Prato-Florence School of Integrative Medicine & Biophysics

Integrating The Best Insights From Modern Neuroanatomophysiology, Quantum Chemistry, Pharmacogenomics-Pharmacoelectrodynamics, & The Oriental Subtle Science of Meridians and AYUSH for Informing and Shaping Future Health, Care & Wellbeing

INTRODUCTORY SEMINARS

INSOMNIA, NOCTURIA AND CONSTIPATION

Friday 24 November 2023

18.00 CET

Saletta Conferenze - Officina Teen

Officina Giovani

Piazza Macelli 4

59100 Prato

In Presence and Online

Sedano: sano e curativo

The History of Celery, use in the treatment of Insomnia and Stress. Evidence, Mechanism and The Future

Celery

Apium graveolens L. 2n = 2x = 22,

1C=3.18 Gb (approx. human genome) > 34,277 predicted genes

a member of the *Apiaceae* family, one among the most important and globally

grown vegetables



Sedano: sano e curativo

The History of Celery, use in the treatment of Insomnia and Stress. Evidence, Mechanism and The Future

Native to the Mediterranean areas and the Middle East, celery was <u>used as a flavouring</u> by the ancient <u>Greeks and Romans and as a medicine by the ancient Chinese</u>. The ancient forms resembled smallage, or wild celery. Celery with large, fleshy, succulent, upright leafstalks, or petioles, was developed in the late 18th century. The stringiness that characterizes most celery has been eliminated from some varieties.

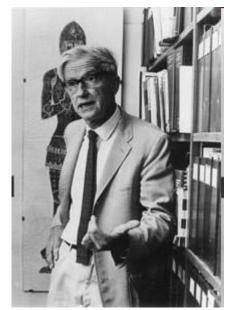


https://www.britannica.com/plant/celery

Max Ludwig Henning Delbrück, FRS

(September 4, 1906 – March 9, 1981)

... a living cell is a system in **flux equilibrium**, **matter** and **energy** are taken in from the environment, are metabolized and partly assimilated, partly degenerated, and waste products are given back to the environment.



MAX DELBRÜCK - California Institute of Technology, Pasadena, California

http://www.jeanne-mammen.de/html/english/contents/delbrueck.html

A Physicist Looks at Biology

Address Delivered at the Thousandth Meeting of the Academy*

•Reprinted from the Transactions of The Connecticut Academy of Arts and Sciences, vol. 38, Dec. 1949, pp. 173-190

•http://www.yale.edu/caas/transactions.html

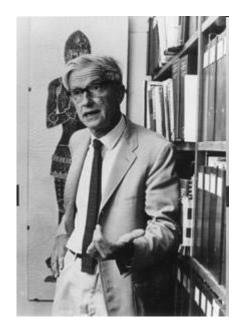
https://www1.biologie.uni-hamburg.de/b-online/snowbird/prefaces/essay_delbrueck.htm

a living cell is a system in flux equilibrium, matter and energy are taken in from the environment, are metabolized and partly assimilated, partly degenerated, and waste products are given back to the environment.

The closer one looks at these performances of matter in living organisms the more impressive the show becomes. The meanest living cell becomes a magic puzzle box full of elaborate and changing molecules, and far outstrips all chemical laboratories of man in the skill of organic synthesis performed with ease, expedition, and good judgment of balance. The complex accomplishment of any one living cell is part and parcel of the first-mentioned feature, that any one cell represents more an historical than a physical event. These complex things do not rise every day by spontaneous generation from the nonliving matter - if they did, they would really be reproducible and timeless phenomena, comparable to the crystalization of a solution, and would belong to the subject matter of physics proper. No, any living cell carries with it the experiences of a billion years of experimentation by its ancestors. You cannot expect to explain so wise an old bird in a few simple words.

Listening to the story of modern biochemistry he might become persuaded that the cell is a sack full of enzymes acting on substrates converting them through various intermediate stages either into cell substance or into waste products. The enzymes must be situated in their proper strategic positions to perform their duties in a well regulated fashion. They in turn must be synthesized and must be brought into position by manoeuvers which are not yet understood, but which, at first sight at least, do not necessarily seem to differ in nature from the rest of biochemistry. Indeed, the vista of the biochemist is one with an infinite horizon.

