Dr. Donese Worden on KUSI TV - The Microbiome Movement Transcript

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Microbiome Movement Introduction

What the Microbiome Is

well a group of the world's top well a group of the world's top researchers are bringing the microbiome researchers are bringing the microbiome movement right here to San Diego we'll movement right here to San Diego we'll be talking with a board-certified be talking with a board-certified natural pathway is that naturopathic natural pathway is that naturopathic medical a doctor about what bio medical a doctor about what bio microbiome is all about it's all coming microbiome is all about it's all coming up so from mosquitoes to bugs now there up so from mosquitoes to bugs now there is a group of the world's top is a group of the world's top researchers that's coming to San Diego researchers that's coming to San Diego to collaborate and help develop to collaborate and help develop breakthrough treatments and products breakthrough treatments and products that modify the skin using microbiome that modify the skin using microbiome technology so joining us to talk about technology so joining us to talk about what microbial is and how it affects our what microbial is and how it affects our health is dr. Denise worden good morning health is dr.

How Good Bugs Affect Health

Skin Microbiome Research and Applications

Microbiome Products and Anti-Aging

Everyday Probiotics and Future Uses

Denise worden good morning good morning fantastic to have you here good morning fantastic to have you here you're saying we're all bugs this you're saying we're all bugs this morning and under way we kind of are morning and under way we kind of are well right well actually tend to one so well right well actually tend to one so in other words your human DNA is only 1% in other words your human DNA is only 1% one out of 10 we're mostly bugs a one out of 10 we're mostly bugs a percentage of 10 to one amazing so percentage of 10 to one amazing so learning more about our what's inside learning more about our what's inside and outside of our bodies with those and outside of our bodies with those bugs is a very important part of bugs is a very important part of medicine right now right and so you know medicine right now right and so you know if anybody has a science background when if anybody has a science background when they go through school they learn about they go through school they learn about microbiology and and how it affects us microbiology and and how it affects us our health and that it can be used for our health and that it can be used for good and bad so tell us about this good and bad so tell us about this microbiome movement and what's happening microbiome movement and what's happening with with using these bugs sure so a lot with with using these bugs sure so a lot of it is started around the immune of it is started around the immune system that we know that those bugs you system that we know that those bugs you know probiotics is a great example we know probiotics is a great example we put in the good bugs they bite the bad put in the good bugs they bite the bad bugs that's a basic example but we've bugs that's a basic example but we've started mapping all the billions of bugs started mapping all the billions of bugs that live on us and in US and so as we that live on us and in US and so as we map those we know certain strains are map those we know certain strains are good for us or certain strains are bad good for us or certain strains are bad and learning how to manipulate that is a and learning how to manipulate that is a big piece here and you know it's big piece here and you know it's exciting from oncology that's where I exciting from oncology that's where I was just in Boston for another group was just in Boston for another group where we were studying and looking at where we were studying and looking at the immune system and how we may utilize the immune system and how we may utilize these good bugs to fight the bad bugs these good bugs to fight the bad bugs and help with the immune system from and help with the immune system from oncology to diabetes obesity you name it oncology to diabetes obesity you name it I think a lot of diseases are going to I think a lot of diseases are going to be addressed by this so you're you're be addressed by this so you're you're from Arizona you come out to San Diego from Arizona you come out

to San Diego for this convention that's that starts for this convention that's that starts tomorrow can you tell us a little more tomorrow can you tell us a little more specifically about what's going to be specifically about what's going to be taking place here taking place here and who's all coming together for them and who's all coming together for them right so this is in particular about the right so this is in particular about the skin microbiome so it's from dermatology skin microbiome so it's from dermatology to aesthetics natural medicine I'm here to aesthetics natural medicine I'm here because we're looking at product because we're looking at product development what can we do with the development what can we do with the body's natural skin flora and the bugs body's natural skin flora and the bugs and how can we help ourselves and how can we help ourselves so from immunology also on the skin and so from immunology also on the skin and also for products so this group is also for products so this group is researchers from around the world researchers from around the world biotechnology physicians those of us biotechnology physicians those of us that are interested in working with the that are interested in working with the buds in an animal and in and on our buds in an animal and in and on our bodies so are you literally going to be bodies so are you literally going to be able to to bottle what what we already able to to bottle what what we already have on our skins or is that products have on our skins or is that products really going to help the the that's really going to help the the that's already on our bodies to really work already on our bodies to really work towards a greater good but both so we towards a greater good but both so we can combat the toxins or the bacterias can combat the toxins or the bacterias and fungi that grow on our skin that and fungi that grow on our skin that cause diseases then that would be a cause diseases then that would be a great way to do it but also helping the great way to do it but also helping the skin to turn over to look healthy to skin to turn over to look healthy to look younger this a whole anti-aging look younger this a whole anti-aging movement right what can we do that's movement right what can we do that's less toxic and we exchange bugs all the less toxic and we exchange bugs all the time you and I are exchanging our bugs time you and I are exchanging our bugs right now the human in one hour sheds right now the human in one hour sheds about 30 million bugs per hour Space about 30 million bugs per hour Space Station got changed as soon as humans Station got changed as soon as humans went up there our environment went up there our environment person-to-person so it's a fascinating person-to-person so it's a fascinating Donny you're making me what I like I Donny you're making me what I like I mean it really sounds gross but but this mean it really sounds gross but but this is this is just reality right we are is this is just reality right we are mostly bugs and so you got to get over mostly bugs and so you got to get over ourselves thinking that were this human ourselves thinking that were this human DNA machine we're we're not we're and DNA machine we're we're not we're and you know we'll say good bugs bad bugs you know we'll say good bugs bad bugs but it's about a floor it's kind of like but it's about a floor it's kind of like a garden you got to have worms in there a garden you got to have worms in there to help grow things so it's it's not bad to help grow things so it's it's not bad it's just we when we learn more about it it's just we when we learn more about it and which strains do what and how they and which strains do what and how they interact with one another now we've got interact with one another now we've got a good piece of medicine where we can a good piece of medicine where we can work with what's already there work with what's already there instead of it is there anything on the instead of it is there anything on the market already that you can give us it's market already that you can give us it's like an example of something that's like an example of something that's using using using right I'm technology yes I am yes there right I'm technology yes I am yes there are actually cleaners for your home that are actually cleaners for your home that used probiotics we use probiotics used probiotics we use probiotics obviously you know orally for digestive obviously you know orally for digestive issues and immune system and there are issues and immune system and there are probiotics that we're starting to add probiotics that we're starting to add into topical skincare even the big of into topical skincare even the big of what would I say companies are starting what would I say companies are starting to do it but those of us with different to do it but those of us with different lines are starting to really look at lines are starting to really look at this so everybody is going to hear about this so everybody is going to hear about the microbiome they're going to be the microbiome they're going to be hearing about it and now you'll kind of hearing about it and now you'll kind of know microbiome means our bugs and what know microbiome means our bugs and what we're doing with them so pay attention we're doing with them so pay attention to the microbiome movement dr. Borden I to the microbiome movement dr. Borden I appreciate the insight this morning I'm appreciate the insight this morning I'm gonna try not to think about creepy gonna try not to think about creepy crawlers it's a good thing and obviously crawlers it's a good thing and obviously I using less alternative artificial I using less alternative artificial medicine this is more natural way bugs medicine this is more natural way bugs as drugs that's where we're going it as drugs that's where we're going it