

# Food and becoming Adult

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This is my grand daughter Nanna, she is now a real young lady around town having just passed her driving test.



What does she have in common with a caterpillar and beautiful butterfly?

She has just gone through one of the most important changes in life - metamorphosis.



Young kids have parent or carers to look after them and love them and it would appear they can live an almost idyllic life with nothing to worry about.



I can remember that time when my kids would come up to me with a broken toy and say 'daddy mend' but then they go through this metamorphosis and become young adults and have to take decision about their lives for themselves

### Time for a Paradigm Shift?



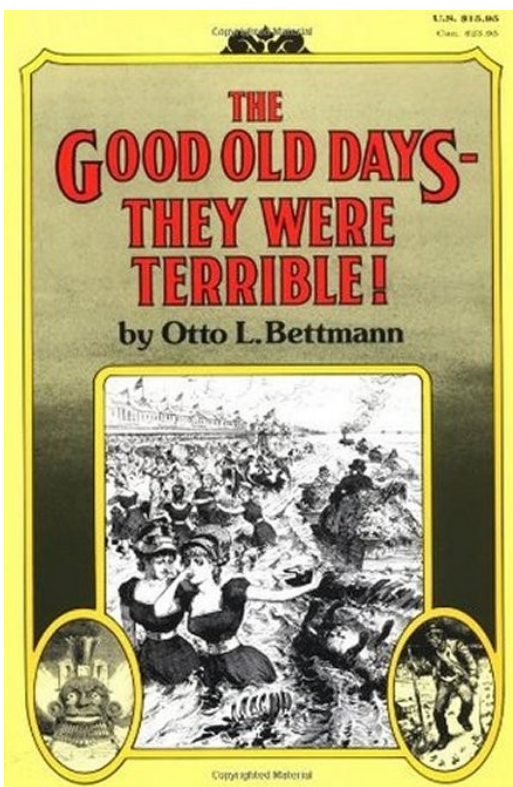
This is the time of greatest challenge they will ever face - they have to decide whether they adopt the paradigm and the conventional wisdom they have been taught or do they rebel and create their own paradigms.



It is an intensely important time in our lives, once we have been through this rebel phase we seem locked into the paradigms we have adopted and find it difficult to adopt new paradigms.

And sad to say us oldies have really screwed up the world so they really need to create their own new paradigms for the world we now face.

### The great prosperity



There are some, mainly the old who talk about the good old days when things were so much better.

Let me tell you, as an older person, this is a pile of rubbish.





Two world wars, the great depression, wide spread poverty and the cold war and the threat of atomic annihilation.



The good old days are just a myth.



We are now a rich and prosperous society and our prosperity has come from two sources - from technical innovation and cooperation.



We have staggering ability to make things cheaper and faster than imaginable a few years ago.

And that includes food - but we are producing food which shortens our health span rather than increases it. We have stuffed it up. We need a conviction on what is right and wrong, an instinctive sense of basic morality.

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natural world we live in.

When we have stuffed things up it is because we have forgotten what has enabled us to become the dominant creature on earth - our empathy and willingness to cooperate with other humans and the



We fail when we put self interest, greed and power ahead of the community. We reap the rewards, we can see this when think about social inequality, climate change, even Covid is connected to our disregard for the natural world and particularly in this so called information age - facts, (true only in specific circumstances) are presented to us as

general truths - in a way which manipulates our understanding of the real world - a roundabout way of saying we are lied to on a scale never seen before.

## Innovation

Innovation is not just about being clever, although a level of technical competence is required but above all a willingness to challenge the conventional thinking. It is about paradigm busting.

Innovation is about changing the world and it is my conviction that innovators have a responsibility to see that the innovation is used to benefit humanity.



Never before have we seen the rate of innovation we are now experiencing and never have we been more challenged to ensure that it is working for the benefit of humanity.



The great innovation is our ability to make things on a scale we have never seen before. Part of this is the result of the information age and our ability to automate and the other part is globalisation.



I was part of that automation in the information age by my pioneering development of computer aided engineering, in my case the simulation of plastic flow which changed the plastic industry across the globe



and for which I was selected by the Institute of Engineers as one of Australia's top one hundred innovators.

## Globalisation

Globalisation has been enabled by many factors, political and technical, most - like the internet and the jumbo jet are obvious, less obvious is the simple idea of putting things in standardised boxes so they can be shipped cheaply around the world - such a simple idea with such widespread implications.

But it has changed the world, before production was essentially local, people bought from local companies who they knew and the companies had contact with their customers so there was a natural pressure for social responsibilities.

Globalisation meant that products are designed here, components made in many countries and assembled somewhere else. We have the creation of mega corporations which have the power and financial resources of sovereign states, operate with neo-monopoly market power and very little pressure for social responsibility.

This is so obvious in devices like our mobiles phones, cars and appliances but is less obvious in our food system.



