**SCIENTIFIC RESEARCH STUDIES AND HEALTH ARTICLES 2014 TO PRESENT DAY**

***Newest Listings Are Highlighted in Red and At the Top of Each Topic***

**HEALTH TOPICS:**

**ADDICTION – SUBSTANCE ABUSE/USE**

**ADDICTION – SUBSTANCE ABUSE: PRESCRIPTION DRUGS**

**ADDICTION – GAMBLING AND GAMING BEHAVIOR**

**ADDICTION – SMOKING & VAPING**

**ALCOHOLISM**

**ALLERGIES**

**ALLERGIES – FOOD**

**ALLERGIES – SEASONAL**

**ANTHROPOLOGY**

**ASTHMA**

**AUDIOLOGY**

**AURICULOTHERAPY & AURICULAR ACUPRESSURE**

**BEHAVIORAL SCIENCE**

**BIOTECH**

**BRAIN & NEUROLOGY – NON-MENTAL HEALTH**

**BRAIN – EPILEPSY**

**BRAIN – MEMORY**

**BRAIN – MIGRAINE AND HEADACHES**

**BRAIN -- NEURO GI**

**BRAIN – PARKINSON’S DISEASE**

**BRAIN – STROKE**

**BREASTFEEDING (LACTOLOGY)**

**BREATHWORK – YOGIC AND OTHER MODALITIES**

**CAFFEINE**

**CANCER**

**CANCER – BLOOD**

**CANCER – BREAST**

**CANCER – COLORECTAL**

**CANCER – PANCREATIC**

**CANCER – PROSTATE**

**CANNABIS – MEDICAL MARIJUANA, CBD**

**CARDIOLOGY**

**CARDIOLOGY – HEART ATTACK**

**CARDIOLOGY – HEART DISEASE**

**DENTAL HEALTH**

**DERMATOLOGY**

**DIABETES**

**DIETARY SUPPLEMENTS & NATUROPATHIC, FUNCTIONAL, TCM, HERBAL, BOTANICAL, FOOD SCIENCE MEDICINE:**

**DIET: OBESITY – ADULTS**

**DIET: OBESITY – PEDIATRICS**

**DIETS & WEIGHT CONTROL**

**ENERGY MEDICINE INCLUDING LASER, PHOTOMEDICINE AND RADIOLOGY**

**ENVIRONMENTAL MEDICINE – CLIMATE CHANGE**

**ESSENTIAL OILS AND AROMATHERAPY**

**ETIOLOGY, EPIDEMIOLOGY AND PATHOLOGIES**

**EXERCISE, FITNESS & THE OUTDOORS**

**EXERCISE & FITNESS – SWIMMING AND WATERSPORTS**

**FIBROMYALGIA**

**GENETICS**

**GASTROENTEROLOGY**

**GLOBAL MEDICINE**

**HEALTH POLICY, HEALTH CARE DELIVERY SYSTEMS, HEALTH TECHNOLOGY, HEALTH LAW & RECALLS**

**HIGH-ALTITUDE MEDICINE**

**HOMEOPATHIC MEDICINE**

**INFECTION CONTROL**

**INFECTIOUS DISEASES – INCLUDES COVID-19**

**INFECTIOUS DISEASES – HIV**

**INFECTIOUS DISEASES – SEXUALLY TRANSMITTED DISEASES (NON-HIV)**

**KINESIOLOGY**

**KINESIOTAPING**

**MANUAL MEDICINE – CHIROPRACTIC AND MISC. (ADULTS & PEDIATRICS)**

**MASSAGE THERAPY (THERAPEUTIC MASSAGE)**

**MEDICINE (ALLOPATHIC/CONVENTIONAL)**

**MEDICINE: CRITICAL CARE – INTENSIVE CARE (ALLOPATHIC/CONVENTIONAL)**

**MEDICINE: EMERGENCY (ALLOPATHIC/CONVENTIONAL)**

**MEN’S HEALTH**

**MENTAL HEALTH**

**MENTAL HEALTH – ANXIETY**

**MENTAL HEALTH – DEPRESSION**

**MENTAL HEALTH – SEXUAL ABUSE**

**MENTAL HEALTH – SUICIDE**

**MENTAL HEALTH – VIOLENCE, ABUSE AND NEGLECT (NON-SEXUAL)**

**METABOLISM & THYROIDISM**

**NURSING (CNAs, LVNs, RNs and NURSE PRACTITIONERS NPs):**

**NUTRITION SCIENCE (DIETETICS)**

**OCCUPATIONAL PSYCHOLOGY**

**OPHTHALMOLOGY**

**ORTHOPEDICS**

**PAIN**

**PALLIATIVE CARE – ADULT & PEDIATRIC**

**PARENTING**

**PEDIATRICS – INFANT**

**PEDIATRICS – NON-INFANT**

**PEDIATRIC PSYCHIATRY**

**PODIATRY**

**PREVENTIVE MEDICINE**

**PREVENTIVE MEDICINE – VACCINES**

**PSYCHIATRY**

**PSYCHIATRY – ALZHEIMER’S DISEASE**

**PSYCHIATRY – ANOREXIA AND BULIMIA**

**PSYCHIATRY – AUTISM SPECTRUM DISORDER**

**PSYCHIATRY – BIPOLAR & BORDERLINE SPECTRUM DISORDER**

**PSYCHIATRY – DEMENTIA**

**PSYCHIATRY – INTELLECTUAL DISABILITIES**

**PSYCHITARY – SCHIZOPHRENIA**

**PSYCHOSOMATIC MEDICINE**

**PTSD**

**PULMONOLOGY**

**REFLEXOLOGY**

**REHABILITATION (PHYSICAL, OCCUPATIONAL AND SPEECH THERAPY)**

**REPRODUCTIVE HEALTH & FERTILITY**

**RESEARCH ON RESEARCH**

**RESEARCH JOURNALS**

**RESEARCH ORGANIZATIONS**

**RHEUMATOLOGY**

**RHEUMATOLOGY – CHRONIC FATIGUE SYNDROME**

**SENIOR HEALTH, AGING & GERIATRICS**

**SEXUALITY – ADOLESCENTS**

**SEXUALITY – DYSFUNCTION**

**SEXUALITY – GENDER**

**SEXUALITY – TRANSGENDER & LBG**

**SEXUALITY AND ROMANTIC RELATIONSHIPS**

**SEXUAL VIOLENCE & HARRASSMENT**

**SLEEP RESEARCH**

**SOUND THERAPY**

**SPA, THERMOTHERAPY, HYDROTHERAPY, AND CRYOTHERAPY**

**SPIRITUALITY, INTENTIONALITY & PARANORMAL**

**STRESS AND BURNOUT**

**SURGERY**

**THERAPEUTIC BODYWORK (NON-MASSAGE)**

**UROLOGY**

**VITAMIN RESEARCH**

**WOMEN’S HEALTH**

**WOMEN’S HEALTH: PREGNANCY**

**YOGA**

**ADDICTION & DRUG/SUBSTANCE USE/ABUSE:**

**Methamphetamine overdose deaths rise sharply nationwide**

[**https://www.sciencedaily.com/releases/2021/01/210120114828.htm**](https://www.sciencedaily.com/releases/2021/01/210120114828.htm)

