

Join the Gbiota club

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Aims of the Gbiota Club

In the last thirty years there has been a dramatic reduction in peoples health with a global epidemic of chronic diseases with people becoming fat and sick from poor food - high in toxins and lacking in nutrients.

The aim of the Gbiota Club is to grow food which makes people healthy - to be widely available at a price they can afford.

We are trying to do much more than develop an improved way of growing healthy food, we have already achieved this with the Gbiota beds (developed from Wicking Beds), which technically are highly successful being productive - growing high quality food which enhances health particularly the critical gut biology (Gbiota).

But we want to make this widely available and accessible to anyone concerned about their health.

We are really trying to create an alternative food system where people can grow or buy food which is nutrient rich and free of toxic chemicals directly from the grower with a high level of trust that the food is genuinely healthy and not just some clever marketing.

It is neither a charity or a business but a community project which will succeed or fail depending whether individual people believe in what we are trying to do and participate.

This document explains the technical and economic principles which will provide healthy food to the community. You are invited to study the plan, decide if you are willing to participate and at the very least circulate to your friends and contacts who may be willing to participate.

Our guts - our intelligent control system

Our guts are more than a collection of trillions of cells doing their own thing. Each cell communicates with the neighbouring cells - like in a super computer. We see this intelligence in nature in what is known as swarm intelligence where millions of rather stupid creatures communicate to provide real intelligence.

The cells also talk to our head brain to form a highly sophisticated intelligent control system which regulates what type and how much food we want to eat.

People are becoming very familiar with the various hormones which flood our blood stream, like ghrelin, leptin, insulin etc. But these are just the messenger boys sent out by our intelligent control system which is what is really taking the decisions - it manages our digestive system - and is therefore one of the most important functions in our body. We simply cannot be healthy without a healthy gut.

Although clearly inside us - our gut biology or Gbiota is really not part of us - it just lives in that pipe which runs right through us with the digested food (hopefully) passing through our gut lining and into our blood stream.

Our gut bugs are really a separate entity from us - but we have formed a synergistic relation with them - they can't live without us and we can't live without them - so it really pays us to make sure we have a healthy gut.

Ecological balance

But we have to do more than that as our bugs breed rapidly only living a week or so in a state of ecological balance with - hopefully - the good cells out competing the harmful cells.

We may be deluded enough to think we can simply kill off the bugs - and true we can easily kill off all the bugs with antibiotics or worse toxins. But then harmful bugs are likely to just grow back faster than the good bugs so we will be even less healthy. The only way is to feed the good bugs food that will make them grow fast - so they will outgrow the harmful bugs and stop the bad bugs from growing out of control.

Numerous diets are currently being promoted but the number one rule is to eat food which will lead to a healthy gut biology.

When we think about diet we have to think about both the food we need and the food we need to feed the good bugs so they will grow strong and become dominant.

Why we get fat and sick

It is a big mistake to think we can control our weight and health by restricting the amount of food we eat. If our intelligent control system tells us to eat more we will eventually end up eating more. Trying to override our intelligent control system - which has evolved over millions of years - simply does not work long term.

We simply have to eat the food that will give us a healthy Gbiota.

People often say we can get fat because we eat too much but that is the wrong way round. If our intelligent control system - our Gbiota - is telling our body to store fat we will feel hungry and eat more. Getting sick and fat and eating too much go together (correlate) but it is the storing of fat which make us eat too much not eating too much makes us store fat.

The world is in the middle of a growing chronic health epidemic with some two billion people overweight. This is not simply because we are eating too much but because the food we eat is damaging our gut biology (Gbiota). It does this by a combination of toxic chemicals which kill off the good bugs and a lack of nutrients which tend to starve the good bugs and feed the bad bugs.

Feed the good bugs

The solution is simple - eat food which is not riddled with toxins and contains adequate nutrients. Vegetables fit this bill nicely and the benefits of vegetables like Kale are widely promoted. Unfortunately vegetables like Kale are often heavily sprayed to control insects so eating them can do more harm than good.

We need to eat genuinely good food and it matters how they are grown.