Max Ludwig Henning Delbrück, FRS[1] (September 4, 1906 – March 9, 1981)



http://www.jeanne-mammen.de/html/english/contents/delbrueck.html

Denis Noble – 10 rules of complex systems

Principles of Systems Biology

Denis Noble at a meeting on Systems Biology at Chicheley Hall, Newport Pagnell, August 201

Noble has proposed Ten Principles of Systems Biology:

Biological functionality is multi-level

<u>Transmission of information is not one way</u>

DNA is not the sole transmitter of inheritance

The theory of biological relativity: there is no privileged level of causality Gene ontology will fail without higher-level insight

There is no genetic program

There are no programs at any other level

There are no programs in the brain

The self is not an object

There are many more to be discovered; a genuine 'theory of biology' does not yet exist

https://en.wikipedia.org/wiki/Denis Noble



CBE FRS FMedSci MAE (b 1936)

Burdon Sanderson Chair of Cardiovascular Physiology University of Oxford (1984 to 2004)





School of Clinical Medicine



https://www.medschl.cam.ac.uk/





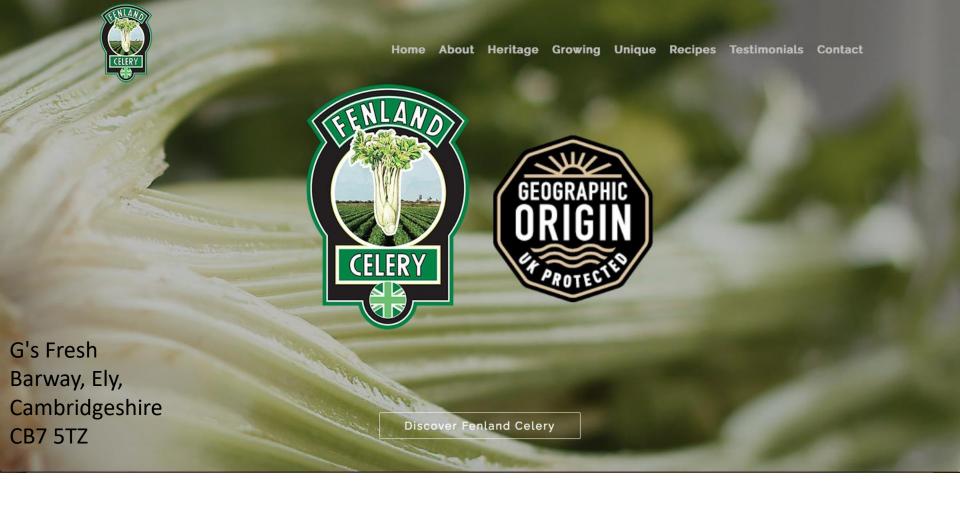
... a section of the portrait of Sir Keith Peters, 25th Regius Professor of Physic, 1987 to 2005. The portrait is displayed at the entrance to the Medical School Library on the stairwell of the Clinical School.

The text there is from an oration by Professor Clifford Allbutt, 18th Regius Professor of Physic (1892 to 1925)

"Medicine ... was now to prove her lineage as the mother of natural science and the truth of the saying of Hippocrates,

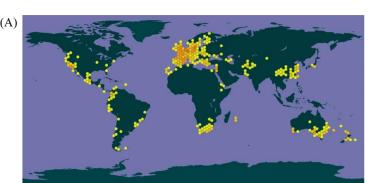
to know the nature of man one must know the nature of all things"

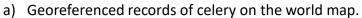
Knowing man by knowing the nature of all things ...
This is what *Ayurveda / AYUSH* is all about.



http://www.fenlandcelery.com/

Sedano: sano e curativo





 b) Image of celery. The data set was obtained from the GBIF website (www.gbif.org). The colored hexagons represent the locations of georeferenced celery records.

