Pesticide Linked to Generations of Disease

Science Daily (sciencedaily.com) - Pesticide Linked to Three Generations of Disease: Methoxychlor Causes Epigenetic Changes - By Washington State University - (Thursday, July 24, 2014)

Washington State University researchers say ancestral exposures to the pesticide methoxychlor may lead to adult onset kidney disease, ovarian disease and obesity in future generations.

“What your great-grandmother was exposed to during pregnancy, like the pesticide methoxychlor, may promote a dramatic increase in your susceptibility to develop disease, and you will pass this on to your grandchildren in the absence of any continued exposures,” says Michael Skinner, WSU professor and founder of its Center for Reproductive Biology. Read More...

Mood, Food, and Bipolar Disorder

The Huffington Post (huffingtonpost.ca) - Mood, Food and Bipolar Disorder: A New Prescription - By: Dr. Pamela Peeke - (Monday, July 21, 2014)

If you’re one of the estimated 5.7 million U.S. adults dealing with bipolar disorder, you know the potent control it can have on your moods, energy and emotions. What you may not know is how much power you have to control it.

Thanks to an emerging science called epigenetics, researchers have learned that DNA is no longer destiny and that each of us has the ability to influence how our genes express themselves to the rest of the body. With healthy lifestyle choices and environmental changes, we can actually alter our own destiny. Read More...

Overtreatment of Prostate Cancer

CNN Health (cnn.com) - Epidemic of Overtreatment of Prostate Cancer Must Stop - By Otis Brawley - (Friday, July 18, 2014)

Prostate cancer is a significant disease in the U.S. In 2014 alone, the American Cancer Society estimates, 233,000 men will be diagnosed and 29,480 will die of it. This week, two important studies showing how prostate cancer is treated in the U.S. were published in the journal JAMA Internal Medicine.

The findings should cause those of us who treat prostate cancer and the organizations that advocate for prostate cancer awareness to take notice. These studies found that a large number of American men with prostate cancer get unnecessary and aggressive treatment. In some cases, these treatments are known to be worthless and even harmful. Read More...
Western medicine discovered probiotic function in North Africa during World War II. Doctors noticed that the Arabs seemed immune to the dysentery that was ravaging their troops. They found that at the first sign of diarrhea, the locals would follow a horse or a camel. When it would drop its dung they would gulp it down.

They investigated the dung and found the Bacillus subtilis, the bacteria that eliminated the dysentery. You'll be happy to know that today's forms in no way resemble the original.

As a naturopathic physician, I often see patients with questions and issues regarding digestion. One topic many of these people want to discuss is probiotics. Read More...

Previous studies have suggested that long-term alcohol abuse causes brain damage and increases the risk of dementia.

However, researchers from Loyola University Chicago Stritch School of Medicine in Illinois - who conducted this recent study - previously performed a meta-analysis that found drinking alcohol at moderate, social levels - a maximum of two drinks per day for men and one drink per day for women - may reduce risk of dementia and cognitive impairment during aging. Read More...