

TUNE-UP for the LIFE A.C. [After Covid19]

## FOOD – MICROBIOME & IMMUNITY

Hypothetically, ‘**How dare you**’ voice of the young girl reached Mother Nature so fast and hence **SHE** hit the **RESET** button suddenly.

*Cytokine storm in Covid 19, paralyses the host physiological response to a painful death. It looks like erupting volcano of pent-up anger by a single invisible organism on mankind.*

Nature effectively taught us that Life is *finite* and our science is *not ultimate*.

### Need a paradigm shift in our approach to LIFE A.C. [After Covid19]

We continue our discussion on the theme ‘**Reset/Reformat path as the only remedy to balance bioenergetic force of life A.C**’. (After Covid-19). Many opined that *the path* is easier said than done. But should we logically think, *the path* is easier than losing our LIFE in flocks to an invisible organism.

The suggestion to avoid *dynamic life as the source of food* is not a short-sighted lobbying for vegetarianism. It is based on early research leads which are not adequately substantiated by mainstream science. The **commandments** do not mean ‘external regulatory pressure’ but a passionate internal change founded on scientific facts hitherto unexplored due to whatever reason, perhaps a market driven compulsion. We set the ball rolling by going centuries backward in time to cite a verse from the great poet of ancient times, Thiruvalluvar, who has rendered Thirukural, about 5000 years ago with 1330 versus.

Avvaiyar, a great lady poet of his times renders a glorious tribute to the knowledge trove of each verse of Thirukural as

“அணுவைத் துளைத்தேழ் கடலை புகட்டி குறுகத் தறித்த குறள்”

(which means that knowledge equal to the volume of seven seas is condensed into each verse with seven words, like inserting the seven seas into an atom)

This is the verse

“கொல்லான் புலாலை மறுத்தானைக் கைகூப்பி  
எல்லா உயிருந் தொழும்”

(the human who neither kills nor eat the offered meat would be worshipped by all the living beings)

Thiruvalluvar is a blessed soul with abundant intuitive farsightedness. He has devoted one chapter in his book against killing. His thoughts are immortal and applicable globally and he is certainly not a selfish lobbyist.

Apart from quoting ancient Tamil literature, which is a *science beyond science*, we parallelly present practical palpable facts.

Every animal sticks on to herbivorous, carnivorous or omnivorous food pattern based on the definitive information *etched* on their brain. This is essentially the basis of their homeostasis and robust health. Human brains do not have a *loaded command* on food pattern and hence they surrender their palate and intestine to *manipulative market forces*.

Market forces with their insatiable greed went on to extreme lengths and *fed herbivorous status cows with carnivorous feed* and the result was Mad cow disease ‘*Bovine spongiform encephalopathy*’ (*BSE*) during 1986 – 2003. Even recently in 2012, one country stopped beef import stating BSE evidence. To correct their *own criminal misdeed*, superior human beings culled millions of cows *for no fault of them*. *Unsuspecting fellow human beings* suffered the agony of BSE arising out of the *manipulated food from dynamic life*. World did not take the cue and correct then. *BSE continued in the shadow*.

Subsequently the *animal origin epidemics* SARS and SWINE FLU occurred and were followed by BIRD FLU in regular intervals from 2003 to 2007, till recent times. The starting point of most of the *animal origin epidemics* remained on the same *geographical zone*. We lost valuable human lives, but *the market forces pacified the media by culling the innocent animals*. *The damage was expressed in numbers and projected in dollars, but is it possible to value lost human life and quality in dollars?*

Rest of the world cared less as the impact was confined to limited geographical zones and the *fire- fighting was done in dollars*. Scientific research confined itself to comfortable domains directed by obtained grants. The definitive outcome in each epidemic was tremendous kneejerk reaction to *manufacture vaccines* at huge cost with an eye to reap in profits.