Regenerative farming v chemical industrial farming

Many farmers are very well aware of the benefits of regenerative agriculture which uses biology to restructure the soil and minerals to re-nourish it.

Gbiota beds were specifically developed as a way of growing plants which will restore our gut biology and work by flushing a nutrient rich compost tea through the root zone and avoiding the use of toxic chemicals.

Growing plants without toxic chemicals is a challenge as insects and weeds are always a problem but the damage they cause can be minimised by techniques such as growing a mix of plants - some of which emit natural insecticides - by dense planting to crowd out the weeds coupled with high nutrient feeding to compensate for the overcrowding and growing baby greens which are harvested before they are attacked by the insects.

We already have the technology to grow the foods which will make us and our Gbiota healthy but the on farm costs are more expensive than the current chemical industrial farming system.

Changing the food system

If we are going to get our health back by eating healthy food we can't just simply change what happens on the farm but have to change the total food production and distribution system.

The first problem to overcome is that a consumer simply cannot tell whether a particular piece of produce is lacking in nutrients and full of toxins - in fact chemical industrial farming produces some of the best looking produce - but still lacking in nutrients and full of toxins.

The only viable way to tell if a piece of produce is healthy is to know how it has been grown. A shopper in a typical supermarket has absolutely no idea how the produce was grown - and that really matters.

In a small scale community - as still exists in some parts of the world and was common not so long ago - everyone knew the grower from just down the road so it was easy to know how it was grown.

Trust or mutual dependence

It is really a question of trust, or actually mutual dependence - if you know the grower and he depends on your business for his income - trust is automatically built into the system.

But that trust is just not there now as so many people live in large cities or at least well away from the farms where the produce is grown and have no knowledge or control over how their food is grown.

We can't go back in time so we need a solution relevant to the current age.

Home gardening – great but not broad enough

Some people try and grow food in their own garden and this is absolutely great for a fortunate few - often retirees - but even then a key to health is to eat a wide variety of plants and is not so practical to produce a steady stream of a wide variety of plants in a home garden.

Everyone should have access to healthy food

We need a new solution - and the one I am promoting centres around the Gbiota club.

This is largely an internet based club but some human contact is essential. It is open to anyone who shares these views on the need for an improved food system leading to better health.

My job

This is how I see it working. I see my role as developing technology and running two web sites to help spread and apply the technology.

The first is www.waterright.com.au which is essentially a technical website which describes the food for health technology primarily aimed at providing information on how to grow food which will make us healthy. This is backed up by on line technical support - as far as I am able.

This information is available free of charge to Gbiota club members.

The next web site is the www.pickandeat.shop which is essentially mimicking the traditional system of bringing buyers and growers together but using the internet as a means of communication rather than walking down the lane.

Growers have a page to show the systems they are using to grow their food and buyers can order on line. But it is more than an online shop.

Trust

There is a comment section so any buyer can let other buyers know what is good. For example they can post that Farmer Bill Jones has a great crop of cherries this year while Farmer Mary Smith red cabbages are a little old but make great sauerkraut and are really cheap.

This may seem trivial but is really vital - it means the grower has an incentive to grow really healthy food because his income depends on it while the buyer is assured of quality produce and knows if she is shafted by bad produce that she has an immediate remedy.

That dreaded money

It is a simple reality that growing biologically to produce nutrient rich, toxin free plants is more expensive than chemical industrial farming. It is just a fact and nothing will change that.

So to get healthy food to the consumer we have to look at changing the system overall.

The current food system is actually very inefficient with the grower only receiving some 15% to 20% of the retail price - the rest of the money goes in transport and storage, waste of spoiled or substandard produce, advertising and of course profits.

The Gbiota club system I am promoting can slash into these costs so healthy food may actually end up cheaper than the chemical industrial system and it is based on a simple idea - community.

The power of community

In my YouTube video *Food for health - society*

[youtube.com/watch?v=bPTcb3jK7Ps&t=937s](https://www.youtube.com/watch?v=bPTcb3jK7Ps&t=937s)

I argued that the success of the human species was much more than technology but the way we have learned to cooperate together as part of a community. If we had not learned to work together and just acted separately we would have been eaten by the lions long ago.