**Meth-Related Deaths in America are Skyrocketing**

[**https://gizmodo.com/meth-related-deaths-in-america-are-skyrocketing-1846092586**](https://gizmodo.com/meth-related-deaths-in-america-are-skyrocketing-1846092586)

**Combination treatment for methamphetamine use disorder shows promise**

[**https://www.sciencedaily.com/releases/2021/01/210113180609.htm**](https://www.sciencedaily.com/releases/2021/01/210113180609.htm)

**SF sees record overdose deaths, even as police seize millions of lethal fentanyl doses. What is happening?**

[**https://www.sfchronicle.com/politics/article/S-F-sees-record-overdose-deaths-even-as-police-15842081.php**](https://www.sfchronicle.com/politics/article/S-F-sees-record-overdose-deaths-even-as-police-15842081.php)

**Combination of two drugs can help treat methamphetamine addiction for some, new clinical trial data shows**

[**https://www.statnews.com/2021/01/13/drugs-treat-methamphetamine-addiction-trial/**](https://www.statnews.com/2021/01/13/drugs-treat-methamphetamine-addiction-trial/)

**2020 ‘exacerbated all of the issues’ driving record drug abuse in America**

[**https://finance.yahoo.com/news/2020-drug-overdose-in-america-154115211.html**](https://finance.yahoo.com/news/2020-drug-overdose-in-america-154115211.html)

**S.F.’s homeless, mentally ill and drug addicted are struggling more than ever. When will help arrive?**

[**https://www.sfchronicle.com/politics/article/S-F-s-homeless-mentally-ill-and-drug-addicted-15661587.php**](https://www.sfchronicle.com/politics/article/S-F-s-homeless-mentally-ill-and-drug-addicted-15661587.php)

**Possible issue warning after finding dangerous substance in Australian cocaine and ketamine**

[**https://www.ladbible.com/news/latest-police-issue-warning-after-finding-dangerous-substance-in-cocaine-20201020**](https://www.ladbible.com/news/latest-police-issue-warning-after-finding-dangerous-substance-in-cocaine-20201020)

**At least 10 times a day, someone on the brink of death from a drug overdose is saved in S.F.**

[**https://www.sfchronicle.com/bayarea/article/S-F-s-overdose-numbers-are-staggeringly-high-15648878.php**](https://www.sfchronicle.com/bayarea/article/S-F-s-overdose-numbers-are-staggeringly-high-15648878.php)

**Heating poppy seeds, but not baking them in muffins, reduces opiate levels**

[**https://www.sciencedaily.com/releases/2020/05/200520125010.htm**](https://www.sciencedaily.com/releases/2020/05/200520125010.htm)

**Researchers discover novel potential target for drug addiction treatment**

[**https://www.sciencedaily.com/releases/2020/01/200115140508.htm**](https://www.sciencedaily.com/releases/2020/01/200115140508.htm)

**Chemicals between us: Surprising effects of oxytocin on cocaine addiction**

[**https://www.sciencedaily.com/releases/2020/01/200115132310.htm**](https://www.sciencedaily.com/releases/2020/01/200115132310.htm)

**Explaining link between emotion and addictive substance abuse**

[**https://www.sciencedaily.com/releases/2020/01/200109152823.htm**](https://www.sciencedaily.com/releases/2020/01/200109152823.htm)

**Blocking dopamine weakens effects of cocaine**

[**https://www.sciencedaily.com/releases/2019/07/190729132336.htm**](https://www.sciencedaily.com/releases/2019/07/190729132336.htm)

**Safety concerns: Herbal supplement used to treat addiction and pain**

[**https://www.sciencedaily.com/releases/2019/07/190709091136.htm?utm\_source=feedburner&utm\_medium=email&utm\_campaign=Feed%3A+sciencedaily%2Fhealth\_medicine%2Falternative\_medicine+%28Alternative+Medicine+News+--+ScienceDaily%29**](https://www.sciencedaily.com/releases/2019/07/190709091136.htm?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+sciencedaily%2Fhealth_medicine%2Falternative_medicine+%28Alternative+Medicine+News+--+ScienceDaily%29)

**Prescribing opioids for a sprained ankle?**

[**https://www.sciencedaily.com/releases/2019/07/190711120659.htm**](https://www.sciencedaily.com/releases/2019/07/190711120659.htm)

**Opioid use is reduced in patients treated with NSAIDS**

[**https://www.sciencedaily.com/releases/2019/07/190711151705.htm?utm\_source=feedburner&utm\_medium=email&utm\_campaign=Feed%3A+sciencedaily%2Fhealth\_medicine%2Fpain\_control+%28Pain+Control+News+--+ScienceDaily%29**](https://www.sciencedaily.com/releases/2019/07/190711151705.htm?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+sciencedaily%2Fhealth_medicine%2Fpain_control+%28Pain+Control+News+--+ScienceDaily%29)

**Teens abusing painkillers are more likely later to use heroine**

[**https://www.sciencedaily.com/releases/2019/07/190708112504.htm?utm\_source=feedburner&utm\_medium=email&utm\_campaign=Feed%3A+sciencedaily%2Fhealth\_medicine%2Fillegal\_drugs+%28Illegal+Drugs+and+Controlled+Substances+News+--+ScienceDaily%29**](https://www.sciencedaily.com/releases/2019/07/190708112504.htm?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+sciencedaily%2Fhealth_medicine%2Fillegal_drugs+%28Illegal+Drugs+and+Controlled+Substances+News+--+ScienceDaily%29)

**Study finds CBD oil effective in treating heroin addiction**

[**https://www.cnn.com/2019/05/21/health/heroin-opioid-addiction-cbd-study/index.html**](https://www.cnn.com/2019/05/21/health/heroin-opioid-addiction-cbd-study/index.html)

**Meth’s Comeback: A New Speed Epidemic Takes its Toll on San Francisco**

[**https://www.kqed.org/news/11724407/meths-comeback-a-new-speed-epidemic-takes-its-toll-on-san-francisco**](https://www.kqed.org/news/11724407/meths-comeback-a-new-speed-epidemic-takes-its-toll-on-san-francisco)

**Opioids are in the spotlight. But meth hospitalizations are surging**

[**http://time.com/5460632/meth-hospitalizations-opioids/**](http://time.com/5460632/meth-hospitalizations-opioids/)

**How exercise could help fight drug addiction**

[**https://www.sciencedaily.com/releases/2018/11/181114120317.htm**](https://www.sciencedaily.com/releases/2018/11/181114120317.htm)

**Cocaine addiction traced to increase in number of orexin neurons**

[**https://www.sciencedaily.com/releases/2018/09/180912111856.htm**](https://www.sciencedaily.com/releases/2018/09/180912111856.htm)

