

The battle of the bugs

I am now the proud owner of a foamed titanium knee with ultra high molecular weight bearing - the height of modern technology and the real reason behind why you are reading this.

You see many years ago, straight out of University and driving my brand new mini I thought I was king of the road - when in truth I was just a smart arsed immature git who in trying to overtake a truck ended up flying through the air to smash into the banks of a creek. Result one broken leg.

Years later it was down to bone and bone and a lot of pain. I was told I needed a knee replacement but decided to go to China to search for an alternative solution. I met a retired surgeon who introduced me to a top notch knee surgeon who basically said knee Fky Fky chop chop.

I decided to go back to Australia for the operation and the retired surgeon said she would come back to look care for me after the operation. She looked after me so well - and knowing when I am onto a good thing, I asked her to marry me. She must have misheard me and thought I was offering her an ice cream and said yes.

So as I joke I lost a knee and gained a wife.

But she started to eat the western diet and was soon diagnosed with Diabetes - bad but it got worse - her foot started to turn black and the doctors started talking about amputation.

After a lot of reading of the medical books we changed diet and she still has her foot - which I am happy about as she has nice legs.

But it set me on the road to learning about gut bugs. If we eat the wrong diet we get sugar loving bugs in our gut so we are prone to getting fat, diabetic and having our legs chopped off.

I am not saying that bad diet is the cause of getting fat and diabetes, the root cause is complex and the body becoming insulin resistant but diet is an enabling factor. If you change your diet it dis-enables your body's tendency to becoming fat and diabetic.

This led to my obsession to changing gut biology by diet which is how the Gbiota beds came into being.

I have promoted these and been partially successful in reaching home growers that are already into Wicking Beds and who are probably already eating a healthy diet - hence the partial.

But some third of the global population is overweight and on this slippery road, food is one of the great issues of our age how we grow is sustainably without damaging the earth and how it leads to health rather than sickness.

Now people have the right to choose what they eat and if they understand the facts and want to eat a diet that leads to diabetes that is their right, as far as I am concerned.

But it is not a fair contest - we live in the information age where companies spend many billions of dollars in manipulative advertising to convince us all that modern foods are healthy. They are certainly not spending billions of dollars to warn us that they are slowly but surely destroying our soils and less slowly chopping down the last remaining forest to grow plants, like palm oil, to feed animals in intensive farming lots.

So I start the battle of creating change.

I win the battle to develop a way of growing gut brain food to change our gut biology. It is simple, and effective.

I win the battle of convincing some home growers that this is a good way of growing food.

I draw in the battle to persuade commercial growers to grow gut brain food, there are hundred of regenerative farmers who would be willing to grow gut brain food. They would be delighted to set up Gbiota beds if I can show there is a significant number of potential customers.

But at the moment I am losing badly to persuade enough people that they should be buying and eating brain food. I talk to a handful of my contacts about community supported agriculture (CSA) and food buying coops and they all say it sounds a good idea but what are they supposed to do next?

So it is back to the drawing board, revise the plan and counter attack.

So this is the plan. I have asked a friend, Igor by name, who has special expertise in computer software and databases to revamp the gbiota.club web site. This will display on a Google style map where all the home growers, potential customers and growers are.

So I am asking you if you have not registered to register and fill in your address and tick the home grower, customer, grower box. This information will not be shared but will enable us to show how many people are willing to be part of the Gbiota club movement.

Next I ask you to contact your friends who may be interested in joining the Gbiota club. There are three groups who really should be eating gut brain food, people liable to become diabetic, to be and nursing mothers (babies get their initial gut biology from mum) and parents with younger kids (what they eat when young affects their gut biology for the rest of their lives).

I have had a little flyer on the Gbiota club printed up and will post them out to you if you email me.

We are asking these new recruits to register. This shows potential growers the interest in their locality.

The revised web site will be like social media site but private. Members in a particular locality can see where other members are and form a local club. The new web will be designed so each group to allow confidential communications between members within a group.

Now most members of this local club will be passive members and just buy their gut brain food from the local suppliers through established systems.

But it needs a small group, or even individual, to take the responsibility for managing the local group. But why should they?

2020 will be looked at in history as when the world changed. Pre 2020 the paradigm was that profits and the market would solve all problems, after 2020 the paradigm shifted so that people, individuals, has to take responsibility for the future of humanity. Our current food system, based on profits, is making us fat and sick and slowly but surely destroying the planets ability to grow food (as well as increasing climate change).

This changing paradigm will be the motivating factor behind these individuals who set up and run the local clubs.