

# Gbiota club

## - aims and code of conduct

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### The gut-brain axis

A healthy Gut biota has trillions of cells which communicate with each other and our head brain to create a master intelligent control system which has evolved over millions of years to manage and protect our bodies so we eat the right amount of the right foods. This happens automatically so we don't have to spend vast amounts of time, money and forced control to remain healthy. We just feel full and satisfied.

We are surrounded by harmful cells which are continuously entering our bodies through the air, food and drink. A healthy Gut biota will effectively managed these by creating conditions where the beneficial cells out compete and out breed the harmful ones. This is the ecological approach of creating a balance between beneficial and harmful microbes. It is happening all the time but the natural biological approach works so well we are not even aware it is happening.

Modern food, produced by chemical industrial agriculture, results in severe damage to our Gut biota so we have lost this automatic control of our diet and develop food cravings.

The GBiota growing system learns from the traditional biological growing systems and incorporate the lessons into a modern system taking advantage of the latest technology - modernised traditional agriculture.

The basic principle it to create a mix of compost, organic waste and minerals to create a biologically active tea which floods the root system providing biology and nutrients to the plants then drain the tea back out of the root system for reuse on the next flood cycle while automatically sucking air back into the soil.

### Aims

The aims of the Gbiota club are to enable all people to improve their health by supplementing their existing diet with plants which

- enhance gut biology by providing biology, pre and post-biotics and fibre
- increase nutrient uptake by high phytonutrients and minerals
- all at an affordable price, while enabling growers to practise regenerative agriculture to ensure the long term improvement of their soil while generating a fair and reasonable return for their efforts and similarly to provide a fair and reasonable return for the effort in running the Gbiota club.

It is now widely accepted that our gut biology is a major factor in our health affecting many chronic diseases such as overweight, diabetes, strokes, dementia, heart attacks and appears to have a major impact on our mental state affecting hunger, depression, anxiety, and level of satisfaction with life.

## Technical basis

We live in an era dominated by chemical industrial agriculture, largely motivated by the profits of mega corporations which has certainly provided large quantities of low cost energy food high in sugar and fats, low in essential minerals and phytonutrients and using toxic chemicals which destroy gut bacteria and soil structure and is dependant on oil based chemical inputs.

By contrast traditional agriculture has comparatively low productivity, but often makes extensive use of recycling of organic materials, leaving the soil biologically active and rich in trace minerals.

Tribes living a traditional life eat a much more varied diet have a far stronger and more varied gut biology than people living in a modern society. It is true that without a proper medical system they suffer far more from infectious diseases and accidents but otherwise they live a longer and far more active in old age than in modern society and are free of the modern epidemic of chronic disease which we are currently experiencing in modern society.

It is clear we cannot go back to traditional agriculture but we can take advantage of modern technology to develop a new agricultural system motivated by the health of the people rather than the profits of mega corporations.

The Gbiota system can be called modernised traditional agriculture, it is based on the principle of flooding and draining the root zone with a biologically active, mineral rich compost tea. It is highly productive, readily automated and when growing crops such as micro-greens there is no simply no need for toxic chemicals to control weeds and pests.

Using the power of the internet it allows consumers to buy directly from growers reducing the costs to the grower while allowing a fair return for the grower.

It forms part of an alternative food system

## Who can join the Gbiota club

The Gbiota club is a community project for people who believe in the importance of food on health, who believe in that all people involved in the food system should receive a fair reward for their efforts and in the principles of regenerative agriculture of continuous improvement of the soil and the capture of carbon in the soil.

Membership is open to all who share the objectives of the club and agree to abide by the code of conduct.

## Code or practise

Information on how to build Gbiota beds is readily available for free to Gbiota club members who are growing for their own personal use.

However the needs of the large population who would benefit from eating this type of food simply cannot be met solely by home gardeners and so some form of commercial system is needed, even if this is supplied in the early stages by innovative small growers.

However people will only buy this high nutrient biologically active food if they have confidence that it is grown to standards.

It is just a reality of the information age that there is an issue with technical corruption with people thinking they understand a technology and passing information on to others who in turn pass it on to others with corruption occurring at every stage until the benefits of the original technology are largely lost.

It is therefore important to have a code of conduct - it is not a question of restricting access to the technology, far from it - as many people as possible should have access to the benefits of the technology.

These are the key points of the code of conduct.

All Gbiota members should be free to promote

- the basic principles of the Gbiota system of a flood and drain with a biologically active nutrient rich compost tea
- the health benefits of a healthy gut biota, the importance of phyto-nutrients and trace minerals.
- to exchange technical information with other members of the Gbiota club
- to promote and sell produce grown using the Gbiota system and use the trade name *Gbiota*™

There are some restrictions within the club

- Gbiota club members should not disclose or publish technical details of the Gbiota system to non Gbiota club members. Anyone is free to use the Gbiota system by simply joining the Gbiota club and accepting its code of conduct.
- all home growers are free to use the technology for their own use as they see fit, there is no fee to join the Gbiota club so this is free however any produce sold should use the pickandeat.shop web site on which the continued dependence on the club depends.

*(On a personal note I have devoted much of my life to the growing of food which contributes to peoples health however as I approach 80 I am still numerate and recognise my time is limited but I want the club to continue after I have gone to the great compost bin in the sky, the pickandeat.shop web is a way to ensure the ongoing continuation of the club which is one of my ambitions).*

- to use the pickandeat.shop website to sell their produce and if grown using the Gbiota technology to use the trade name and mark *Gbiota*™. They are still free to use the Pickandeat.shop web site to sell other produce but should not claim it is grown using the Gbiota technology.

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