

## The Gbiota project - honest food

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For more details see my web [www.waterright.com.au](http://www.waterright.com.au)

### Why the focus on diabetes?

My interest in life is how to grow food that makes us healthy - which affect everybody. However I am very focused on reversing diabetes which ultimately includes everyone.

Anyone with an interest in health that looks at the web will find they are bombarded by quack remedies which will make them live longer, be slim and attractive and live a wonderful life. Many of these are just con job to get money from the gullible. And there is simply no way of knowing if you eat some weird plant from a remote jungle that it will make you live longer - there is simply no way of testing this claim - until you die.

With diabetes using continuous blood sugar monitoring, measuring weight and girth you can tell whether your guts can handle a particular food - there is measureable evidence. I can therefore promote these technologies with a degree of scientific honesty.

I know full well that there are people who are not diabetic who are using these methods - which I am promoting - in the belief that they will be healthier and hopefully live longer - they may or may not be right - that is their decision.

If you are seriously ill in Australia we are lucky enough to have a competent health service. If you are seriously ill don't listen to me - get professional medical help. However our medical system is so overloaded it is not good at preventing people getting sick in the first place. By focusing on food that makes people healthy - using blood sugar as a measure and adopting a holistic approach - I believe I can make an honest contribution to improving people's health before they develop serious illness.

The current paradigm in the medical profession is that diabetes is a progressive - non curable disease. There is now reliable scientific evidence that diabetes - in many cases - is reversible (see [choice](#) on my web). Every working day there are some twenty people who suffer an amputation - and many more go blind - because of diabetes - that's just in Australia - global number are many times higher.

All the evidence I have suggests that this number could be significantly reduced if they used the prevention techniques I am promoting. This is my goal in life and I hoping you share my aim.

Of course the real reason is my wife began to lose here sight - fell down a flight of stairs breaking multiple bones - and after an initial successful operation she was faced with amputation.

She is a doctor and I am engineer with a track record of innovation. Together we have made major step in reversing her diabetes (we cannot change being genetically prone to diabetes). Having faced the threat and come out the other side we feel on obligation to help others facing diabetes and other chronic diseases.

## **Analysing the facts**

(for more details see [retreat](#) on my web).

Two facts immediately jump out when studying diabetes - the enormous scale of the problem and how quickly it has occurred and how much dubious information there is on diet and health.

The fact is that go back thirty or more years and diabetes was a fringe issues - there were some fat people - a fraction of the current numbers - but diabetes was very rare. Now it is extremely common - half the population over forty probably are diabetic, undiagnosed diabetic, pre-diabetic or carry excess visceral fat and are prone to diabetes.

Something dramatic must have changed - it is illogical to say that the diabetes epidemic is the result of just starting to eat rice, bread or potatoes - people have been eating these foods for thousands of years with becoming diabetic - so what has changed?

## **The most probable explanation**

I have spent my life in technology so am prone to long winded highly qualified technical statements that hide the key message. Let me be as direct as I can and give the most probable explanation (and in private I am darn sure this is right).

There are two recent changes which have caused the diabetes epidemic.

The first is the excessive use of toxic chemicals on our chemical-industrial food production system. I accept that they may (note may) have been fully tested for damage to the human body but these chemicals have been developed to kill, they have been proved to be imbedded in commercial foods and when we eat them they may or may not damage our bodies but they go straight to our gut biome and weaken our gut biology.

The second is that modern foods are packed with sugar and high glycaemic - fast acting - foods which readily break down into sugars. This encourages the growth of sugar loving bacteria into our already weakened guts.

Our gut bacteria communicates with our brain by the Vegas nerve and a complex array of hormones to act as a control system for the body. This gut brain axis control system decides whether to use, store or expel food from our bodies and by flooding our brains with pleasure hormones like dopamine create food likes, dislikes and cravings.

The combination of toxic chemicals and sugar overload has changed the decision making control system.

This can result in our bodies storing excess fat in our muscles - which can make us insulin resistance and in the early stages of diabetes - and organs, particularly the pancreas, which creates the insulin to manage our blood sugar level and puts us into the next stage of diabetes.

## People are all different

One further fact we must consider is how people vary. We may be experiencing a diabetic and obesity epidemic which affect half the population but the other half of the population seems able to eat what and as much as they like of our toxic and sugar loaded food without any problems - just as there are many people who get fat there are others who are skinny and would dearly like to put on a bit more weight.

This means it is unlikely that there will ever be one generic solution to diabetes which suits all people - we have to work out a solution for each individual.

## The Gbiota approach

There are three components to reversing diabetes (and maybe other chronic diseases).

The first is growing food in biologically active and nutrient rich soil, the second is movement and activity the third is managing stress (mindfulness).

But we need to tune this diet, activity and mindfulness routine to suit the individual and for that we need to experiment with different combinations and measure how well - or badly - they work. For that we need measurements - we can gain objective measurements from continuous blood sugar monitoring, weight and girth and subjective feelings of hunger and satiety.

## Turning idea into reality

How do we turn this basic idea of how to improve health by diet, movement and mindfulness into a reality?

I see we can expand our existing Gbiota club into a much wider operation. At this moment I assume all club members are just using this to improve their own or family health.

I can see several levels, the next level up would I have described as the hobby level which basically offers a Gbiota service to a few local friends.

The next level up could well be a couple or family who have decided to take the plunge to the sea or tree change - have bought a rural property - and can see they can make this rural lifestyle viable financially by having house guests who come for a couple of weeks or so to go through a diabetes reversal process.

I see that local informal networks could form with say a life style doctor referring patients to a rural retreat and a local grower providing a Gbiota produce to people who have already visited a retreat.

If this really took off I would not be surprised to see larger scale commercial growers providing Gbiota food.

Each family or grower would operate as independent financial entity but I do see them cooperating on the cooperative development of the technology and umbrella marketing to create public awareness. (See [manifesto](#))