Apigenin

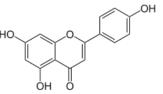
https://www.nature.com/articles/s41438-019-0235-2/figures/1



The genome sequence of celery (Apium graveolens L.), an important leaf vegetable crop rich in apigenin in the Apiaceae family

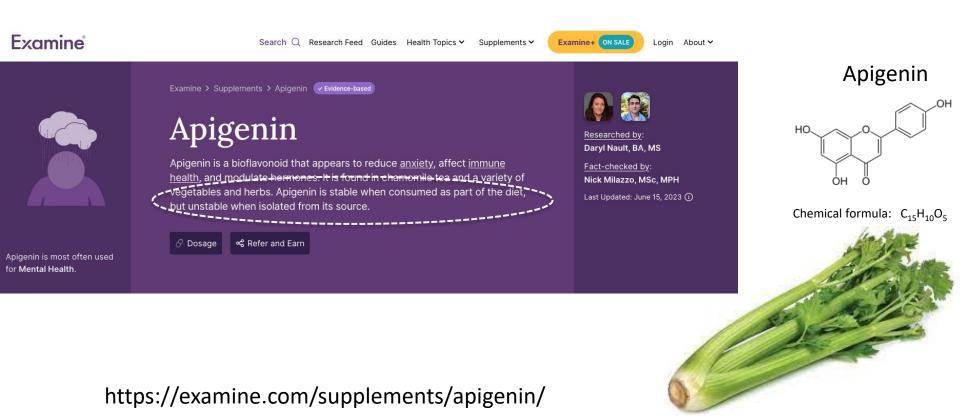
https://www.nature.com/articles/s41438-019-0235-2

Apigenin (4', 5, 7-trihydroxyflavone) is a flavone under the category of natural flavonoid that is abundantly present in common fruits, vegetables, nuts, onions, oranges, and tea. Apigenin has <u>various</u> <u>beneficial health effects such as antioxidant, anti-inflammatory, and chemoprevention</u>.

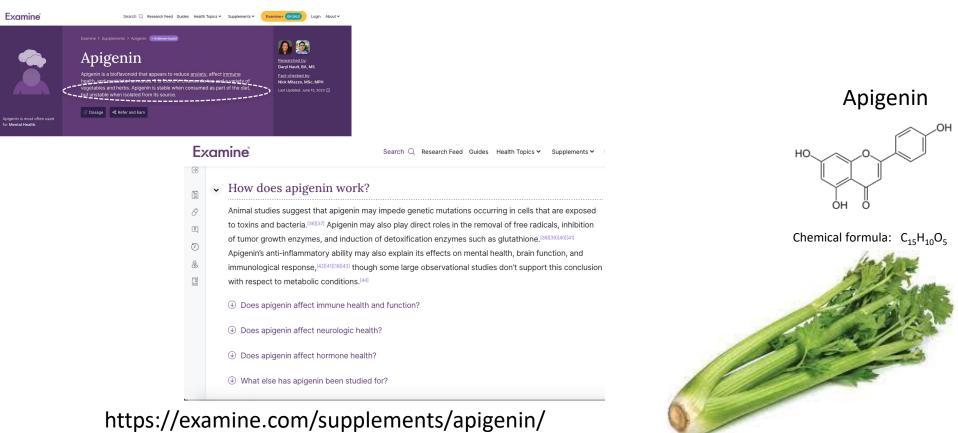


Chemical formula: C₁₅H₁₀O₅

Sedano: sano e curativo



Sedano: sano e curativo





Celery (Apium graveolens)

CeleryDB: a genomic database for celery. [PMID: 29992323] https://ngdc.cncb.ac.cn/databasecommons/database/id/6778

State Key Laboratory of Crop Genetics and Germplasm Enhancement, Key Laboratory of Biology and Germplasm Enhancement of Horticultural Crops in East China, Ministry of Agriculture, College of Horticulture, Nanjing Agricultural University, Nanjing 210095, China.

