

GUT REACTION

*A comedy show about our sh*tty lives with comedian and microbiome expert Doctor Tay*

RUNTIME

90 Minutes

FORMAT

Headliner + Opener + Q&A

AUDIENCE

18+ / Adult Themes

THE SHOW

The microbiome is a hot topic. From research to Instagram, gut health is at the forefront of everyone's mind. But most people don't actually know the science behind this popular topic - until now! **Gut Reaction** is a stand-up comedy show built around actual science, from an actual scientist (and doctor!). It's educational and hilarious. Over the course of the show, I cover the role of the microbiome (aka poop) in your health from cradle to grave, making learning fun, relatable, and slightly unhinged.

Alt Titles:

Short: Gut Reaction with Doctor Tay

Clean: Gut Reaction - A show about your microbiome with comedian and expert Doctor Tay

SHOW ARC

- **What is the microbiome?** You're outnumbered by your gut microbes. There are trillions of them and one of you. What exactly is this pile of crap that dictates our lives?
- **How do we study it?** Let's just say it involves 'poop slurpies'.
- **Microbiome throughout life**
 - Birth & Infancy:** I spent 5 years studying how you get your microbiome at birth and how this influences your entire life - basically, scientific proof that it IS all your mom's fault.
 - Adulthood:** Diversity is key - and I have the secret on how to promote it.
 - Aging & Longevity:** A crappy clairvoyant - how your poop can predict your death. The microbiome science behind living longer - or not.
- **What you can do about it:** Probiotics, diet and lifestyle - real advice for real people (from a real expert).

ABOUT THE PERFORMER

Dr. Taylor Soderborg (Doctor Tay) is an MD/PhD with a doctorate in infant microbiome research from CU Anschutz and a professional stand-up comedian. She is the current Executive Director of **Science Riot**, a Colorado-based nonprofit that trains STEM professionals in comedy and produces science comedy shows. She's performed in comedy festivals and shows across Colorado and beyond, guested on numerous comedy and health podcasts, and been an invited speaker at national scientific and medical conferences.

PAST SOLD-OUT SCIENCE COMEDY VENUES

- Denver Museum of Nature & Science, CO (200 seats)
- The Bug Theatre - Denver, CO (160 seats)
- Dairy Arts Center - Boulder, CO (250 seats)

"I could listen to you go on and on. I treat my gut like garbage. You had me from the get." - YouTube viewer

PROPOSED SHOW FORMAT (Flexible)

- 10 min host opening
- 10 min opening act by local science comedian
- 50 min headlining set by Doctor Tay
- 15-20 min post-set Q&A
- Optional: Post-show meet & greet
- Tech needs: PA system + mic (no slides)

Watch the Teaser



BOOKING taylor@doctortay.com
INSTAGRAM [@drtayexplains](https://www.instagram.com/drtayexplains)
WEB doctortay.com/gutreaction

Gut Reaction: Check Out the Show

Excerpts from Gut Reaction, performed live at venues in Colorado.

Note: Clips contain adult content

Start Here

[Highlights Teaser Reel](#) (Length - 1:30)

Featured Clips

- [Opening: Meet Doctor Tay](#) (Length - 4:00)
How a physician-scientist ended up doing stand-up about poop
- [How We Study the Microbiome](#) (Length - 2:08)
The research methods nobody wants to hear about
- [Can't I Just Take a Supplement?](#) (Length - 2:01)
Why you have to eat your plants - the advice no one wants to hear
- [Getting Probiotics to Work: Party 'Snacks'](#) (Length - 1:30)
The scientific (and not so scientific) studies I've done on getting probiotics to colonize



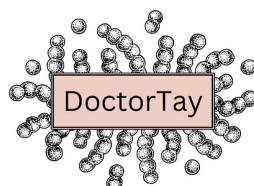
More Clips

- [You Need To Get \(Microbiome\) Tested](#) (Length - 1:23)
- [Why You Might Not Want To Live Too Long](#) (Length - 1:08)
- [What Happens If You Stay In The Hospital Too Long](#) (Length - 0:50)
- [Your Immune System vs. Taco Bell](#) (Length - 0:48)
- [Peanuts on Planes](#) (Length - 0:40)

Book Gut Reaction

Reach out to bring Gut Reaction to your venue!

Email: taylor@doctortay.com Web: doctortay.com/gutreaction Instagram: [@drtayexplains](https://www.instagram.com/drtayexplains)



Gut Reaction Add-On: Workshop

Bring Doctor Tay to a partner Campus or Organization

Experts know their stuff. Getting anyone to listen is the hard part.

Doctor Tay is a physician-scientist and stand-up comedian who teaches researchers, students, and healthcare teams to use the tools of comedy to make their work clear and memorable.

If They're Laughing, They're Listening

A crash course in using comedy to communicate science

Most science communication fails in predictable ways: it's unrelatable, it overloads people with information, it makes mental leaps the audience can't follow, and it wears out their brains. Comedy writing fixes all four. Participants learn the basics of comedy and apply them, leaving the workshop with an improved and ready-to-implement introduction for their work.

Format: An interactive workshop with hands-on comedy exercises and tangible take-aways. Adaptable length from 60-120 min (projector required). Workshops are delivered through [Science Riot](#), the Colorado science comedy nonprofit Doctor Tay leads.

Why it works: Research shows it. Humor activates the brain's reward system and is linked to lower stress and better memory recall. Yet 40% of talks at scientific conferences contain no humor at all, and nearly none use humor specifically as a teaching tool.

Great for: undergraduate and graduate students, postdocs, research labs, medical and healthcare teams, STEM organizations and start-ups, and professional development programs.

What Participants Say

"I found it entertaining and not sleep-motivating."

"It felt like they truly stressed how to get someone to understand you."

"She definitely changed my views on humor and science being able to coincide with each other."

Quotes from students, University of Denver

Let's Make It a Visit!

In one visit to your city, pair a workshop with a performance of *Gut Reaction*. This format works well for partner organizations and universities affiliated with your venue. Workshop participants can be offered a discounted ticket for *Gut Reaction*.

To discuss adding a workshop to Doctor Tay's visit to your city, reach out at taylor@doctortay.com.

Has Worked With

Colorado School of Mines · MSU Denver · University of Denver · Nerd Nite · The Social Study