**Hunger hormones offer promising avenue for addiction treatment**

[**https://www.sciencedaily.com/releases/2018/07/180717094738.htm**](https://www.sciencedaily.com/releases/2018/07/180717094738.htm)

**Childhood adversity increases susceptibility to addiction via immune response**

[**https://www.sciencedaily.com/releases/2018/07/180717101250.htm**](https://www.sciencedaily.com/releases/2018/07/180717101250.htm)

**New vaccine could help people overcome ‘bath salt’ abuse**

[**https://www.sciencedaily.com/releases/2018/04/180423085432.htm**](https://www.sciencedaily.com/releases/2018/04/180423085432.htm)

**AI tool promotes positive peer group to tackle substance abuse**

[**https://www.sciencedaily.com/releases/2018/03/180322150312.htm**](https://www.sciencedaily.com/releases/2018/03/180322150312.htm)

**Non-psychoactive cannabis ingredient could help addicts stay clean**

[**https://www.sciencedaily.com/releases/2018/03/180323104821.htm**](https://www.sciencedaily.com/releases/2018/03/180323104821.htm)

# An improved anti-addiction medication

# <https://www.sciencedaily.com/releases/2018/02/180221122938.htm>

# Hospice of Frederick County starts new support group for friends and family of overdose victims

# <https://www.fredericknewspost.com/news/continuing_coverage/heroin/hospice-%E2%80%A6upport-group-for-friends/article_a168ee60-1e1e-5ab3-9d60-9880dded57f1.html>

# Women and the Experience of Pain and Opioid Use Disorder: A Literature-Based Commentary

# <https://www.sciencedirect.com/science/article/pii/S0149291817311220?_rdoc=1&_fmt=high&_origin=gateway&_docanchor=&md5=b8429449ccfc9c30159a5f9aeaa92ffb>

# Ketamine for the treatment of addiction: Evidence and potential mechanisms

# <https://www.sciencedirect.com/science/article/pii/S0028390818300170?_rdoc=1&_fmt=high&_origin=gateway&_docanchor=&md5=b8429449ccfc9c30159a5f9aeaa92ffb>

# Morbidity and mortality in homeless individuals, prisoners, sex workers, and individuals with substance use disorders in high-income countries: a systematic review and meta-analyses

# <https://www.sciencedirect.com/science/article/pii/S014067361731869X>

# Veterans in substance abuse treatment program self-initiate box gardening as a stress reducing therapeutic modality

# <http://www.sciencedirect.com/science/article/pii/S0965229917303618>

# Oxytocin turns up the volume of your social environment

# <https://www.sciencedaily.com/releases/2017/09/170920131724.htm>

# I love having benzos after my coke shot: The use of psychotropic medication among cocaine users in downtown Montreal

# <http://www.sciencedirect.com/science/article/pii/S0955395917302141?_rdoc=1&_fmt=high&_origin=gateway&_docanchor=&md5=b8429449ccfc9c30159a5f9aeaa92ffb>

# Most prescribed opioid pills go unused, study confirms

# <https://www.sciencedaily.com/releases/2017/08/170802110541.htm>

# Serotonin contributes to cocaine’s allure

# <https://www.sciencedaily.com/releases/2017/06/170628095913.htm>

# In Medicaid patients, fatal overdose risk rises with opioid dose and sedative-hypnotic use

# <https://www.sciencedaily.com/releases/2017/06/170617073632.htm>

# Heroin’s use rising, costing society more than $51 billion

# <https://www.sciencedaily.com/releases/2017/06/170609091211.htm>

# Practical clinical trials can help find alternatives to opioids

# <https://www.sciencedaily.com/releases/2017/05/170520085346.htm>

# Epigenetic alteration a promising new drug target for heroin use disorder

# <https://www.sciencedaily.com/releases/2017/03/170314093100.htm>

# From heroin addiction to alcohol-related problems

# <https://www.sciencedaily.com/releases/2017/02/170228185204.htm>

# Stigma and social support in substance abuse: Implications for mental health and well-being

# <http://www.sciencedirect.com/science/article/pii/S0165178116307041>

# Studies show that the cerebellum is crucial to understanding vulnerability to drug addiction

# <https://www.sciencedaily.com/releases/2017/02/170223102024.htm>

# Scientists show deep brain stimulation blocks heroin relapse in rats

# <https://www.sciencedaily.com/releases/2017/02/170201150629.htm>

# Addiction cravings may get their start deep in the right side of the brain

# <https://www.sciencedaily.com/releases/2016/08/160830131205.htm>

# Sugar addiction: Discovery of a brain sugar switch

# <https://www.sciencedaily.com/releases/2016/08/160812103708.htm>

**Chronic low back pain linked to higher rates of illicit drug use**

# <https://www.sciencedaily.com/releases/2016/07/160721143900.htm>

**Novel biomarkers can help detect illegal blood doping in athletes**

# <https://www.sciencedaily.com/releases/2016/07/160718093449.htm>

**Understanding Adolescent Substance Use Disorders in the Era of Marijuana Legalization, Opioid Epidemic, and Social Media**

# <http://www.sciencedirect.com/science/article/pii/S1056499316300396>

**Carrots and sticks fail to change behavior in cocaine addiction**

# <https://www.sciencedaily.com/releases/2016/06/160616141522.htm>

**New Evidence for the Role of Mental Disorders in the Development of Substance Abuse**

[**http://www.sciencedirect.com/science/article/pii/S0890856716000940**](http://www.sciencedirect.com/science/article/pii/S0890856716000940)

**White delinquent youth more likely to abuse hard drugs than blacks**

# <https://www.sciencedaily.com/releases/2016/03/160317185012.htm>

**A Novel Method for Assessing Caffeine Dependence**

# <http://online.liebertpub.com/doi/full/10.1089/jcr.2015.0017>

**Acupuncture for Substance Use Disorders: A Systematic Review and Meta-Analysis**

# <http://www.sciencedirect.com/science/article/pii/S0376871616001095>

**Parental pressure pushes young athletes to doping**

[**https://www.sciencedaily.com/releases/2016/02/160225135054.htm**](https://www.sciencedaily.com/releases/2016/02/160225135054.htm)

**Moving Toward Understanding the Proteome Involved in Substance Abuse**

# <http://www.sciencedirect.com/science/article/pii/S0006322316000135>

**Trends in injection drug use among high school students, U.S. 1995-2015** [**http://www.sciencedirect.com/science/article/pii/S0749379715003177**](http://www.sciencedirect.com/science/article/pii/S0749379715003177)

**Hair sampling shows unintended 'bath salt' use**

[**https://www.sciencedaily.com/releases/2016/02/160218102804.htm**](https://www.sciencedaily.com/releases/2016/02/160218102804.htm)

**Study sheds light on source of drug addicts risk-taking behavior**

[**http://www.sciencedaily.com/releases/2016/02/160210135211.htm**](http://www.sciencedaily.com/releases/2016/02/160210135211.htm)

