

april april

gut flora

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With the right breathing exercises and hip openers, the gut can be activated, spewing spirals of memories you didn't know you had. In that soup of acid, neurotransmitters, and microorganisms, one might gain access to generational memory, and cosmic knowledge, too—an elixir of psychedelic dreams, psychosis, past dimensions, and entangled interspecies being. Hot tears and visions vomit from the gut trying to recoup something in these viscous fluids. When the gut gets activated, cradling higher consciousness, lower consciousness, and divine energy, all at once, are we dying, or healing?

Urban development leading to the loss of local habitats and biodiversity may be detrimental to human health by depleting or otherwise altering the reservoirs of environmental microbes. Members of the microbiota can be permanent 'residents,' transmitted through close contact between individuals, or transient 'hitchhikers' from ingested food, water, and various components of the environment.

The earth is a brain is a body.

Gut flora can affect how we experience the world, triggering intense feelings of happiness, reward, or anxiety and depression, in turn impacting behavior and health. People have co-evolved with environmental bacteria adapted over eons to being at home in human bodies...

...shaping a topography of psychological and emotional experience—why ourselves and our homes are unwell, what is subsequently culturally determined, how a soul evolves. How does the body grieve and flourish in conditions inhospitable to the creatures we need growing within us.

Epidemiological studies show individuals living in built environments have lower diversity of microbiota. Most of the body's serotonin comes from the gut wall. Any disturbance to the gut microbiomes is supposed to be associated with neuropsychiatric disorders, metabolic disorders, autoimmune diseases and allergies, etc. Poor health-effects may be caused by changes in the human lifestyle, diet, living environment, and environmental biodiversity as a result of urbanization.

It follows that manipulation of the flora and living conditions represents a promising therapeutic strategy. Studies show that growing up in microbe-rich environments, such as traditional farms, can have protective health effects, both mental and physiological.

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—Margaret Kross



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