

Microbiome or Probiotic

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Well, we have another new approach to Health and it is called Medical Ecology. Researchers from the National Human Genome Research Institute want to be called “Microbial Wildlife Managers”. What?!

Ok, I know what you are thinking; I am going to tear into these guys. Well, yes and no. Stay with me on this one. Here is the deal. You see when something has been around for a gazillion years and they are called Probiotics and then researchers finally catch up, they have to put another name on it in order to keep the grant money flowing in their direction. So, instead of calling the 100 trillion microbes that call us home, Probiotics, they now call them Microbiome. And to be fair, I like the word Microbiome as it really does illustrate the various kinds of bacteria a bit more accurately than Probiotic. Probiotic has been recently associated with what you purchase to recolonize the gut with, although they have been around for years.

Now, here is the good news, we have medical researchers finally, after forever, investigating beneficial gut bacteria instead of antibiotics for everything including a hangnail. And they understand, after forever, that these bacteria are very beneficial to our very existence and when you take antibiotics you carpet bomb these friendly bugs at the demise of your health, short and long term. For more info on this, check out the Probiotics essay.

I really love this one; Michael Fischbach, a microbiologist from UCSF, has written a book, which I am tracking down called “A Medical Ecology Manifesto”. Gosh, don’t you just love PhD’s always coming up with really catchy cool names. I actually like it. Can’t wait to read it. Now, here is my question, why has it taken these people so long to get here? This information, as well, is not revelation or new news. We have known forever about beneficial gut bacteria and its contribution to the health of humans. I have been prescribing Probiotics to my patients and preaching about human beneficial microbes for 30 years.

Again, to be fair they are going deeper into the issue than simply recolonizing with Probiotics so you will not hear me rip them too much. In fact, not at all except if they would have paid attention years ago, a lot of folks could have avoided the damage done by over prescribing of antibiotics. I am really excited they are finally getting it and hopefully it will change the way the medical profession looks at infectious diseases and subsequent treatment. And they can then take credit for the profound work we alternative quacks have been doing for over 100 years with gut flora and its relationship to infection and brain chemistry. Hopefully, they will catch on to the later one as well.

And the only reason they really are going deeper into this issue is because of all the antibiotic resistant strains of bacteria that they don’t know what to do with any longer. And they are finally realizing that more and more antibiotics are not the answer and they are finally looking in the right direction. Only time will tell if they really go in the right direction and ultimately it will depend on whether or not the pharmaceutical companies can patent the microbes and realize huge profits from them. If they cannot, then this research will fizzle out and they will go back to stronger and stronger strains of antibiotics to the demise of your health. In the meantime go get ya some Energy Quixotica FloraBiotica Enhanced probiotics and start doing something really good for your immune system and don’t hold your breath that these guys will come thru.