**New approach offered to treating cocaine addiction**

[**http://www.sciencedaily.com/releases/2016/02/160211082525.htm**](http://www.sciencedaily.com/releases/2016/02/160211082525.htm)

**A Novel Method for Assessing Caffeine Dependence**

# <http://online.liebertpub.com/doi/full/10.1089/jcr.2015.0017>

**Cocaine users present alterations in function, structures of brain**

[**http://www.sciencedaily.com/releases/2016/02/160208083603.htm**](http://www.sciencedaily.com/releases/2016/02/160208083603.htm)

**Neurobiologic Advances from the Brain Disease Model of Addiction** [**http://www.nejm.org/doi/full/10.1056/NEJMra1511480?query=psychiatry**](http://www.nejm.org/doi/full/10.1056/NEJMra1511480?query=psychiatry)

**Cocaine addiction: Scientists discover ‘back door’ into the brain** [**http://www.sciencedaily.com/releases/2016/01/160112102026.htm**](http://www.sciencedaily.com/releases/2016/01/160112102026.htm)

**Substance Abuse Prevention** [**http://www.sciencedirect.com/science/article/pii/S1056499315001121**](http://www.sciencedirect.com/science/article/pii/S1056499315001121)

**Converging effects of cocaine addiction and sex on neural responses to monetary rewards** [**http://www.sciencedirect.com/science/article/pii/S0925492716300014**](http://www.sciencedirect.com/science/article/pii/S0925492716300014)

**How safe is moderate alcohol consumption in overweight and obese individuals?** [**http://www.sciencedirect.com/science/article/pii/S0016508516000056**](http://www.sciencedirect.com/science/article/pii/S0016508516000056)

**Are Natural Disasters in Early Childhood Associated with Mental Health and Substance Use Disorders as an Adult?** [**http://www.sciencedirect.com/science/article/pii/S0277953616300065**](http://www.sciencedirect.com/science/article/pii/S0277953616300065)

**Common Brain Mechanisms of Chronic Pain and Addiction** [**http://www.sciencedirect.com/science/article/pii/S0896627315010338**](http://www.sciencedirect.com/science/article/pii/S0896627315010338)

**Males and under 30 at greatest risk of hospital admission for drug related poisonings** [**http://www.sciencedaily.com/releases/2015/12/151216105112.htm**](http://www.sciencedaily.com/releases/2015/12/151216105112.htm)

**Parents have more influence than they might realize to prevent substance use** [**http://www.sciencedaily.com/releases/2015/12/151210093313.htm**](http://www.sciencedaily.com/releases/2015/12/151210093313.htm)

**Researchers identify gene possibly linked with methamphetamine addiction** [**http://www.sciencedaily.com/releases/2015/12/151210144705.htm**](http://www.sciencedaily.com/releases/2015/12/151210144705.htm)

**Lab tests of e-cigarettes demonstrate cellular harm** [**http://www.sciencedaily.com/releases/2015/12/151228174412.htm**](http://www.sciencedaily.com/releases/2015/12/151228174412.htm)

**Gender Differences in Associations between ADHD and Substance Use Disorder** [**http://www.sciencedirect.com/science/article/pii/S0890856715008266**](http://www.sciencedirect.com/science/article/pii/S0890856715008266)

# Electronic Cigarettes and Insanity <http://www.sciencedirect.com/science/article/pii/S0749379715006352>

# Guidelines for the Management of Pregnant Women with Substance Use Disorders <http://www.sciencedirect.com/science/article/pii/S0033318215002066>

# Fighting prescription painkiller abuse among baby boomers <http://www.sciencedaily.com/releases/2015/12/151207164040.htm>

# Effects of High Habitual Caffeine Use on Performance During One Night of Sleep Deprivation: Do High Users Need Larger Doses to Maintain Vigilance? <http://online.liebertpub.com/doi/full/10.1089/jcr.2015.0013>

# How cocaine changes the brain <http://www.sciencedaily.com/releases/2015/11/151125125053.htm>

# Danish cannabis is stronger than ever <http://www.sciencedaily.com/releases/2015/11/151119142325.htm>

# Exploring Bio-Detoxification with Russell Jaffe, MD, PhD <http://www.pageturnpro.com/CHAT-Inc/68008-Natural-Medicine-Journal-September-2015-Special-Environmental-Medicine/index.html?utm_source=Natural+Medicine+Journal+List&utm_campaign=6b776a6f5f-September_2015_Issue&utm_medium=email&utm_term=0_f1c8ddd2c4-6b776a6f5f-303124329#16>

**Establishing an animal model for National Acupuncture Detoxification Association (NADA) Auricular Acupuncture Protocol**[**http://www.sciencedirect.com/science/article/pii/S1526590015004964**](http://www.sciencedirect.com/science/article/pii/S1526590015004964)

**Curcumin improves liver damage in male mice exposed to nicotine**[**http://www.sciencedirect.com/science/article/pii/S2225411014000480**](http://www.sciencedirect.com/science/article/pii/S2225411014000480)

# On the risk: painkiller abusers who also use heroin <http://www.sciencedaily.com/releases/2015/10/151029101151.htm>

**Acupuncture Suppresses Morphine Craving in Progressive Ratio Through the GABA System**[**http://www.sciencedirect.com/science/article/pii/S2005290115000552**](http://www.sciencedirect.com/science/article/pii/S2005290115000552)

# Online gambling to get safer through better prediction of addiction <http://www.sciencedaily.com/releases/2015/10/151023084506.htm>

# Marijuana use more than doubles from 2001 to 2013; increase in use disorders too <http://www.sciencedaily.com/releases/2015/10/151021114956.htm>

# Researcher finds key clues about ‘betel nut’ addiction that plagues millions worldwide <http://www.sciencedaily.com/releases/2015/10/151021161034.htm>

# Many use prescription painkillers, most see abuse as major health concern <http://www.sciencedaily.com/releases/2015/10/151007111404.htm>

# New research about shopping addiction <http://www.sciencedaily.com/releases/2015/09/150929070419.htm>

# Scientists identify key morphine regulator that may reduce risk of pain-killer abuse <http://www.sciencedaily.com/releases/2015/09/150922151607.htm>

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**CANCER – PANCREATIC**

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**Spinal fluid evacuation may provide temporary relief for patients with unexplained widespread pain and fibromyalgia**

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**Stop drinking this bottled water now says the FDA**

[**https://www.eatthis.com/news-real-water-hepatitis-fda/**](https://www.eatthis.com/news-real-water-hepatitis-fda/)

**If you have any of this handsoap throw it out**

[**https://bgr.com/2021/02/25/scent-theory-soap-recall-walmart/**](https://bgr.com/2021/02/25/scent-theory-soap-recall-walmart/)

**Annie’s removing a chemical in mac and cheese linked to fertility issues**

[**https://www.foxnews.com/health/annies-removing-a-chemical-in-mac-and-cheese-linked-to-fertility-issues**](https://www.foxnews.com/health/annies-removing-a-chemical-in-mac-and-cheese-linked-to-fertility-issues)