3-N-Butylphthalide (NBP)

An anti-ischemic drug approved for clinical usage in China by the National Medical Products Administration of China in 2002 **Structures of NBP and its derivatives.**

https://www.medicinenet.com/what_are_the_benefits_of_eating_celery/article.htm



Co-administration of dl-3-n-butylphthalide and neprilysin is neuroprotective in

Wang ZG, Sharma A, Feng L, Muresanu DF, Tian ZR, Lafuente JV, Buzoianu AD, Nozari A, Huang H,

Thus, there are reasons to believe that dl-3-n-butylphthalide could effectively prevent Alzheimer's

disease brain pathology. ... Nanodelivery of dl-3-n-butylphthalide appears to be more potent as

Int Rev Neurobiol, 2023:172:145-185, doi: 10.1016/bs.irn.2023.06.006, Epub 2023 Sep 26.

Alzheimer disease associated with mild traumatic brain injury.

Chen L. Manzhulo I. Wiklund L. Sharma HS.

compared to the conventional delivery of th ...

PMID: 37833011

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TEXT AVAILABILITY

Abstract

Full text

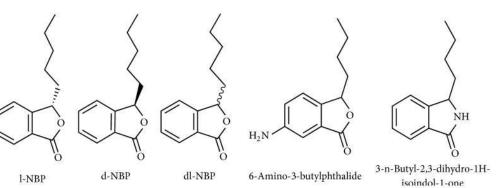
Free full text

ARTICLE ATTRIBUTE

2023

3-N-Butylphthalide (NBP)

An anti-ischemic drug approved for clinical usage in China by the National Medical Products Administration of China in 2002 **Structures of NBP and its derivatives.**



4 more

thalide.

Non	e Selected 👤 📕					₹ RSS	☆ Manage
»>	Study Title	NCT Number	Status	Conditions	Interventions		Sponsor
1	DI-3-n-butylphthalide and C erebrolysin Treatment in Acute Ischemic Stroke	NCT02149875	Completed WITH RESULTS	Acute Cerebral Stro ke Within 12 Hours f or the First Time	 Drug: DI-3-n-butylphthalide Drug: Cerebrolysin Drug: Placebo 		Shanghai 6th le's Hospital
2	For Patients With Ischemic Str oke, Clinically Study the Effect iveness and Safety of Butylph thalide.	NCT05068349	Recruiting	Stroke Cerebral Infarction Brain Infarction 4 more	• Drug: <mark>Butylphthalide</mark>		Qianfoshan Ho al
3	DL-3- n-butylphthalide Treat ment in Patients With Mild to Moderate Alzheimer's Disease Already Receiving Donepezil	NCT02711683	Completed	Alzheimer's Disease	 Drug: DL-3-n-butylphthalide Drug: Donepezil)	First Affiliated pital Xi'an Jiac University
4	Effect of Butyphthalide on Cog nitive Level Change After Cere bral Vascular Event-a Randomi zed Control Trial (Be-CLEVER)	NCT05976152	Not yet recruiting	Stroke Post-stroke Cognitiv e Impairment (PSCI)	 Drug: dl-3-butylphthalide Drug: dl-3-butylphthalide plant 	acebo	Fudan Univers
5	Efficacy and Safety of Butylp hthalide for Acute Ischemic St roke Patients Receiving Intrave nous Thrombolysis or Endovas cular Treatment	NCT03539445	Completed	Acute Ischemic Stro ke	 Drug: Butylphthalide Drug: Butylphthalide Placebo 	0	Beijing Tiantar spital
6	The Efficacy of DL-NBP in Pati ents With Mild Subcortical Isc hemic Vascular Dementia	NCT03906123	Unknown status	Subcortical Vascular Dementia Cerebral Small Vess el Diseases	Drug: NBP Drug: Placebos		Tianjin Medica versity Genera spital



Food Chemistry



Volume 114, Issue 2, 15 May 2009, Pages 610-615

Chemical composition and antiinflammatory activity of pectic polysaccharide isolated from celery stalks

Raisa G. Ovodova a, Victoria V. Golovchenko a, Sergey V. Popov Q Nikita M. Paderin a, Alexandre S. Shashkov b, Yury S. Ovodov a

