

**Recalibrating Collective consciousness - survival in times
of the virus
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The knock on effect of the system-shock triggered by Corona Virus is here to stay much longer than anticipated. The false sense of perpetual growth and consumption is being hit hard. While the world's richest are scrambling to live in germ-free cabins and pods, with private yachts, jets, island get-aways, the ordinary people in dense urban settings have no where to flee.

The prolonged imbalance of the external immune-system (our living environment) is proving to be a fertile ground for mutations manifold. The mutating viruses are just a tip of the iceberg. Aggressive mutation with cumulative collusion pathways from immunocompromised macro and micro system is a story yet to be captured.

The 'Great unravelling' as I like to call this phase is forcing us to plug into ways survival using long-forgotten common-sense wisdom. Perhaps the mutated consciousness is a new beginning; and the end of the modern lifestyle using techno-living as a crutch.

Improving micro immunity

Immunocompromised internal eco-system simply cannot produce sufficient antibodies to combat the viral onslaught. Boosting the body to produce antibodies that can fight to make the virus inactive is the best preventive action. It is not too late to change the food system to kickstart local immune-boosting through locally produced nutrient dense food.

Turn to local healing herbs

We have forgotten the healing herbs Nature's apothecary has provided us, these are still easily available. The unique medicinal potentials of these medicinal herbs are so simple and so commonly available, that it is no longer appreciated. Our short term memory is addicted to associating usefulness with anything expensive and technologically packaged.

From good old Echinacea to most common herbs such as oregano, basil, sage, ginger, garlic all can help boost immune-system. Most of these herbs are easy to grow even in small spaces. These easy to grow herbs can be taken as teas, use in daily cooking. There are also Aurvedic medicinal herbs such as Neem (*Azadirachta India*), Turmeric (*Curcumin*), Guduchi (*Tinospora Cordifolia*) proven to have antiviral properties.

Sun drying pickling and fermentation

In olden days all of these different ways to preserve excess produce helped microbial flora flourish and help maintain good immunity. Fermentation from buried clay jars of pickled vegetables to sun-dried fermented vegetables and meat to every day drinks and sour dough breads used to be the food system that kept local microbial action alive. These practices carried on well across the world until the onset of food processing giants, microwaves, and refrigeration. And with that was forgotten these ancient beneficial food systems.

Boosting macro immune-system

This involves regenerating, restoring and revitalising soil structure. Replenishing soil biota is not an over-night solution. But given the critical state of the world we are in, there is no better time as NOW to start. Making compost and compost teas from weeds, simple bokashi for food waste composting, and heavy mulching all are simple techniques to hasten the soil microbial families, in turn the food grown in such soils are nutrient dense. Nutrient dense food is satiating thus eliminating the need to consume giant portions of no-nutrient food.

However current designer food produced purely for profit motive encourages mega consumption - keeping consumers perpetually hungry is part of the design. Food that does not satiate, lead to low immunity, and disease. Fear and stress of corona virus is thus lowering immunity further.

Perhaps the crisis will force the world to move towards localism, self sufficiency and inter-dependence at micro-level while still being connected to the world at large.

Small joys of life, of sharing, slowing down is beginning to show results - from blue skies in China, to family meal times and inward looking reflections. No matter what, taking back our choices to be happy with simple, slow life is definitely an anti-dote to any mutating virus.