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### Short Commentary

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## Seun Ayoade's Law of Living Things and the 21 Grams Controversy; Related Paradigms

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In 1901, Duncan MacDougall performed one of the most controversial experiments of all time. He claimed that at the exact point of death a human being lost 21.3 grams [1-2]. This, he concluded, was the weight of the human soul. That weight changes occur in human beings at the point of death is a fact. But instead of this being the weight of the "soul", does this not support Seun Ayoade's Law of Living Things? This natural law is founded on the experiments and observations of Professor Antoine Bechamp. The instantaneous weight loss could coincide with the exact moment of microzyman/cellular dust deco-ordination [3]. I propose that a portion of the changes in weight at the death of human beings and animals/plants could be the result of microzyma/cellular dust deco-ordinating and leaving the corpse/carcass or becoming germs of decomposition (pleomorphism) [4]. Bacteria account for 0.3% of human body weight [5]. The minuscule weight of germs show that a few grams could account for the mass of the myriads of them viz- a bacterium weighs 1 picogram and a Virus weighs 0.85 attogram.

The Germ-Terrain duality theory of disease states that the etiology of certain diseases/diseased states is better explained as a complex interplay between germs and the inherent anatomical/physiological integrity of the body cells.

It argues that the etiology of certain diseases is not fully explained merely by the presence of germs (Germ Theory) or by a mere loss of cellular integrity (Terrain Theory). As a result the prevention and treatment of such diseases should focus not just on fighting germs but on maintaining/restoring the anatomical/physiological cellular integrity. The Germ-Terrain duality theory is a harmonization of the current Germ Theory (popularized by Louis Pasteur) and the hitherto discarded Terrain Theory (popularized by Pierre Bechamp) [6-7].

Paradigm	Effect on germ	Effect on terrain
Outer space	Bacteria multiply faster and are more resilient	Osteopenia, Space adaptation syndrome [SAS], blood volume loss, atrophication of heart, cosmic ray visual phenomena, Visual impairment due to intracranial pressure, dysgeusia,
Temperature	Protozoa in culture began to encyst at 37 degrees Celsius. Very low temperature and very high temperature decrease germ growth	Protein cogulation and enzyme damage in cells
Altitude	Bacteria thrive better than other germs at higher altitude	acute mountain sickness, high-altitude pulmonary edema (HAPE), high-altitude cerebral edema (HACE)
Pressure	Inactivated by high hydrostatic pressure	Decompression sickness; bleb activity
Radiation	inactivation of microorganisms	Acute Radiation Syndrome (ARS)
Magnetic Field	Adversely affects bacterial growth	Decreased concentrations of epinephrine, norepinephrine, dopamine, and 5-hydroxytryptamine; changes in axonal structure; a decreased number of Purkinje cells; and structural alterations in the hypothalamic region. Increase in plasma corticosterone.

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