
Contents

Foreword	ix
Yves RÉMOND	
Preface	xiii
Acknowledgments	xv
Introduction	xix
Part 1. Fantastic Elastic Capital	1
Chapter 1. Strengths and Weaknesses of the Elastic Human.	3
1.1. Introduction.	3
1.2. Longevity and elasticity	4
1.3. Disasters.	4
1.3.1. Fibrosis of infectious origin.	5
1.3.2. The great pandemics	6
1.4. Cutaneous elastic capital	8
1.4.1. Introduction	9
1.4.2. Wrinkles and scars	9
1.4.3. Beautiful skin	11
1.4.4. The elastic network of the dermis	13
1.5. Loose skin and cutis laxa.	15

1.6. What is missing and malfunctioning in these fiber diseases?	19
1.7. What structures and strengthens the elastic system	20
1.7.1. The mechanical actors	21
1.7.2. Cross-links	23
1.7.3. Calcification	25
Chapter 2. Elastic Capital, Air, Water and Other Fluids	29
2.1. Introduction.	30
2.2. Respiration	30
2.2.1. The breathing cycle.	31
2.3. The 12/8 of perfect blood pressure!.	34
2.4. Cellular respiration and energy	37
2.4.1. ATP, our universal source of energy	37
2.4.2. Our mitochondrial battery.	39
2.5. The logistics of digestion.	40
2.5.1. The intestinal walls: a history of pushing.	40
2.5.2. The lazy lymph	41
2.5.3. The kidneys: a story of water and blood	42
2.6. Vascular dilation and constriction	43
2.6.1. The SARS-CoV-2 gateway and blood pressure	44
2.7. Sugar logistics	45
2.7.1. The liver and blood sugar	45
2.7.2. The kidneys and liver under sugar pressure	47
2.8. The perineal set and terminal delivery logistics	47
2.8.1. Cross-linking and vaginal prolapse	48
2.8.2. Mechanical adjustment to pregnancy	49
2.9. The microbiota and its body bioreactor	50
2.10. Conclusion	52
Chapter 3. Elasticity and the Senses	55
3.1. Introduction.	55
3.2. Singing and dancing.	56
3.3. Light transmission and elasticity	59
3.4. Auditory transmission and elasticity	60
3.5. Olfaction	61
3.6. Taste	62
3.7. Touch and proprioception	62
3.8. Elasticity and the peripheral nervous system	64

Part 2. The Four Challenges of the Elastic Human	67
Chapter 4. The First Challenge for the Elastic Human: Mechanical Stress Management	69
4.1. Introduction.	70
4.2. Stress of elastic structures	70
4.3. Stresses on organs and fluids	73
4.4. Genetic stress.	75
4.5. Stress and epigenetics.	78
4.6. Pharmacology and stress	79
Chapter 5. The Second Challenge for the Elastic Human: The Management of Food and Inputs	83
5.1. Introduction.	83
5.2. Elastic capital and phytotherapy	84
5.3. Elastic capital and dill.	85
5.4. Epigenetics and marjoram	87
5.5. Adopting a plant	89
5.6. Elastic capital and protein restriction.	90
5.7. Elastic capital and a reasoned diet	91
5.8. Glycine on the menu	93
5.9. Elastic capital and an unreasonable diet	95
5.10. Elastic capital and pollution	98
Chapter 6. The Third Challenge for the Elastic Human: Successful Life through Movement.	103
6.1. Introduction.	104
6.2. The alchemy of movement.	105
6.3. Elasticity at both ends of life.	106
6.4. The reference frames of motion.	108
6.5. Flattering the view and looking good.	110
6.6. Feeling your proprioception to improve your posture	113
6.7. Touching and stroking to promote elasticity	115
6.8. Hearing and feeling in order to enjoy the song and movement.	117
6.9. Conclusion: let us adopt a loop of “pro-elastic” postures	119

Chapter 7. The Fourth Challenge for the Elastic Human: Adopting the Spirit of the Laws of Elasticity	123
7.1. Introduction.	124
7.2. Cross-linking and knowledge	126
7.2.1. Knowledge and the expert patient	127
7.2.2. Knowledge and cyberchondria	129
7.3. Resilience and the mechanics of the world	131
7.3.1. Resilience and the elastic human.	131
7.3.2. Resilience and society	132
7.4. Compliance, ethics, law and elastic capital	135
7.4.1. Compliance	135
7.4.2. The elastic system and the technical system	136
7.4.3. Mutual aid and the elastic system	137
7.4.4. Culture and the elastic human	139
7.4.5. Morality and the elastic human.	141
7.5. Chapter summary	144
Conclusion	147
Appendix	155
References	193
Index	211