- Institute of Physiology, Komi Science Centre, The Urals Branch of the Russian Academy of Sciences, 50, Pervomaiskaya Str., Syktyvkar 167982, Russia
- N.D. Zelinsky Institute of Organic Chemistry, Russian Academy of Sciences, 47, Leninsky prospect, Moscow 119991, Russia

Received 16 June 2008, Revised 25 August 2008, Accepted 30 September 2008, Available online 7 October 2008.

https://www.sciencedirect.com/science/article/abs/pii/S0308814608011898



Food Chemistry

Volume 114, Issue 2, 15 May 2009, Pages 610-615



Apiuman: A pectic polysaccharide

- < Interleukin 1 beta (IL-1 β , increase associated with autoinflammation)
- > Interleukin 10 (IL-10, anti-inflammatory cytokine)

Abstract

A pectic <u>polysaccharide</u> called <u>apiuman</u> was isolated from fresh celery stalks by extraction with an aqueous <u>ammonium oxalate</u> followed by <u>ultrafiltration</u>, and was shown to consist of D-galacturonic acid (GalA, 81.0%), L-rhamnose (Rha, 2.6%), L-arabinose (Ara, 2.5%), and D-galactose (Gal, 3.6%) residues. Apiuman was found to be digestible with α -1,4-D-galacturonase to yield D-GalA, thus confirming that apiuman represents a pectic polysaccharide. The purified apiuman (AG) obtained was subjected to <u>ion exchange chromatography</u> on DEAE-cellulose to produce two polysaccharide fractions, AG-1 and AG-2, which had similar sugar <u>compositions</u>. Partial acid <u>hydrolysis</u> of apiuman, AG, revealed <u>galacturonan</u> to be at the core of the <u>macromolecule</u>. Nuclear magnetic resonance (NMR) spectra indicated that the backbone of apiuman appeared to represent α -1,4-D-galacturonan, with considerable amounts of L-Rha residues involved by α -1,2-linkages in the linear chain of the macromolecule core. The side chains were found to consist of Ara and Gal attached at the 4-position of the Rha residues.

Furthermore, apiuman, AG, was found to improve the survival of mice subjected to a lethal dose of <u>lipopolysaccharide</u> (LPS), and the anti-endotoxemic effect of apiuman, AG, was shown to be mediated by decreased interleukin-1 β (IL-1 β and increased interleukin-10 (IL-10) production. Apiuman was also shown to diminish the amount of neutrophils migrating to the peritoneal cavity after LPS injection.

Chemical composition and antiinflammatory activity of pectic polysaccharide isolated from celery stalks

Raisa G. Ovodova a, Victoria V. Golovchenko a, Sergey V. Popov A, Galina Yu. Popova a, Nikita M. Paderin A, Alexandre S. Shashkov, b, Yury S. Ovodov a

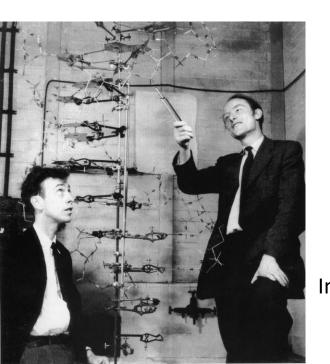
- Institute of Physiology, Komi Science Centre, The Urals Branch of the Russian Academy of Sciences, 50, Pervomaiskaya Str., Syktyvkar 167982, Russia
- b N.D. Zelinsky Institute of Organic Chemistry, Russian Academy of Sciences, 47, Leninsky prospect, Moscow 119991, Russia

Received 16 June 2008, Revised 25 August 2008, Accepted 30 September 2008, Available online 7 October 2008.

https://www.sciencedirect.com/science/article/abs/pii/S0308814608011898

DNA70

1953 to 2023





Genomes
Genomics
Epigenomics
Individual genomics
Metagenomics

'Lost' letters reveal twists in discovery of double helix

Rediscovered letters and postcards highlight the fierce competition among scientists who discovered DNA's famous double-helix structure and unraveled the genetic code.

https://www.nbcnews.com/id/wbna39423795

The international journal of science / 11 May 2023 nature Data from 47 individuals combine to create reference resource that reflects human diversity