This was true a million years ago and is true today - if we want healthy food at an economic price we need to form a community or local groups.

No one individual has the purchasing power to persuade a grower to adopt regenerative farming just for one person and the costs of getting food from the farm to the home for just is prohibitive.

Both these problems are resolved by people working together as a group.

But I cannot help up set groups all over the world - this has to be done by local people acting as local Gbiota club coordinators.

The role of coordinators

It has to be said that the local coordinators are critical to this project. I can't organise local groups so if local coordinators do not come forward then we will stay stuck in the same old food disaster dominated by mega corporations working purely on a **for profit** basis with little or no consideration for peoples health.

However if people do come forward then we have a chance of changing our food system for the better health of the community.

Their first job is to establish a local group, this can be done on line such as my page Food for health - Bundaberg but also through personal contacts and the various health professional such as diabetic and maternity educators, gyms etc.

It is important to have enough people in the group for the next stage which is to contact local growers and work with them to set up the appropriate growing methods. It is simply a question of purchasing power, although the local Gbiota clubs are not a buying cooperative in the traditional sense they exert a major influence on growers.

My experience is there are many growers who are really anxious to adopt regenerative agriculture but this involves some investment so they need to be assured there is the demand for their more healthy produce.

Just as in the traditional village the coordinators will be meeting with the growers and will see how they are growing which will establish trust in the system.

They may also have some dietary expertise which can help members of the group.

Transport - the key to economy

The next job of the coordinators is to organise transport from the farm to the buyer.

The traditional food distribution could be described as a hub and star system where produce moves from the farms to a central location - a wholesale market or warehouse then back out to local retail stores.

This is an expensive and slow system with significant waste and food degradation.

For the Gbiota club system to work we need to be able to transport the produce from the farm to the home fast and efficiently without waste and this can easily be done by using a radial system rather than the classic hub and star system.

What this means in reality is that consumers will order on line directly from the growers who will prepare the orders for each specific customer. They will only need to harvest the produce that has actually been ordered which cuts down on waste and means the produce is fresh. There is no harvesting on speculation of a sale - produce is custom grown to order.

Growers tend to specialise in specific crops so a customer is likely to buy from a number of growers.

The coordinator will organise for a van to go out to the growing area - typically outside a major city -and visit all these farms in the morning and collect and box the orders for each customer. The van would then go back to the city and either deliver the boxes directly to each home or a central hub, such as a shop or market, for collection later.

This is intrinsically superior to the conventional method because

- the produce is only picked against an order so there is no waste because no one buys it
- it is picked and eaten the same day
- the delivery miles are much reduced

That legal stuff

The Gbiota Club is not a charity nor a business - it is a social movement to give people access to healthy food.

The aim is simply to improve the communities health by having access to healthy food at a reasonable price.

In the www.pickandeat.shop website there are facilities that both growers and coordinators will get paid for their efforts. Both growers and coordinators should receive a fair reward for their efforts but it is taken for granted that the dominating reason for participation is to improve the communities health rather than simply make money.

The coordinators can automatically receive a commission from the sales - there needs to be reasonable agreement among local Gbiota members on the exact amount - which may vary with time.

Each local group can adopt the legal structure they like, but at first it is most likely to be just as private citizens but if the group became large there is nothing to stop them adopting some form of legal entity like a cooperative or company.

The only legal restriction is on the use of the name Gbiota which is a registered trade name which is protected so that users know that crops grown in a Gbiota bed conform to certain standards such as added nutrients, biological growing and avoidance of toxic chemicals.

Non Gbiota health products like sourdough bread, fermented vegetables, natural yoghurt etc are welcome on the www.pickandeat.shop site but only produce grown in a Gbiota bed can be promoted as Gbtioa grown produce.

Final comment

No one, including me have any idea whether this system will take of or not, it really depends whether people take up the challenge of becoming coordinators - who will really drive the process - and if enough people are willing to become general members of the Gbiota Club and buy their food from regenerative farmers or continue to buy toxic produce lacking nutrients from the conventional suppliers.

Invite

I welcome any comment on the content or presentation of this plan my email is colinaustin@bigpond.com