

## What is on a mouth's mind?

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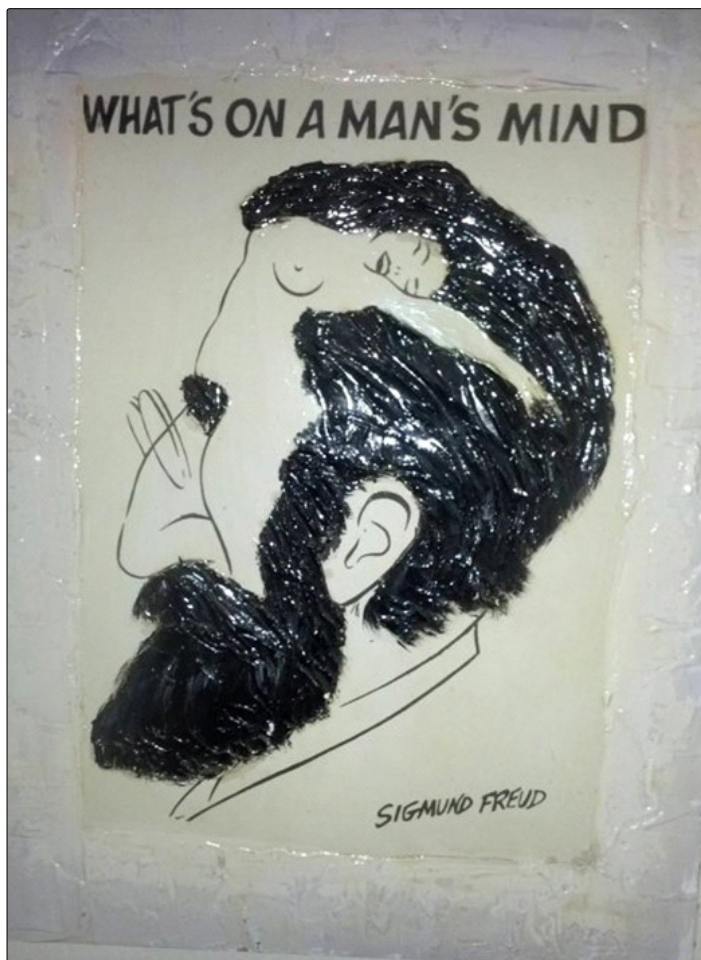


Figure 1

**Skepsis** (from Ancient Greek σκέψις, “examination, observation, consideration”)

In time, the wrong choice of words, along with faulty behavioural settings (errors), can influence one's emotional and physical responses negatively. Lifestyle errors can act like bad sectors or

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clusters. The terms “bad sector” and “bad cluster” refer to a specific section of a digital storage device that has been rendered unusable for reading and writing data. When a computer says it has found bad sectors or clusters, it means that it has identified part of a connected storage medium that it can't access. The computer can attempt to recover data that is stored on bad sectors and clusters, but there is a chance the data is lost forever.

This is a problem. However, if logic as a manifestation (an abstract idea) of skepsis will come in to play, paradoxically, it will serve as a lifestyle's error problem. But wait, do not get mistaken or confused. Reducibility for any problem (NP-hard or any other) means the possibility to convert problem A (a lifestyle error) into other problem B (to logic). If we know the complexity of problem B, then the complexity of problem A is at least the same as the complexity of the problem B (both A & B problems are reveratory circuits of increasing complexity). If one value is equal to another value, then the second value is also equal to the first value (mathematical symmetric property of equality). Therefore, the way a mouth is getting treated or used will have an impact that can shape the course of health for years. Isn't it logical?



Figure 2

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**Keywords:** Mouth, Anus, Earth, Brain, Magnetism, Reducibility, Lifestyle Errors, Logic, Well-Being

## Introduction

A simple, very simple image stuck on the wall of a British university answers Freud's rhetorical question: "What's on a man's mind?!" The student, who certainly passed the course with Excellence and made the Austrian psychiatrist proud, perfectly captured the whole philosophy of men in a single sketch. Very intelligent, incredible, explanatory and true. Do you disagree?

