published in Public Health Nutrition supports this claim.

The study revealed that adolescents who ate poor breakfasts displayed a higher incidence of metabolic syndrome 27 years later, compared with those who ate more substantial breakfasts. Read More...