

The Microbiome

Short Clip Transcript - 89 seconds

[00:00] The microbiome is the collection of microbial organisms that live in or on larger organisms. The microbiome isn't really one entity because it's a collection of lots of different organisms that come and go into a host and are often different across different individuals in a population, so...

[00:20] In utero, humans are mostly sterile --but, of course, when you're born, you come shooting out into the world and are colonized immediately by lots and lots of organisms. Who colonizes does depend on whether you have a c-section and are mostly colonized by bacteria that are found on hands and other surfaces, versus vaginal birth, you get colonized by microbes --in the-- from the gastrointestinal tract as well as the vaginal tract.

[00:46] The bacteria that are that colonize an infant gut are initially seeded by that first colonization event. They are also, the most important ones are sustained by a common food source: mom produces sugars that feed not only the baby but also the bacteria.

[01:02] And then, over time as the baby grows and starts eating more food, and more diverse kinds of food, and then crawling and putting everything in their mouth, they're colonized by more and more different types of bacteria. So by the age of two or three, kids have a more or less stable community.

[01:19] The microbiome has always been changing, it's always been dynamic, that there's no one best or that there's not one state that we should be trying to return to.

[01:28] Embrace your microbiome.