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[**https://www.tahoedailytribune.com/news/opinion/theres-no-excuse-for-the-disaster-at-the-edd-opinion/**](https://www.tahoedailytribune.com/news/opinion/theres-no-excuse-for-the-disaster-at-the-edd-opinion/)

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[**https://www.eatthis.com/news-nut-milk-drink-recall-february-2021/**](https://www.eatthis.com/news-nut-milk-drink-recall-february-2021/)

**If you have any of these cheeses in your fridge, throw them out**

[**https://bgr.com/2021/02/15/listeria-outbreak-fda-investigation-recall/**](https://bgr.com/2021/02/15/listeria-outbreak-fda-investigation-recall/)

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[**https://apple.news/Ap2hFM6WTSGa6uPn1iHdXJQ**](https://apple.news/Ap2hFM6WTSGa6uPn1iHdXJQ)

**If you have any of this oatmeal, throw it out now**

[**https://bgr.com/2021/01/29/food-recall-think-oatmeal/**](https://bgr.com/2021/01/29/food-recall-think-oatmeal/)

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**California’s EDD’s fraud failures could saddle innocent with taxes, penalties**

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[**https://www.self.com/story/butternut-squash-products-recalled-listeria**](https://www.self.com/story/butternut-squash-products-recalled-listeria)

**This vegetable was just recalled because it could be dangerous – make sure you throw it out**

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**Air pollution linked to increase in newborn intensive care admissions**

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# First trial of gene therapy for cystic fibrosis to show beneficial effect on lung function

# <http://www.sciencedaily.com/releases/2015/07/150703072624.htm?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+sciencedaily%2Ftop_news%2Ftop_health+%28ScienceDaily%3A+Top+Health+News%29>

# Low glycemic index diet reduces symptoms of autism in mice

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# Importance of a balanced diet for mental health

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# Pedophiles more likely to have physical irregularities

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# Study links brain inflammation triggered by chronic pain to anxiety and depression

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# Decreased social anxiety among young adults who eat fermented foods

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# Keeping mind, body active may not protect against underlying signs of Alzheimer's

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**MENTAL HEALTH – SEXUAL ABUSE**

**I’ve been sexually assaulted, harassed, and followed home. No, it’s not all men, but yes, they were all men.**

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**MENTAL HEALTH – SUICIDE**

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**NURSING (CNAs, LVNs, RNs and NURSE PRACTITIONERS NPs):**

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**Response to Lenaghan Preventing ED Violence article**

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# Vitamin C related to reduced risk of cardiovascular disease, early death

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# Avocados may hold the answer to beating leukemia

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# Visualizing calcified coronary arteries may be wake-up call to change lifestyle

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# Paying people incentives to make healthy choices only works in the long term if they are paid to NOT do something

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# Hyperlipidemia, caused by a high-fat diet, aggressively accelerates organ rejection

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# Regular exposure to death, trauma causes death anxiety in emergency nurses

# <http://www.sciencedaily.com/releases/2015/07/150710123648.htm>

# Early life stress affects cognitive functioning in low-income children

[**http://www.sciencedaily.com/releases/2015/06/150617092404.htm?utm\_source=feedburner&utm\_medium=email&utm\_campaign=Feed%3A+sciencedaily%2Ftop\_news%2Ftop\_health+%28ScienceDaily%3A+Top+Health+News%29**](http://www.sciencedaily.com/releases/2015/06/150617092404.htm?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+sciencedaily%2Ftop_news%2Ftop_health+%28ScienceDaily%3A+Top+Health+News%29)

# Roadside bomb blasts may cause more brain damage than previously recognized

[**http://www.sciencedaily.com/releases/2015/06/150609124549.htm?utm\_source=feedburner&utm\_medium=email&utm\_campaign=Feed%3A+sciencedaily%2Fmind\_brain%2Fptsd+%28PTSD+News+--+ScienceDaily%29**](http://www.sciencedaily.com/releases/2015/06/150609124549.htm?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+sciencedaily%2Fmind_brain%2Fptsd+%28PTSD+News+--+ScienceDaily%29)

# Poor sleep quality linked to reduced resilience among veterans

[**http://www.sciencedaily.com/releases/2015/06/150608213115.htm?utm\_source=feedburner&utm\_medium=email&utm\_campaign=Feed%3A+sciencedaily%2Fmind\_brain%2Fptsd+%28PTSD+News+--+ScienceDaily%29**](http://www.sciencedaily.com/releases/2015/06/150608213115.htm?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+sciencedaily%2Fmind_brain%2Fptsd+%28PTSD+News+--+ScienceDaily%29)

**PULMONOLOGY:**

**Sugar could be sweet solution to respiratory disease**

[**https://www.sciencedaily.com/releases/2019/04/190401115751.htm**](https://www.sciencedaily.com/releases/2019/04/190401115751.htm)

**REFLEXOLOGY:**

**Does Facial Reflexology Work?**

[**https://www.thehealthy.com/alternative-medicine/facial-reflexology/**](https://www.thehealthy.com/alternative-medicine/facial-reflexology/)

**Foot Reflexotherapy Reduces Low Back Pain**

[**https://www.hindawi.com/journals/ecam/2017/2378973/**](https://www.hindawi.com/journals/ecam/2017/2378973/)

**Analgesic Effects of Reflexology in Patients Undergoing surgical procedures: A randomized controlled trial**

[**https://www.liebertpub.com/doi/10.1089/acm.2017.0167?utm\_source=sfmc&utm\_medium=email&utm\_campaign=JACM%20FP%20Aug%2021%202018&d=8/21/2018&mcid=1848569708**](https://www.liebertpub.com/doi/10.1089/acm.2017.0167?utm_source=sfmc&utm_medium=email&utm_campaign=JACM%20FP%20Aug%2021%202018&d=8/21/2018&mcid=1848569708)

**The impacts of foot reflexology on anxiety among male candidates for coronary angiography: A three-group single-blind randomized clinical trial**

[**https://www.sciencedirect.com/science/article/pii/S1744388118303311?\_rdoc=1&\_fmt=high&\_origin=gateway&\_docanchor=&md5=b8429449ccfc9c30159a5f9aeaa92ffb**](https://www.sciencedirect.com/science/article/pii/S1744388118303311?_rdoc=1&_fmt=high&_origin=gateway&_docanchor=&md5=b8429449ccfc9c30159a5f9aeaa92ffb)

**Effect of Reflexology on Infant Colic**

[**https://www.liebertpub.com/doi/10.1089/acm.2017.0315?utm\_source=sfmc&utm\_medium=email&utm\_campaign=ACM+FP+June+21+2018&d=6%2F21%2F2018&mcid=1848569708&**](https://www.liebertpub.com/doi/10.1089/acm.2017.0315?utm_source=sfmc&utm_medium=email&utm_campaign=ACM+FP+June+21+2018&d=6%2F21%2F2018&mcid=1848569708&)

**Experiences of the breast cancer related lymphedema and the use of reflexology for managing swelling: A qualitative study**

