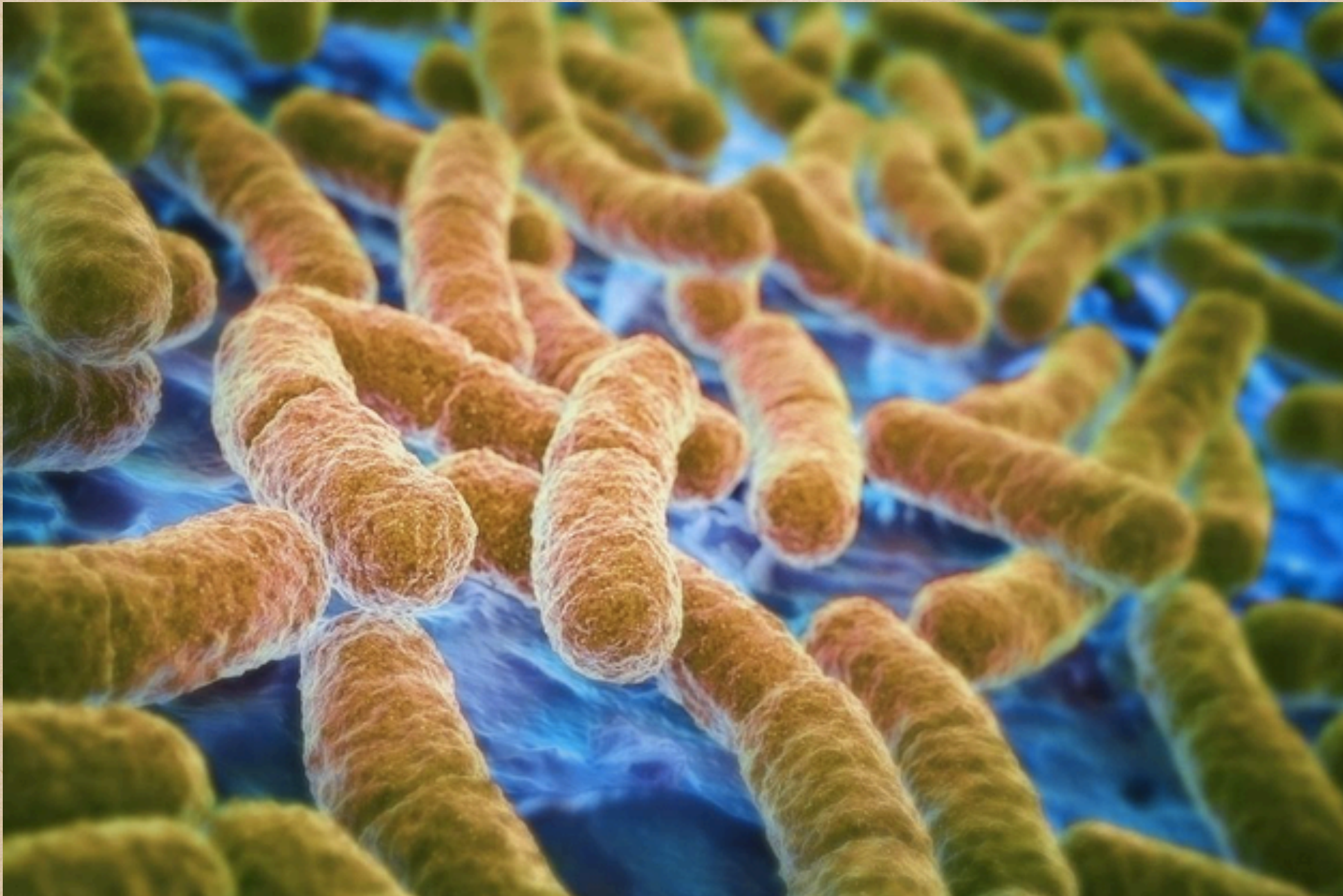


# The Microbiome



Gary Bettis 1. 24. 2019



# What is the Microbiome?

- ◆ MICROBIOME (aka microbiota). From Latin:
- ◆ micro: tiny, too small to see with the naked eye, and
- ◆ biome: a distinct biological community that has formed in response to a shared physical climate.



# The Microbiome

KS2

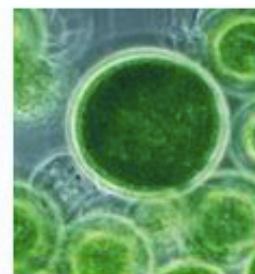
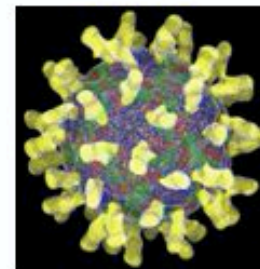
## What is a Microbe?



- Microbes are tiny living organisms, so tiny you can't see them without a microscope
- There are 5 main types of microbes:



1. Bacteria
2. Viruses
3. Fungi
4. Algae
5. Protozoa





# Why talk about the Microbiome

- ◆ Two reasons:



# Why talk about the Microbiome

- ◆ (1) It is at the heart of a paradigm shift in medicine.

Note :Paradigm— A set of assumptions, concepts, values, and practices that constitutes a way of viewing reality for the community that shares them, especially in an intellectual discipline.



# Why talk about the Microbiome

- ◆ (2) health implications



Health related to birth canal deliveries

<https://www.youtube.com/watch?v=KrfSYeD6D5o>

~ 2 min



Food for thought:  
How your belly controls your brain

<https://www.youtube.com/watch?v=awtmTJW9ic8>

14 min



Feed your microbes -  
nurture your mind

<https://www.youtube.com/watch?v=vKxomLM7SVc>

~15 min



The Microbiome

*Thank You!*

Gary Bettis 1. 24. 2019