Let us now see how we can use this famous phrase, but instead of the man, use the mouth.

## What's on a mouth's mind?

We know that the mouth is the entrance gate of the digestive system. From this portal, we eat, drink, and breathe. That is, we supply the body with the necessary nutrients, hydrate it, and give it oxygen for the proper functioning of the cells. Glucose (eating) and oxygen (breathing) are carried from the water to the cells to produce energy in the form of ATP. Thus, the mouth seems to play a vital role in the survival of an organism. From a biological point of view, it covers all the basic needs that a cell needs to exist and function properly.

It is important to note that the cell operates humbly. Only two elements (glucose and oxygen) are enough for it to produce energy and thus maintain life. Nevertheless, the mouth is more, and for sure not humble. With this, we express our passions, our desires, our affections. We fall in love and kiss to the point where we have off springs. With the mouth we smile, we laugh, we sing, we whisper kind words, we communicate, we lecture, we teach, we guide and advice, we progress. It seems to be an inexhaustible source of expression of biological, emotional, and high mental functions.

The mouth is life because it gets oxygen from the atmosphere, water from springs, and food from the soil. It is the earth in motion!

We are not born into the world; we are born of it. We are of the earth, born out of her. Adam means "red earth" implying that man is bound to the earth by blood. Similarly, "human" refers to humus, which takes us back to the soil. The Incan word for "human body" was *alpa camasca*, which means literally, "animated earth." Everything about our bodies, from bones to ovaries, is a part of the earth.

Only superficially can we separate cosmos from psyche. The problem is we have given into this superficiality. The only way to break our servitude to the superficial is to reawaken our primordial self and renew our connection to the *prima materia*, the formless void preceding the perceptual split of psyche and cosmos. We must reunite the human soul with cosmic nature.

Bill Plotkin said, "When we become alienated from soul – our inner nature – we lose respect for outer nature, resulting in the pollution and degradation of the environment." This is the quintessential hypocrisy of nature and the human soul: that we are born from nature and yet we must transcend it, or perish.

Since the dawn of mankind, we have struggled against a hostile world. Human beings are rather inadequate animals, aside from one dramatically unique thing: a very large frontal lobe. This is the only thing that has gotten us where we are today; a species that seems hell-bent on destroying its own world.

It's almost a catch-22. We could easily use the excuse that we need to keep controlling nature or we die. But this doesn't have to be the case. The very thing that got us into this mess, the frontal lobe, is the very thing that can get us out of it, and back to a healthy equilibrium with the biosphere and ourselves.

Therefore, let us use our logic to understand the relationship between the mouth, earth, and life.

We know that earth has two poles, the North Pole and the South Pole, which are connected by an imaginary line or rotational axis known as obliquity (axial tilt). The human gastrointestinal system, on the other hand, has two poles too, the mouth (north) and the anus (south), which are connected by the known gut-brain axis.

The gut-brain axis is the biochemical signaling that takes place between the gastrointestinal tract (GI tract) and the central nervous system (CNS). Broadly defined, the gut-brain axis includes the central nervous system, neuroendocrine and neuroimmune systems, including the hypothalamic-pituitary-adrenal axis (HPA axis), sympathetic and parasympathetic arms of the autonomic nervous system, including the enteric nervous system and the vagus nerve, and the gut microbiota. The first of the brain-gut interactions shown, was the cephalic phase of digestion, in the release of gastric and pancreatic secretions in response to sensory signals, such as the smell and sight of food. This was first demonstrated by Pavlov.