[**https://www.sciencedirect.com/science/article/pii/S1744388118301750**](https://www.sciencedirect.com/science/article/pii/S1744388118301750)

**Reflexology and cancer**

[**https://www.sciencedirect.com/science/article/pii/S2452336417301061**](https://www.sciencedirect.com/science/article/pii/S2452336417301061)

**The Effect of Foot Reflexology on the Anxiety Levels of Women in Labor**

[**https://www.liebertpub.com/doi/10.1089/acm.2017.0263?utm\_source=sfmc&utm\_medium=email&utm\_campaign=ACM+FP+April+25+2018&d=4%2F25%2F2018&mcid=1848569708&**](https://www.liebertpub.com/doi/10.1089/acm.2017.0263?utm_source=sfmc&utm_medium=email&utm_campaign=ACM+FP+April+25+2018&d=4%2F25%2F2018&mcid=1848569708&)

**The effect of foot reflexology on the dynamics of cortical oscillatory waves in healthy humans: an EEG study**

[**https://www.sciencedirect.com/science/article/pii/S0965229918300530?\_rdoc=1&\_fmt=high&\_origin=gateway&\_docanchor=&md5=b8429449ccfc9c30159a5f9aeaa92ffb**](https://www.sciencedirect.com/science/article/pii/S0965229918300530?_rdoc=1&_fmt=high&_origin=gateway&_docanchor=&md5=b8429449ccfc9c30159a5f9aeaa92ffb)

**Opinions and observations of caregivers of children with cerebral palsy about changes seen after reflexology: A qualitative study**

[**https://www.sciencedirect.com/science/article/pii/S1744388118300872**](https://www.sciencedirect.com/science/article/pii/S1744388118300872)

**The effects of reflexology on pain and sleep deprivation in patients with rheumatoid arthritis: A randomized controlled trial**

[**https://www.sciencedirect.com/science/article/pii/S1744388117305777?\_rdoc=1&\_fmt=high&\_origin=gateway&\_docanchor=&md5=b8429449ccfc9c30159a5f9aeaa92ffb**](https://www.sciencedirect.com/science/article/pii/S1744388117305777?_rdoc=1&_fmt=high&_origin=gateway&_docanchor=&md5=b8429449ccfc9c30159a5f9aeaa92ffb)

**Effects of foot reflexology on anxiety and physiological parameters in patients undergoing coronary artery bypass graft surgery: a clinical trial**

[**https://www.sciencedirect.com/science/article/pii/S1744388117304838**](https://www.sciencedirect.com/science/article/pii/S1744388117304838)

**The effects of reflexology on anxiety and pain in patients after abdominal hysterectomy: A randomized controlled trial**

[**https://www.sciencedirect.com/science/article/pii/S0965229917305010?\_rdoc=1&\_fmt=high&\_origin=gateway&\_docanchor=&md5=b8429449ccfc9c30159a5f9aeaa92ffb**](https://www.sciencedirect.com/science/article/pii/S0965229917305010?_rdoc=1&_fmt=high&_origin=gateway&_docanchor=&md5=b8429449ccfc9c30159a5f9aeaa92ffb)

**The effect of reflexology on the quality of life with breast cancer patients**

[**http://www.sciencedirect.com/science/article/pii/S1744388117302281?\_rdoc=1&\_fmt=high&\_origin=gateway&\_docanchor=&md5=b8429449ccfc9c30159a5f9aeaa92ffb**](http://www.sciencedirect.com/science/article/pii/S1744388117302281?_rdoc=1&_fmt=high&_origin=gateway&_docanchor=&md5=b8429449ccfc9c30159a5f9aeaa92ffb)

**Reflexology and polysomnography: Changes in cerebral wave activity induced by reflexology promote N1 and N2 sleep stages**

[**http://www.sciencedirect.com/science/article/pii/S1744388117300221**](http://www.sciencedirect.com/science/article/pii/S1744388117300221)

**Perspectives on reflexology: A qualitative approach**

[**http://www.sciencedirect.com/science/article/pii/S2225411016302589**](http://www.sciencedirect.com/science/article/pii/S2225411016302589)

**Exploring the body through reflexology: Physical behaviors observed during application**

[**http://www.sciencedirect.com/science/article/pii/S1744388116300706**](http://www.sciencedirect.com/science/article/pii/S1744388116300706)

**Influence of Study Design on Outcomes Following Reflexology Massage: An Integrative and Critical Review of Interventional Studies**

[**http://online.liebertpub.com/doi/full/10.1089/acm.2016.0015**](http://online.liebertpub.com/doi/full/10.1089/acm.2016.0015)

**The effect of foot reflexology and back massage on hemodialysis patients' fatigue and sleep quality**

[**http://www.sciencedirect.com/science/article/pii/S1744388116300494**](http://www.sciencedirect.com/science/article/pii/S1744388116300494)

**The effect of foot reflexology applied to women aged between 40 and 60 on vasomotor complaints and quality of life**

[**http://www.sciencedirect.com/science/article/pii/S1744388116300433**](http://www.sciencedirect.com/science/article/pii/S1744388116300433)

**The Effects of Aromatherapy Massage and Reflexology on Pain and Fatigue in Patients with Rheumatoid Arthritis: A Randomized Controlled Trial**

[**http://www.sciencedirect.com/science/article/pii/S1524904216000217**](http://www.sciencedirect.com/science/article/pii/S1524904216000217)

**Revisiting Reflexology: Concept, evidence, current practice, and practitioner training** [**http://www.sciencedirect.com/science/article/pii/S2225411015000905**](http://www.sciencedirect.com/science/article/pii/S2225411015000905)

**The effect of foot reflexology on physiologic parameters and mechanical ventilation weaning time in patients undergoing open-heart surgery: A clinical trial study** [**http://www.sciencedirect.com/science/article/pii/S1744388115000547**](http://www.sciencedirect.com/science/article/pii/S1744388115000547)

**Effect of self-administered foot reflexology for symptom management in healthy persons: A systematic review and meta-analysis**[**http://www.sciencedirect.com/science/article/pii/S0965229914001873**](http://www.sciencedirect.com/science/article/pii/S0965229914001873)

**A pilot randomised controlled trial (RCT) investigating the effectiveness of reflexology for managing pregnancy low back and/or pelvic pain**[**http://www.sciencedirect.com/science/article/pii/S1744388115000419**](http://www.sciencedirect.com/science/article/pii/S1744388115000419)

**PhD Thesis from Dr. Jenny Jones, an RN from the U.K. posted with permission:  A Proposed Reductionist Solution to Address the Methodological Challenges of Inconsistent Reflexology Maps and Poor Experimental Controls in Reflexology Research: A Discussion Paper**[**http://online.liebertpub.com/doi/full/10.1089/acm.2012.0022**](http://online.liebertpub.com/doi/full/10.1089/acm.2012.0022)

