

Platform: iMessage Timezone: UTC+0000



2017/04/14



Hi

12:54:20 pm



how was it?

12:55:46 pm



Glad I went but don't see any immediate benefit for me. Boone is legendary but his stroke has definitely had an effect - but he's an amazing 88.

The whole area of brain performance and brain capacity doesn't seem "baked" enough for me bc as you say it's not one or two things

01:15:44 pm

They argue that we need a "blood pressure" or "pulse" but I argue that the heart is a muscle w blood vessels.

01:16:16 pm

Very bAd picture of me but here's boone



MW

01:16:58 pm

kill me now

01:19:46 pm

o

Yup

01:24:57 pm

Not bad for 88 though

We should call the field

Neurobotany

Plant neurobiology is not quite right

03:00:59 pm

Heard a good word for root cells

NEUROID not quite neurons

03:01:14 pm

MW

Study of the neuroid behavior of vascular plant

03:02:04 pm

Phytoscinec

03:02:13 pm

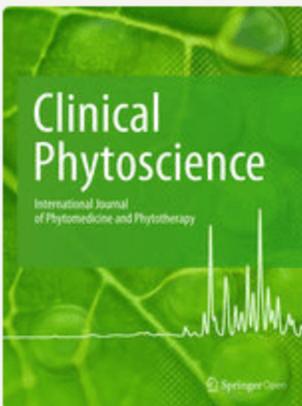
Oh like it

03:02:32 pm

Only
Works btw in vascular plants

03:02:42 pm

<https://clinphytoscience.springeropen.com/>



05:49:49 pm

MW

Phytoscience as it is defined now

05:49:50 pm

Phytognition

06:00:39 pm

Phytophysillogy

06:01:28 pm

Tracheophytology

Vascular plants (from Latin vasculum: duct), also known as tracheophytes (from the equivalent Greek term trachea) and also higher plants, form a large group of plants (c. 308,312 accepted known species [3]) that are defined as those land plants that have lignified tissues (the xylem) for conducting water and minerals throughout the plant. They also have a specialized non-lignified tissue (the phloem) to conduct products of photosynthesis. Vascular plants include the clubmosses, horsetails, ferns, gymnosperms (including conifers) and angiosperms (flowering plants). Scientific names for the group include Tracheophyta[4] and Tracheobionta.[5]

MW

06:15:03 pm

I had s meeting this morning on plant cholesterol

06:20:02 pm

And

06:20:26 pm

Cholesterol is dumb

06:20:32 pm

Inflammation matters

We spent a generation talking about lowering cholesterol when the marker we weren't tracking was inflammation

06:20:59 pm

MW

In strokes we always thought prevention and tx was about cholesterol Lowering but it turns out it was the inflammation

06:21:24 pm

Yes but plants make a different version

06:21:33 pm

And if your cholesterol
Is too low you have a head bleed and not a stroke

06:21:39 pm

Plants bundle stuff up more effectively

Read about plant mitochondria

06:21:59 pm

They have this amazing bit at the end of the electron cascade called ALTERNATIVE OXIDASE and it messes w ubiquitin

06:22:34 pm

I think it's a little less about what they are bundling and more about how they are bundling

Also

06:23:09 pm

MW

When there are stressors all the cell
Focuses there

06:23:23 pm

[REDACTED]

GREAT GREAT GREAT

06:23:45 pm



[REDACTED]

And it's funny bc the cells can handle a ton of stress before bad stuff happens

06:24:28 pm

Much like in humans. We see protein aggregates long long before clinical Symptoms

06:24:44 pm

Cholesterol should be the surrogate marker for inflammation and not vice versa

06:25:18 pm

There are 2 or 3 ppl out there I think we should talk to. One in Germany but I think he's czech- and sadly the person who was almost where we are just died but he was from the university of Washington in seattle and his wife is still Alive and pushing 85 years old but still trying

To make progress so I will try to visit her on my next trip to seattle

06:29:22 pm

There is also a British guy who knows the answer to the human stressor that causes Alzheimer and I think he can prove it with a little help

I feel like NANCY DREW
Putting these pieces together

06:30:36 pm



06:31:03 pm

You know what
Plants give us oxygen
But they need us to give them urine (water plus nitrogen for the soil) and feces (nutrients)

07:33:45 pm

MW

[REDACTED]

Yes they've coopted humans

07:34:33 pm

oo

[REDACTED]

I think they are more evolved than us

First it makes no sense at all to have to move around to find nutrients or mate. Find someone else to bring to you.

Second who needs emotion and mood and way too many senses when you can have all the function you need as a neuroid

Third when you can have like a hundred vaginas why just have one

07:36:35 pm

MW

[REDACTED]

Yes and can't use sun energy

07:37:36 pm

oo

[REDACTED]

We do but rudimentary

Vitamin D etc

07:37:55 pm

Tells you vitamin d matters

07:38:59 pm

Funny to think about evolution

We used to be fish and finally we become plants

07:39:44 pm

MW

[Redacted]

And humans have plant blindness. Only see the rabbit
07:39:51 pm



✓ Sent

[Redacted]

Total Mind fuck
07:41:24 pm



✓ Read