

WEBVTT

NOTE duration:"00:01:56.5440000"

NOTE recognizability:0.871

NOTE language:en-us

NOTE Confidence: 0.86265624

00:00:00.000 --> 00:00:04.240 Six years ago, my wife calls me in a panic.

NOTE Confidence: 0.86265624

00:00:04.240 --> 00:00:06.277 She had taken the kids to a

NOTE Confidence: 0.86265624

00:00:06.277 --> 00:00:08.040 local pick your own orchard.

NOTE Confidence: 0.86265624

00:00:08.040 --> 00:00:10.068 My oldest son had started developing

NOTE Confidence: 0.86265624

00:00:10.068 --> 00:00:12.477 swelling around the lips and in the tongue,

NOTE Confidence: 0.86265624

00:00:12.480 --> 00:00:14.795 which are signs of a

NOTE Confidence: 0.86265624

00:00:14.795 --> 00:00:16.184 severe allergic reaction.

NOTE Confidence: 0.86265624

00:00:16.190 --> 00:00:17.947 It's for this reason that I really

NOTE Confidence: 0.86265624

00:00:17.947 --> 00:00:19.546 want to understand how one develops

NOTE Confidence: 0.86265624

00:00:19.546 --> 00:00:20.871 an immune reaction to something

NOTE Confidence: 0.86265624

00:00:20.871 --> 00:00:23.920 that is harmless, like food.

NOTE Confidence: 0.86265624

00:00:23.920 --> 00:00:25.396 Allergic diseases and autoimmune

NOTE Confidence: 0.86265624

00:00:25.396 --> 00:00:26.872 diseases have been exponentially

NOTE Confidence: 0.86265624

00:00:26.872 --> 00:00:27.890 increasing since 1950.  
NOTE Confidence: 0.86265624

00:00:27.890 --> 00:00:29.894 My group is deeply interested in  
NOTE Confidence: 0.86265624

00:00:29.894 --> 00:00:32.014 trying to understand why so many  
NOTE Confidence: 0.86265624

00:00:32.014 --> 00:00:33.804 more people now have autoimmune  
NOTE Confidence: 0.86265624

00:00:33.804 --> 00:00:35.470 diseases and allergic diseases.  
NOTE Confidence: 0.86265624

00:00:35.470 --> 00:00:37.444 We were trying to think about  
NOTE Confidence: 0.86265624

00:00:37.444 --> 00:00:38.760 what exactly was different  
NOTE Confidence: 0.86265624

00:00:38.824 --> 00:00:40.528 about the modern environment.  
NOTE Confidence: 0.86265624

00:00:40.530 --> 00:00:43.200 What came to the top of the list for us  
NOTE Confidence: 0.86265624

00:00:43.274 --> 00:00:45.986 was the amount of psychological stress  
NOTE Confidence: 0.86265624

00:00:45.986 --> 00:00:48.830 that the modern environment imposes on us,  
NOTE Confidence: 0.86265624

00:00:48.830 --> 00:00:50.410 its effect on sleep.  
NOTE Confidence: 0.86265624

00:00:50.410 --> 00:00:53.849 And then the types of foods that we eat,  
NOTE Confidence: 0.86265624

00:00:53.850 --> 00:00:56.638 in particular processed foods.  
NOTE Confidence: 0.86265624

00:00:56.640 --> 00:00:58.332 When we published our acute stress  
NOTE Confidence: 0.86265624

00:00:58.332 --> 00:01:00.059 story a couple of years ago,

NOTE Confidence: 0.86265624

00:01:00.060 --> 00:01:01.810 a lot of patients felt very validated

NOTE Confidence: 0.86265624

00:01:01.810 --> 00:01:03.479 that what they were experiencing,

NOTE Confidence: 0.86265624

00:01:03.480 --> 00:01:05.475 there was kind of some explanation for.

NOTE Confidence: 0.86265624

00:01:05.480 --> 00:01:07.364 It also opened up new therapeutic

NOTE Confidence: 0.86265624

00:01:07.364 --> 00:01:08.932 avenues because it turns out

NOTE Confidence: 0.86265624

00:01:08.932 --> 00:01:10.426 that the stress factor that we

NOTE Confidence: 0.86265624

00:01:10.426 --> 00:01:12.318 found is an immune signal and we

NOTE Confidence: 0.89705616

00:01:12.320 --> 00:01:13.460 currently have drugs to

NOTE Confidence: 0.89705616

00:01:13.460 --> 00:01:14.600 neutralize that immune signal.

NOTE Confidence: 0.89705616

00:01:14.600 --> 00:01:16.588 And so it also opened up new

NOTE Confidence: 0.89705616

00:01:16.588 --> 00:01:17.156 therapeutic possibilities.

NOTE Confidence: 0.89705616

00:01:17.160 --> 00:01:18.870 My lab is a little funky.

NOTE Confidence: 0.89705616

00:01:18.870 --> 00:01:20.010 Everybody has projects that

NOTE Confidence: 0.89705616

00:01:20.010 --> 00:01:20.865 they themselves picked.

NOTE Confidence: 0.89705616

00:01:20.870 --> 00:01:22.550 It's a little bit more kind

NOTE Confidence: 0.89705616

00:01:22.550 --> 00:01:24.474 of like a think tank than  
NOTE Confidence: 0.89705616  
00:01:24.474 --> 00:01:25.950 a standard academic lab.  
NOTE Confidence: 0.89705616  
00:01:25.950 --> 00:01:27.150 But I think this keeps  
NOTE Confidence: 0.81995505  
00:01:27.150 --> 00:01:28.320 us nimble and personally engaged  
NOTE Confidence: 0.81995505  
00:01:28.320 --> 00:01:29.790 in the work that we're doing.  
NOTE Confidence: 0.89989614  
00:01:31.110 --> 00:01:33.351 We hope that the work that we do in  
NOTE Confidence: 0.89989614  
00:01:33.351 --> 00:01:35.996 my laboratory will one day validate  
NOTE Confidence: 0.89989614  
00:01:35.996 --> 00:01:37.860 patients and their experiences,  
NOTE Confidence: 0.89989614  
00:01:37.860 --> 00:01:39.986 empower them and their lifestyle choices  
NOTE Confidence: 0.89989614  
00:01:39.986 --> 00:01:42.469 and then offer new medicines that could  
NOTE Confidence: 0.89989614  
00:01:42.470 --> 00:01:44.250 help them in their diseases.