

FUNCTIONAL MEDICINE UPDATE

Episode 3 - June 2016

Summary Notes

In this podcast Dr. Bland interviews Rob Knight, PhD. Dr. Knight is a world-renowned expert on the human microbiome and he stands at the epicenter of emerging research on this topic. A native of New Zealand, Dr. Knight was educated there before coming to the United States to attend Princeton University, where he earned his PhD. He began his research career at the University of Colorado at Boulder. After being heavily recruited by many leading universities, Dr. Knight selected the University of California at San Diego to be the site of his laboratory in 2015.

At UC San Diego, Dr. Knight is a faculty member of the Department of Pediatrics at the School of Medicine, but he is also affiliated with the Department of Computer Sciences and Engineering. Dr. Knight has been breaking new ground in cross-disciplinary research by partnering with collaborators from a range of fields both nationally and globally. He is a co-founder of American Gut, a crowd-sourced project that relies on citizen scientists and open access tools to compile a database of information about the diversity of gut microbial communities among the American public.

Dr. Knight has an extensive, notable, and growing publication record. His research has appeared in top journals, including *Science*, *Nature Medicine*, *PLoS One*, *Cell*, and *BMJ*. Earlier this year, his work on vaginal microbial transfer in infants born by Cesarean section gained national interest and media attention. This investigative work was inspired by personal life experience—a story Dr. Knight shares in his discussion with Dr. Bland.

You can learn more about Dr. Rob Knight and his laboratory [here](#).

To view Dr. Knight's popular TED Talk, click [here](#).

Dr. Knight's book, *Follow Your Gut: The Enormous Impact of Tiny Microbes*, is available from [Amazon](#).

For more information about American Gut, visit the project's [website](#).

Dr. Rob Knight will be a speaker at the Personalized Lifestyle Medicine Institute's Fourth Annual Thought Leaders Consortium in October 2016. Dr. Bland will be hosting and facilitating this event, which will take place in Phoenix, Arizona. To view the complete program schedule and registration details, visit www.plminstitute.org. Early-bird registration pricing is available through June 30, 2016.

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