In parallel timeline, scientific community started exploring the *gut<sup>1</sup> microbiome<sup>2</sup> and the influence they have on the human immunity*. One third population of the microbiome in human beings are common and two thirds are specific to each

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<sup>1</sup> Gastro intestinal tract

<sup>2</sup> The gut [microbiome](#) is comprised of the collective genome of [microbes](#) inhabiting the gut including bacteria, [archaea](#), viruses, and fungi.

one of us with different species and manifold number of genes than our own. **In other words, the microbiome in our intestine is like our individual identity card.** More so, the food we eat plays an essential role in maintaining the diversity and proper functioning of our gut microbiome.

- Essentially, the microbiome of the intestine is one of the signalling hubs in the human body that integrates environmental inputs, such as diet, with signal switches between interlinked biological platforms to influence the *homeostasis* and response to infection.
- Despite recurrent animal origin epidemics starting from Mad cow disease in 1986, dedicated research on *microbiome and epidemic connection influenced by the food intake* was not explored decisively by the global health authorities (to the best of our knowledge)
- For more than three decades, orchestrated chorus directed people to believe in vaccines as a solace. But practically, before the development of a suitable vaccine, another *animal origin epidemic* emerged and stimulated the production of *another vaccine*.
- Gene expression<sup>3</sup>- *Everyday Epigenetics*<sup>4</sup>- *microbiome ecosystem*<sup>5</sup> as a path to maintain *robust health status* was never explained by the market forces to liberate people from *vaccine dependence*.
- Had Covid 19 confined itself to limited geographical zones, rest of the world would have conveniently closed their eyes *as a problem next door and continued with their life to the tunes of* the market driven economy.
- Now driven to live within four walls, clinging on to LIFE with minimalism *we are forced to think out of the box about the path forward*.
- We have a dire need to *fortify our immunity internally* to rescue ourselves, our children and the future generations from pandemic shakeups.
- To achieve that, in the post pandemic era, global health authorities should **REFORMAT** research focus to study the aberrations in the signalling between the microbiome and components of the immune system, *based on carnivorous and herbivorous food habits* of humans.
- This should be done, *despite pressure tactics from market driven forces*.
- This dogma challenging approach could provide data to reset geographical food patterns which generate **ideal microbiome ecosystem** to protect us with *robust host physiological responses*.
- The obtained unbiased data would enable humanity to *stand on their own strong legs of immunity* to defeat any novel pathogen than relying on a walking stick of inoculated vaccine.

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<sup>3</sup> Epigenetics refers to “gene expression” — the mechanism by which genes may be turned on— expressed or turned off— not expressed.

<sup>4</sup> Influence of diet, exercise, sleep and stress reduction, as well as reduction of noxious exposures on gene expression

<sup>5</sup> The gut [microbiome](#) is comprised of the collective genome of [microbes](#) inhabiting the gut including bacteria, [archaea](#), viruses, and fungi.

- In addition, we stand to gain in terms of better behaviour and cognition through a healthy '*gut brain axis*'.
- This is only possible if globally the individual countries resolve to rewrite the measurement of their wealth by GNH [Gross National Health] rather than GDP [Gross Domestic Product] as we mentioned in the previous write up

There is a strong reason for us to advocate 'fast forwarding our past into the future'. Because we find such immortal quotes in our ancient literature as guidelines to be adopted for the life After Covid 19 [A.C]

பகுத்துண்டு பல்லுயிர் ஓம்புதல் நூலோர்  
தொகுத்தவற்றுள் எல்லாந் தலை

(which means that the greatest virtue on earth is to share and eat our food to sustain all the living beings around us)

Another more powerful prose from the same literature follows.

உயிர்உடம்பின் நீக்கியார் என்ப செயிர்உடம்பின்  
செல்லாத்தீ வாழ்க்கை யவர்,

(which means that humans who suffer horrific suffering in health and wealth now would have separated the lives from many living beings mercilessly in their past)

It is an age old saying that 'You look farther and beyond when you sit on the shoulders of a giant'. *Looking farther beyond* by perching ourselves on the shoulders of yester year giants of our traditional systems, we make the following bold statement.

- *If we reset & reformat, our food pattern and lifestyle, EARTH will remain and mean Empathy Affectionately Rendered Towards Holistic life.*
- *Otherwise it will lead to Eternal Advancement Reassured Towards Holocaust.*

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