

Combating diabetes and related chronic diseases by changing gut bacteria by growing biologically active plants

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Diabesity, obesity leading to diabetes, heart attacks, strokes, dementia etc. have reached epidemic proportions - and it is all to do with diet. There are now hundreds of diets but diabesity keeps on expanding. Why? Because they assume our guts are dumb and all you have to do is cut down on carbs or fats. But our guts have intelligence - there are trillion of cells all communicating proving a control system just like in a computer.

There are three options, turn our food into glucose for instant energy, store it as fat or excrete it. We need to change the control system - our guts. Faecal transplant shows that changing our guts can make us lose weight and resist these chronic diseases.

Modern food is inert and low in critical mineral and phytonutrients which do little for our gut biome. Gbiota beds aim to combat these chronic diseases by a diet which changes our gut biome and providing trace minerals and phytonutrients lacking in our normal diet.

They were developed from the Wicking Beds but a biologically active and nutrient rich solution intermittently flows through the rhizosphere with any excess returning to a sump for the next circulation.

It is being tested in the real world by the voluntary Gbiota club. The system is economic for large scale production to meet the needs of the billions of people at risk of chronic diseases.

The aim is that this technology will be widely adopted by commercial growers using the brand name Gbiota. This could well change the balance of power in favour of growers who currently are under severe cost pressure. It also provides export opportunities for both produce and technology.

Details www.waterright.com.au