

## Personal Motives

We are all no doubt aware of the personal and social damage caused by non - infectious diseases such as diabetes, heart attacks and strokes - they are also the greatest cost to our health system.

This is something that is very personal to me as my wife developed diabetes - started to lose her eye sight consequently fell down a flight of stairs breaking multiple bones in her foot. After the operation her foot started to turn black and we feared amputation.

The advice we received from a diabetic specialist was that diabetes is a chronic disease - it is not curable and will keep on getting worse. We will need stronger and stronger medicines - eventually she would need to go on insulin injections and would die young. This is pretty much standard advice from diabetes specialist but we were sceptical that it was really true and set off on a long journey of research into diabetes.

There are many qualified medical doctors - such as Jason Fung (search YouTube) who totally disagree and argue that the current method of treating diabetes by administering insulin or drugs that increase insulin may be giving short term benefits but that insulin resistance is aggravated by continued exposure to insulin.

We also learned that diabetes is dominated by diet which in turn is determined by our hormones - we don't get fat directly from overeating rather our hormones force our body to store excess fat so we are hungry and overeat.

This is an automated process over which our conscious thought (will power) has no effect - if you want to change the way your body is managing insulin and fat you have to change your hormones.

We also learned that our hormones are largely controlled by our gut biology so if you want to change your hormones you need to change your gut biology.

Fortunately - for us - we were able to reverse our situation and now her health is improving and she is cutting back on her diabetic medication.

But the 'eat less exercise more' formula - which has proven not to work long term - is still the standard prescription for diabetes - coupled of course with ever stronger pills. Other people should have the benefits of our experiences.

We lucky - my wife Xiulan was a qualified doctor and respected surgeon - I am a qualified engineer but spent much of my life as a technical entrepreneur building up Moldflow - a company which became Australia's leading exporter of technical software.

Essentially reversing diabetes is all about diet but just telling people to eat healthy has not proved to be effective - our desire for food is controlled by our gut biome and if we want to stay healthy the focus needs to be on improving our gut biology.

I have been developing a system of growing plants in a highly biologically active system specifically aimed at improving gut biology. In the attached articles I give an overview of the system and the three steps to make this widely available. The first stage is to form the Gbiota club which is a citizen science project where people - quite

independent of me - can set up their own growing beds and monitor for themselves the improvements in health. This is essential to gain credibility for the technology.

In the final stage I would like to see commercial growers offers plants grown using the Gbiota system. Amateur gardeners can certainly make the initial impact and get thing moving however to meet the needs of huge number of people suffering from diabetes and the other chronic diseases we need to involve the commercial growers.