**Somatotopical Relationships Between Cortical Activity and Reflex Areas in Reflexology: a Functional Magnetic Resonance Imaging (fMRI) study**[**http://ac.els-cdn.com/S0304394008013694/1-s2.0-S0304394008013694-main.pdf?\_tid=13a39e02-880d-11e4-abfa-00000aacb360&acdnat=1419055227\_37e391178569f0ad3642b6d186c51c39**](http://ac.els-cdn.com/S0304394008013694/1-s2.0-S0304394008013694-main.pdf?_tid=13a39e02-880d-11e4-abfa-00000aacb360&acdnat=1419055227_37e391178569f0ad3642b6d186c51c39)

**MRI Research Sheds New Light on Reflexology**[**http://ac.els-cdn.com/S1744388109000103/1-s2.0-S1744388109000103-main.pdf?\_tid=b0da62a0-880d-11e4-ad19-00000aab0f6c&acdnat=1419055491\_c69a5d811bde937c4e2584bab172a117**](http://ac.els-cdn.com/S1744388109000103/1-s2.0-S1744388109000103-main.pdf?_tid=b0da62a0-880d-11e4-ad19-00000aab0f6c&acdnat=1419055491_c69a5d811bde937c4e2584bab172a117)

**The Physiological Basis of Reflexology and its use as a potential diagnostic tool**[**http://ac.els-cdn.com/S1353611704000587/1-s2.0-S1353611704000587-main.pdf?\_tid=3c2cb3c2-880d-11e4-a9b2-00000aab0f26&acdnat=1419055295\_bba48e7fe5247db652bb10498dad526b**](http://ac.els-cdn.com/S1353611704000587/1-s2.0-S1353611704000587-main.pdf?_tid=3c2cb3c2-880d-11e4-a9b2-00000aab0f26&acdnat=1419055295_bba48e7fe5247db652bb10498dad526b)

**Correlation Study Between Conventional Medical Diagnosis and Diagnosis by Reflexology (Unconventional)**[**http://www.ncbi.nlm.nih.gov/pubmed/14518162**](http://www.ncbi.nlm.nih.gov/pubmed/14518162)

**Determination of Efficacy of Reflexology in Managing Patients with Diabetic Neuropathy: A Randomized Controlled Clinical Trial**[**http://www.ncbi.nlm.nih.gov/pubmed/24527055**](http://www.ncbi.nlm.nih.gov/pubmed/24527055)

**The Effects of Foot Reflexology Massage on Anxiety in Patients Following Coronary Artery Bypass Graft Surgery: A Randomized Controlled Trial**[**http://www.ncbi.nlm.nih.gov/pubmed/24439644**](http://www.ncbi.nlm.nih.gov/pubmed/24439644)

**A Randomized-Controlled Trial Examining the Effects of Reflexology on Anxiety of Patients Undergoing Coronary Angiography**[**http://www.ncbi.nlm.nih.gov/pubmed/25414869**](http://www.ncbi.nlm.nih.gov/pubmed/25414869)

**Reflexology Has No Immediate Hemodynamic Effect in Patients with Chronic Heart Failure:  A Double-Blind Randomized Controlled Trial**[**http://www.ncbi.nlm.nih.gov/pubmed/23890459**](http://www.ncbi.nlm.nih.gov/pubmed/23890459)

**Reflexology Has an Acute (Immediate) Hemodynamic Effect in Healthy Volunteers: A Double-Blind Randomised Controlled Trial**[**http://www.ncbi.nlm.nih.gov/pubmed/23059433**](http://www.ncbi.nlm.nih.gov/pubmed/23059433)

**The Effect of Reflexology Applied on Hemodialysis Patients with Fatigue, Pain and Cramps**[**http://www.ncbi.nlm.nih.gov/pubmed/23730858**](http://www.ncbi.nlm.nih.gov/pubmed/23730858)

**Noninvasive Characterisation of Foot Reflexology Areas by Swept-Source Optical Coherence Tomography in Patients with Low-Back Pain**[**http://www.ncbi.nlm.nih.gov/pubmed/23662156**](http://www.ncbi.nlm.nih.gov/pubmed/23662156)

**Role of Reflexology and Antiepileptic drugs in Managing Intractable Epilepsy -- A Randomized Controlled Trial**[**http://www.ncbi.nlm.nih.gov/pubmed/23636029**](http://www.ncbi.nlm.nih.gov/pubmed/23636029)

**The Clinical Efficacy of Reflexology in Nursing Home Residents with Dementia**[**http://online.liebertpub.com/doi/pdfplus/10.1089/acm.2007.0577?src=recsys**](http://online.liebertpub.com/doi/pdfplus/10.1089/acm.2007.0577?src=recsys)

**Foot Reflexology can Increase Vagal Modulation, Decrease Sympathetic Modulation, and Lower Blood Pressure in Healthy Subjects and Patients with Coronary Artery Disease**[**http://www.ncbi.nlm.nih.gov/pubmed/22314629**](http://www.ncbi.nlm.nih.gov/pubmed/22314629)

**Effects of Foot Reflexology on Fatigue, Sleep and Pain: A Systematic Review and Meta-Analysis**[**http://www.ncbi.nlm.nih.gov/pubmed/22310867**](http://www.ncbi.nlm.nih.gov/pubmed/22310867)

**A Pilot Study Exploring the Effects of Reflexology and Cold (Temperature) Intolerance**[**http://www.ncbi.nlm.nih.gov/pubmed/20633515**](http://www.ncbi.nlm.nih.gov/pubmed/20633515)

**Reflexology in the Management of Encopresis and Chronic Constipation in Pediatric Patients**[**http://www.ncbi.nlm.nih.gov/pubmed/12715585**](http://www.ncbi.nlm.nih.gov/pubmed/12715585)

**Randomized Controlled Trial of Reflexology for Menopausal Symptoms**[**http://www.ncbi.nlm.nih.gov/pubmed/12269681**](http://www.ncbi.nlm.nih.gov/pubmed/12269681)

**Does Reflexology Impact on Cancer Patients' Quality of Life?**[**http://www.ncbi.nlm.nih.gov/pubmed/11973949**](http://www.ncbi.nlm.nih.gov/pubmed/11973949)

**Changes of Renal Blood Flow During Organ-Associated Foot Reflexology measured by Color Doppler Sonography**[**http://www.ncbi.nlm.nih.gov/pubmed/10460981**](http://www.ncbi.nlm.nih.gov/pubmed/10460981)

**Medical Care to Patients with Remote Consequences of Traumatic Craniocerebral Injury Using Methods of Reflexology**[**http://www.ncbi.nlm.nih.gov/pubmed/23350129**](http://www.ncbi.nlm.nih.gov/pubmed/23350129)

**The Effects of Foot Reflexology on Anxiety and Pain in Patients with Breast and Lung Cancer** [**http://www.ncbi.nlm.nih.gov/pubmed/10660924**](http://www.ncbi.nlm.nih.gov/pubmed/10660924)

**Jesus Manzanares, MD Reflexology Research Biopsy Study** [**http://www.reflexology-usa.org/articles/manzanares\_research\_biopsy.pdf**](http://www.reflexology-usa.org/articles/manzanares_research_biopsy.pdf)

