



In response to Marty Ittner

Torrid Zone III

The human body is similar to our planet. A Native American perspective sees our bodies as sacred and part of a whole, a part of Mother Earth, the larger microbiome. With the newly defined concept of the microbiome, Western science is just catching on to wisdom within Native traditions. The microbiome of Mother Earth is comprised of an invisible world of microorganisms—including many species of bacteria and fungi—that play fundamental roles in natural processes—from cycling carbon in soil to fermenting food in the mammalian gut for healthy digestion.

Viruses are not necessarily an enemy. Large populations of bacteria, viruses, and fungi occupy almost every surface of the human body. It is estimated that there are nearly 30 trillion bacterial cells living in, or, on each human. That is about one bacterium for every cell in the body! Together, these microbes are collectively known as the microbiome.

Healing happens on a daily basis, not just when we are sick. The immune system is a complex interrelated network of organs, white blood cells and proteins that work to recognize, neutralize and remove harmful substances that enter the body such as bacteria, viruses, parasites and fungi.

Respect for the body implies good self-care of our personal microbiome. Much can be done, both individually and collectively: eating an organic whole food diet to build immunity, avoiding sugar and processed foods, growing family gardens, avoiding overuse of antibiotics, exercising more, reducing stress, polluting less, improving sleep and limiting alcohol consumption. These cumulative restorations by individuals worldwide raise immunity and will restore our mother, Earth.

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Roaming Writers



Marty Ittner, *Torrid Zone III*, encaustic monotype, etched glass, 13 x 10 inches