

## Gbiota manifesto

14 Sep 2018 ©

The aim of the Gbiota club is to reverse diabetes, improve mood and general health for multiple specific individuals.

It does not aim to provide a generic cure for diabetes but to help diabetics and other sufferers of chronic diseases and depression by solutions tailored to the specific situation. It aims to do this by focusing on the gut-brain axis - an area not well understood by medical science.

The tools used are a combination of diet, activity and stress management based on objective measurements of continuous blood sugar, weight and girth and subjective assessment of hunger, satiety and mood.

Diet is largely based on plants grown in biologically active and nutrient rich soil - free of toxic chemicals which may be damaging to the gut-brain axis or human body in general. These would be preferably but not exclusively grown in Gbiota beds which were specifically developed to improve gut biology.

Activity e.g. some form of regular movement is considered essential for the correct functioning of the gut-brain axis but the Gbiota system is not concerned with exercise for athletic performance

Some stress is actually beneficial for motivation and is part of life and provides motivation, however excess stress can be particularly harmful to the gut-brain axis. Meditation, yoga and Tai Chi may form part of the Gbiota program.

The Gbiota is not a medical organisation and does not offer medical advice but aims to improve health by diet and lifestyle. Members are encouraged to work with the medical profession.

Gbiota members operate as independent financial entities and are licensed to use the registered trade mark Gbiota and to use the Gbiota technology which is considered proprietary under the creative commons systems. The activities of club members are assisted by a coordinator who has responsibilities for umbrella development of the technology and marketing.

Individual members are encouraged to share technical and other information with the coordinator and other club members. Any technology developed by an individual member may - at their discretion - be considered their proprietary technology and protected by appropriate means - such as the creative commons system.

Club members are classified as private, hobby or small, medium or large commercial organisations. They pay an annual fee for membership which includes use of the technology and trade name. The current fee for private (e.g. non-commercial household use) is \$20 while the commercial members start at \$100 for a hobby farmer providing a commercial service. Membership is global for any individual or organisation with a desire to improve health.

Colin Austin Gbiota club coordinator.