**American Academy of Reflexology Research Abstracts** [**http://www.reflexologyresearch.net/Research380ReflexologyResearchAbstracts.shtml**](http://www.reflexologyresearch.net/Research380ReflexologyResearchAbstracts.shtml)

**Detailed Study in Reflexology and its effects on PMS** [**http://www.reflexologyresearch.net/RWSFullPublishedStudy.pdf**](http://www.reflexologyresearch.net/RWSFullPublishedStudy.pdf) **The Abstract** [**http://www.reflexologyresearch.net/PMSResearchAbstract.shtml**](http://www.reflexologyresearch.net/PMSResearchAbstract.shtml) **Chart Results** [**http://www.reflexologyresearch.net/PMSResearchChart.shtml**](http://www.reflexologyresearch.net/PMSResearchChart.shtml) **Psychological & Physical Symptoms Data**[**http://www.reflexologyresearch.net/PMSResearchSymptoms.shtml**](http://www.reflexologyresearch.net/PMSResearchSymptoms.shtml) **Mentioned in the following Journals**[**http://www.reflexologyresearch.net/PMSResearchWhereMen.shtml**](http://www.reflexologyresearch.net/PMSResearchWhereMen.shtml)

**Reflexology Research Database** [**http://www.reflexology-research.com/**](http://www.reflexology-research.com/)

**Vertical Reflexology** [**http://boothvrt.com/wp-content/uploads/2013/11/Lynne-Booth-Reflexology-and-Dementia-December-2014-.pdf**](http://boothvrt.com/wp-content/uploads/2013/11/Lynne-Booth-Reflexology-and-Dementia-December-2014-.pdf)

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[**http://boothvrt.com/research-articles/**](http://boothvrt.com/research-articles/)

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[**http://www.positivehealth.com/article/reflexology/reflexology-to-help-stress-and-anxiety**](http://www.positivehealth.com/article/reflexology/reflexology-to-help-stress-and-anxiety)

**Reflexology: Emerging Evidence Points to Health Benefits** [**http://online.liebertpub.com/doi/abs/10.1089/act.2015.29000.jh#utm\_source=ETOC&utm\_medium=email&utm\_campaign=act**](http://online.liebertpub.com/doi/abs/10.1089/act.2015.29000.jh#utm_source=ETOC&utm_medium=email&utm_campaign=act)

**REHABILITATION (PHYSICAL THERAPY/OCCUPATIONAL THERAPY/SPEECH THERAPY):**

**Squatting or kneeling may have health benefits**

[**https://www.sciencedaily.com/releases/2020/03/200309165235.htm**](https://www.sciencedaily.com/releases/2020/03/200309165235.htm)

**Physiotherapy could be done at home using virtual reality**

[**https://www.sciencedaily.com/releases/2020/02/200228142014.htm**](https://www.sciencedaily.com/releases/2020/02/200228142014.htm)

**Body Wisdom: Using Feldenkrais to heal**

[**https://www.liebertpub.com/doi/10.1089/act.2018.29198.cma?utm\_source=sfmc&utm\_medium=email&utm\_campaign=ACT+FP+Feb+8+2019&d=2%2F8%2F2019&mcid=1848569708&**](https://www.liebertpub.com/doi/10.1089/act.2018.29198.cma?utm_source=sfmc&utm_medium=email&utm_campaign=ACT+FP+Feb+8+2019&d=2%2F8%2F2019&mcid=1848569708&)

**Effectiveness of Therapeutic Exercise on Forward Head Posture: A Systematic Review and Meta-analysis**

[**https://www.sciencedirect.com/science/article/pii/S0161475417301926**](https://www.sciencedirect.com/science/article/pii/S0161475417301926)

**Relationship of fitness and wheelchair mobility with encounters, avoidances, and perception of environmental barriers among manual wheelchair users with Spinal Cord injury**

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**Accelerations from wearable accelerometers reflect knee loading during running after ACL reconstruction**

[**https://www.sciencedirect.com/science/article/pii/S0268003318305679?\_rdoc=1&\_fmt=high&\_origin=gateway&\_docanchor=&md5=b8429449ccfc9c30159a5f9aeaa92ffb&ccp=y**](https://www.sciencedirect.com/science/article/pii/S0268003318305679?_rdoc=1&_fmt=high&_origin=gateway&_docanchor=&md5=b8429449ccfc9c30159a5f9aeaa92ffb&ccp=y)

**Home-based exercise enhances health-related quality of life in persons with spinal cord injury: A RCT**

[**https://www.sciencedirect.com/science/article/pii/S000399931830354X**](https://www.sciencedirect.com/science/article/pii/S000399931830354X)

**Do joint mobilizations assist in the recovery of lateral elbow tendinopathy?**

[**https://www.sciencedirect.com/science/article/pii/S0894113017302892**](https://www.sciencedirect.com/science/article/pii/S0894113017302892)

**Proprioceptive training for functional instability of the ankle**

[**https://www.sciencedirect.com/science/article/pii/S1466853X17306429**](https://www.sciencedirect.com/science/article/pii/S1466853X17306429)

**Effect of adhesive elastic tape on excessive pronation of young women**

[**https://www.sciencedirect.com/science/article/pii/S1466853X17306417**](https://www.sciencedirect.com/science/article/pii/S1466853X17306417)

**How much is enough in rehabilitation? High running workloads follow lower limb muscle injury delay return to play but protect against subsequent injury**

[**https://www.sciencedirect.com/science/article/pii/S1440244018300963**](https://www.sciencedirect.com/science/article/pii/S1440244018300963)

**Kinesio Taping effects with different directions and tensions on strength and range of movement of the knee: a randomized controlled trial**

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**The comparison of the effectiveness of conventional therapeutic exercises on pain and function in patients with knee osteoarthritis**

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**Effect of Upper Limb Rehabilitation compared to No Upper limb Rehabilitation in Lung Transplant Recipients – an RCT**

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**Rehabilitation Needs of the Elder with TBI**

[**http://www.sciencedirect.com/science/article/pii/S104796511730061X?\_rdoc=1&\_fmt=high&\_origin=gateway&\_docanchor=&md5=b8429449ccfc9c30159a5f9aeaa92ffb**](http://www.sciencedirect.com/science/article/pii/S104796511730061X?_rdoc=1&_fmt=high&_origin=gateway&_docanchor=&md5=b8429449ccfc9c30159a5f9aeaa92ffb)

**Mobility Device and Training and Rehabilitation Profession**

[**http://www.sciencedirect.com/science/article/pii/S0003999317308080**](http://www.sciencedirect.com/science/article/pii/S0003999317308080)

**A physiotherapist-led exercise and education program for preventing recurrence of low back pain: a randomized controlled pilot trial**

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**A group-based yoga therapy intervention for urinary incontinence in women: a pilot randomized trial.** [**http://www.ncbi.nlm.nih.gov/pubmed/24763156**](http://www.ncbi.nlm.nih.gov/pubmed/24763156)