## My great life change



Many years ago it became obvious to me that the way we were producing our food was a fundamental threat to humanity as we destroyed our soils and depleted our sources of fresh water.

I took the major decision to leave the world of high tech computer simulation and see if my innovative capabilities were up to finding a way we could feed the world without destroying the natural environment on which life depends.

I learned that most of the food we eat is simply burned as fuel and it was clear that the modern food system was providing abundant cheap food to power our bodies. This fuel food is chemically simple - carbohydrates, sugar and fats.

But our food should also be used to regenerate our body parts which need an array of complex chemicals and minerals which our modern food system was not fulfilling.

But by far the most important realisation was that our bodies have an inbuilt intelligent control system which regulates all aspects of our bodies including our appetite.

The wide variety of species of micro biology in our gut was an integral part of this intelligent control system and our modern food system was destroying this essential micro biology.

## Growing gut food



So I set about developing a system where we could grow food which was full of this essential micro biology - in essence gut food and it did this by breeding biology in organic waste and was therefore highly sustainable and in fact was taking a waste product which typically ended up in landfill to produce the highly toxic greenhouse gas - methane.



Now while I may have been happy with this technology - to me the project overall was a failure.

It worked great but was only being used by a dedicated minority - such as people who had been influenced by the permaculture movement



but was having little or no impact of benefit for the general population who were being manipulated by the information revolution.

## Becoming adults



But then I observed the most extraordinary event - which still leaves me stunned. Climate change may be one of the great threats to humanity, scientist had been predicting the harm it may cause to humanity for centuries

[\(https://yaleclimateconnections.org/2018/10/reading-s-on-scientists-who-pioneered-climate-science/\)](https://yaleclimateconnections.org/2018/10/reading-s-on-scientists-who-pioneered-climate-science/)



but it was having minimal effect on people in power - our Governments.



Then along came a little girl with a grotty cardboard plaque who literally changed the world.

The question was how did she do this and could this help my efforts to change our food system.

She did not do it by long and detailed technical arguments - climate scientist and I had tried that and failed miserably by just relaying on the facts.



## Great great discovery

But Greta had stumbled on one of the well known features of human development.

Young kids are generally compliant and happily learn from their elders, adults have formed their view of the world and rarely make major changes. Adults has developed their views on climate change and were not willing to change and the same with food, they knew what they liked to eat and that was that.

But there is a brief period in our life, what is generally regarded as the terrible period of adolescence, when kids stop being kids and start to become adult. And as part of this process they want to think for themselves which typically involves revolting against the conventional wisdom - they are developing their own paradigms.

## Young adults change the world

And this is what Greta Thunberg did, possibly without even knowing it. She said what we are doing is wrong, we must rethink our values and how we behave and this resonated with the young adults of her age, not just one or two but millions, creating a totally new paradigm which was then adopted by the older people and particularly the people in power.

Greta - by herself - would have achieved very little, but she motivated millions of her followers who said if she can so it so can I - so we had the power of millions of mini-Greta's

These young adults are much better at using mobile phones than us older people but they are also more willing to accept new paradigms.

## Learning Teenlish

But I realised that it was no good me trying to influence these young adults, for a start they talk a totally different language called Teenlish which unfortunately I have yet to learn.

It is very difficult to learn as it changes every three weeks and is full of abbreviations like lol, wtf, and if you don't know them you are locked out.

So I start my search for Greta Foodberg, who can start this transformation to people wanting to eat gut food grown by breeding beneficial biology in organic waste.

This will be a totally new industry because it has to be local to recycle the organic waste, we would be recreating the old system of local growers service local customers.

We need to change the paradigm from one based on greed to one based on empathy for each other and the planet on which we live.

If you are, or know of a young adult who will start this movement or one of the millions of mini Greta's which make things happen then please let me know.

I have done my bit of the relay - now I must hand the baton to the next generation and hope they pick up the baton and run with it.



So what do you have to do to become a mini Greta.

First you need to register on [www.gbiota.com](http://www.gbiota.com) so you are up to date with all the latest information. You don't need to be a total expert but there is one thing you really need to know.

You have to understand that we all have an intelligent control system working 24/7/12/105 and when that stops working your dead.

No one knows how this controls system really works but we do know that our guts are an important part of this control system so we must feed it gut food.

Next you have to start becoming an influencer and getting a group of followers who understand the basic fact that they need to feed their guts for their intelligent control system to work. You can do this on your favourite social media but just talking to people may be a bit old fashioned but still works the best.

If you want to grow your own gut food then that is great - all the information is on [www.gbiota.com](http://www.gbiota.com) on the growing section and I am here to help and answer questions.

Finally you have to seek out regenerative growers who are prepared to grow gut food for you. I am here to advice them on setting up Gbiota™ beds. Please note the Gbiota is a registered trade mark. I am not a policeman but I do expect growers to prepare a page on my web [www.pickandeat.shop](http://www.pickandeat.shop) to show how they are growing their food.

I leave it to buyers to decide whether that is what they want.

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