

Mayo Clinic Minute

Human Microbiome

VIDEO	AUDIO
	They're in your gut, in your mouth, on your skin, and elsewhere. 40-trillion bacteria that can both help and harm you.
	The human microbiome is really a new frontier.
	Dr. Heidi Nelson is the head of Mayo Clinic's Microbiome Program – where researchers are looking deep inside bacteria, investigating the genetic code of the microbiome, to answer important questions.
Title: HEIDI NELSON, M.D. MICROBIOME PROGRAM Mayo Clinic Center for Individualized Medicine	How do bugs inhabit us in a normal population distribution? And when that gets altered, how does that influence our health?
	Mayo researchers already recognize, when a microbiome gets tipped out of balance, bacteria can grow out of control and cause illness.
Graphic: Vitamins Digestion Immune system Brain function	They also know, in a healthy microbiome, bacteria provide vitamins, aid in digestion, and boost both the immune system and brain function.
	And, they're working to understand how what we put in our body can strengthen our microbiome.
	Can I take probiotics? If so, which kind? Which foods are right for me?
	It will take years to reveal all the answers. But, Dr. Nelson says new preventive therapies and disease treatments will develop as we learn more about the bugs that live on and in us.
Graphic: newsnetwork.mayoclinic.org	For the Mayo Clinic News Network, I'm Jeff Olsen.