

KEY POINTS J

MICROBIOME FIRST MEDICINE (MFM).....IN HEALTH AND SAFETY. A PARADTME SHIFT IN PRACTICING STRATAGIES FOR SUSTAINABLE HEALTH CARE

1. Proposed by Rodney R Dietert, PhD, 2016, Cornell University, refocusing medical intervention on patients as HUMAN SUPERORGANISMS or HOLOBIOANTS
2. MFM has 3 basic components: 1. Knowledge of patient's prior and current microbiome status 2. Probiotic instillation for the patient to A, facilitate key developmental events during infant development, B, correct potential physiological imbalance, C, reduce the risk of comorbid NCD's, and D, aid in the effectiveness of medication 3. Support the microbiome with dietary and probiotic alterations.

Focus was on Non-Communicable Diseases and Symptoms (NCDs) and 150 Chronic Disorders which today cause more deaths than all communicable deaths COMMBINED. NCD's kill 41 mi/yr essentially 74% yr of all global deaths. 17 mi with NCD's die before 70 yo and 86% occur in low to middle class, all according to WHO.

3. Dr Dietert categorizes NCD's into 3 groups: Allergic, Autoimmune, and Inflammatory
4. 4 Groups of NCD's account for over 80% of premature deaths: CV (17.9 mi), Heart attacks and Strokes, cancers (9.3 mi), Chronic Respiratory diseases (4.1 mi), COPD and Asthma) and Diabetes (2.1 mi)