The human brain is a fleshy power plant. It is a source of electricity, and therefore of magnetism. Earth, on the other hand, is a physical magnet as well. However, its magnetic property hides a piece of important information. The south pole of the earth magnet, the south geomagnetic pole, is located near the north geographic pole, while the north pole of the earth magnet, the north geomagnetic pole, is located near the south geographic pole. This detail of reversed polarities says a lot if you correlate it with the magnetic property of the human brain and the gastrointestinal tract poles (mouth-anus).

Yes, the mind can turn things upside down and bring your anus to your mouth and vice versa.



Figure 3

I have explained with the information given above that, the mouth is life. But as it is getting revealed, it can also be the basis of quietly poisoning life. And the reason is purely magnetic. According to the abstract nature of the neuronal noise that determines one's mind character, the mouth's environment can become unclean, filthy, impure, and infectious like an anus (south magnetic pole strongly pointing on the north geographic pole).

When the mouth is attracted to unhealthy foods, the use of alcohol, tobacco, and different kind of drugs, in time, it endangers the body's homeostasis. Subsequently, when the mouth is attracted to indecent, shameful, offensive, or naysayer like behaviors, the allostatic load on the organism increases dramatically from these "shocking" performances. And this happens without realizing it, in silence and a subconscious way.

We all know various vulgar expressions that connect the mouth with the anus and feces. Depending on the situation, there were occasions in our life that perforce we kept those "feces" in our mouths, we suppressed or worse swallowed them, and they didn't come out as expected (constipation). But there were other moments that yes, we opened our mouths wide open, and they burst out like a stinky discharge (diarrhea).

The mouth from life expression to a living cesspool representation, filled with all sorts of obscene verbal excrements (curses, swears,

profanities, lies, slanders, touches of sarcasm, and many more). Lack of oral (and not only) hygiene to its majesty. How disappointing and frustrating! For sure, this is not healthy to think about it, not to mention going through it and having it in the mouth constantly.

Transforming the mouth to anus is a stressful challenge, a biological adulteration, and an organic burden with unknown future consequences for the one who is doing it, and for the one who is receiving it.

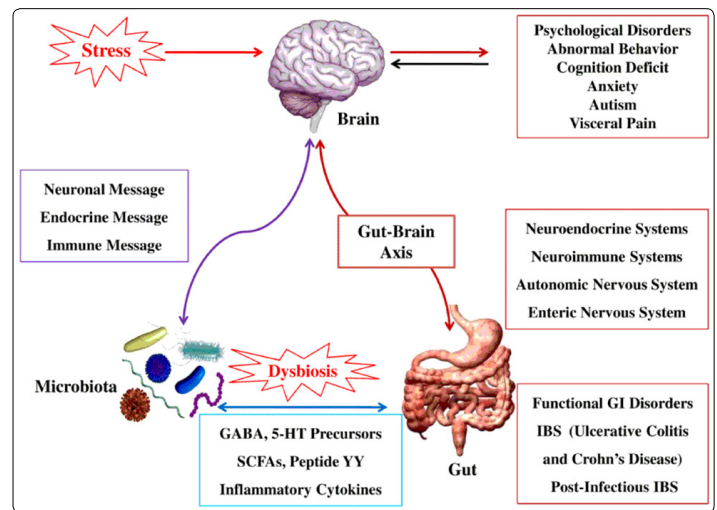


Figure 4

And now you wonder how this on earth can happen. I'll give you an example.

Imagine on a Sunday morning you're adding sugar cubes (spoken words) in your coffee cup (mouth) and start stirring it. And then you suddenly wonder if the molecules of sugar dissolved into the coffee then can I actually track motion of each molecule? If yes then what would the path of molecules would look like? Ok. So you might think that 'Hey, it's simple! It's a spiral shape!' But, nope! It's not that easy. Each molecule of the sugar will behave differently and follow a random-really wildly random path in 3-dimensions. It's not easy (and till now impossible) to track path of each of them. Equation has 3 Dimensions, unsteady (depending on time), Pressure gradient terms and Viscous flow. Solving it directly might give you around 64 Constant coefficients and finding values of each of them will require 64 Boundary conditions. Read again-64 Boundary conditions! It's at least upto this point of Math, kind of an impossible task to do so.

