

The new possibility to have longevity with good health

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Abstract

For hundreds years of medicine, millions of doctors spend their time and effort to compete with the illness. All the doctors learn, practice and research to understand the etiologies, physiology, pathology and pharmacology to treat the patients. New technologies for diagnosis and treatments were developed with advance knowledge. But these seem like we do not have a chance to win. In the next decade, we will overwhelm with non-communicable chronic diseases. We blame the globalization, bad behavior and life style, junk foods etc. Those caused and lead us from good health to disease which is once diagnose, the deterioration will shorten the longevity. To maintain “Good health” seem to be the future challenges for all physicians but we have a few knowledge to explain the status of good health and the way to prolong it. Recently the new paradigm was opened about the relationship among bacteria in our body and the ways those trillions of bacteria interact with our daily life. These new path may lead us to understand the new explanation of etiology of disease and some evidence start to convince us that the trillions of bacteria regulate both physiology and pathology of most concerned diseases such as Diabetes and Colon cancer. Our team found the pattern of differentiates of Gut microbiota in the Thais volunteers and also the way to promote the numbers of Gut microbiota with the specific kind of foods. We believe these will open the new frontier to allow us to understand more about “Good health”

Keywords: gut microbiota, human-bacteria interaction