Every given action, unfortunately for most, has its antipode always, meaning an immediate and direct reaction. So when you mix or mess up things like an exhilarated alchemist, first, you never know what you are going to get, and second, you never know if you are going to be able to control those things. Louis Navier and Gabriel Stokes, individually, gave a weird looking Partial Differential Equation to get this job done. However, it looks like this.

$$\rho \left( \frac{\partial u}{\partial t} + u \frac{\partial u}{\partial x} + v \frac{\partial u}{\partial y} + w \frac{\partial u}{\partial z} \right) =$$

$$\rho g_x - \frac{\partial p}{\partial x} + \frac{\partial}{\partial x} \left[ 2\mu \frac{\partial u}{\partial x} + \lambda \nabla \cdot \mathbf{V} \right] + \frac{\partial}{\partial y} \left[ \mu \left( \frac{\partial u}{\partial y} + \frac{\partial v}{\partial x} \right) \right] + \frac{\partial}{\partial z} \left[ \mu \left( \frac{\partial w}{\partial x} + \frac{\partial u}{\partial z} \right) \right]$$

$$\rho \left( \frac{\partial v}{\partial t} + u \frac{\partial v}{\partial x} + v \frac{\partial v}{\partial y} + w \frac{\partial v}{\partial z} \right) =$$

$$\rho g_y - \frac{\partial p}{\partial y} + \frac{\partial}{\partial y} \left[ 2\mu \frac{\partial v}{\partial y} + \lambda \nabla \cdot \mathbf{V} \right] + \frac{\partial}{\partial z} \left[ \mu \left( \frac{\partial v}{\partial z} + \frac{\partial w}{\partial y} \right) \right] + \frac{\partial}{\partial x} \left[ \mu \left( \frac{\partial u}{\partial y} + \frac{\partial v}{\partial x} \right) \right]$$

$$\rho \left( \frac{\partial w}{\partial t} + u \frac{\partial w}{\partial x} + v \frac{\partial w}{\partial y} + w \frac{\partial w}{\partial z} \right) =$$

$$\rho g_z - \frac{\partial p}{\partial z} + \frac{\partial}{\partial z} \left[ 2\mu \frac{\partial w}{\partial z} + \lambda \nabla \cdot \mathbf{V} \right] + \frac{\partial}{\partial x} \left[ \mu \left( \frac{\partial w}{\partial x} + \frac{\partial u}{\partial z} \right) \right] + \frac{\partial}{\partial y} \left[ \mu \left( \frac{\partial v}{\partial z} + \frac{\partial w}{\partial y} \right) \right]$$

Figure 5

Seeing this letter-symbol abstract unfolding, if you are familiar with advanced mathematics, it makes sense. But if you are not, then unquestionably makes no sense at all. It leaves you perplexed. Now the same thing happens to the brain when confronted with a multifaceted and complex behavioral pattern. It is spinning to figure, calculate, and interpret while stationary. In medical terms, this phenomenon is called vertigo (disorientation; the condition of having lost one's sense of direction).

Medical situations are hot spots in the life of a patient with potentially long-lasting effects arising from the use of either negative expressions or encouraging statements, or the lack of empathy or a positive physician-patient relationship. Health care personnel should be aware of and evaluate what patients are exposed to, hear, and see [1-10].

As an epilogue, if I wanted to describe this mouth-anus reversed phenomenon, I would easily simile it with the exiled tribe of Aghori monks. These cannibal monks eat human poo and feast on dead bodies while drinking alcohol and smoking marijuana.

How does that sound to you, healthy? I don't know, think about it next time you'll open your mouth, either in your mind (metaphorically) or your body (literally), and this because when it comes to magnets, opposites attract.

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