A draft human pangenome reference

Published: 10 May 2023

The Human Pangenome Reference Consortium

the draft contains 94 de novo haplotype assemblies from 47 ancestrally diverse individuals

https://www.nature.com/articles/s41586-023-05896-x

Nature - Volume 617 Issue 7960, 11 May 2023

Considered position

The debate over autism research

Predictive power Four steps to fashion

MicroLEDs induced a science of humanto self-assemble into algorithm behaviour next-generation display

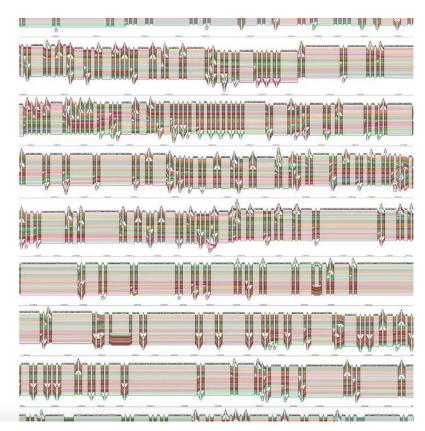
Screen test

20 years after scientists first released a draft sequence of the human genome Scientists Unveil a More Diverse Human Genome

The New York Times

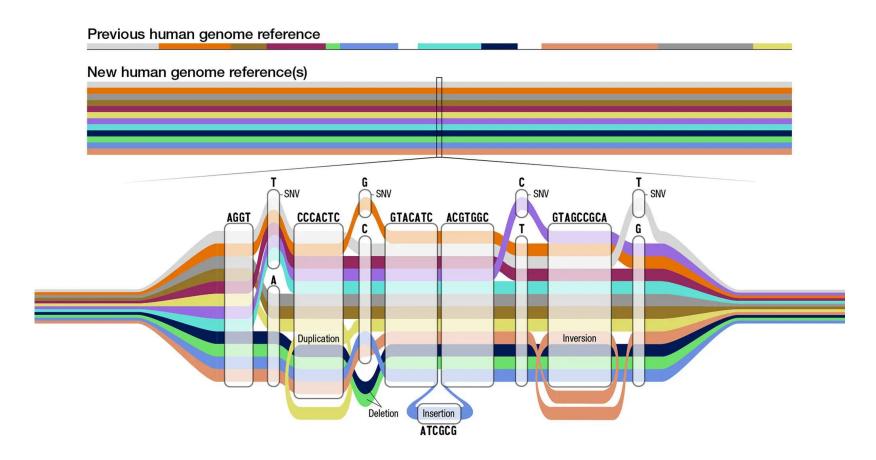
Scientists Unveil a More Diverse Human Genome

The "pangenome," which collated genetic sequences from 47 people of diverse ethnic backgrounds, could greatly expand the reach of personalized medicine.



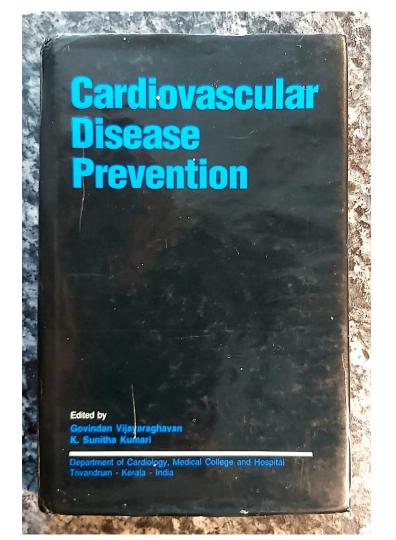
https://www.nytimes.com/2023/05/10/science/pangenome-human-dna-genetics.html

20 years after scientists first released a draft sequence of the human genome Scientists Unveil a More Diverse Human Genome



P5 Medicine:

Personalized,
Predictive,
Preventive,
Participatory,
Precision
Medicine



Cardiovascular Disease Prevention

Proceedings of the workshop organised by the
Department of Cardiology,
Medical College, Trivandram - Kerala - India.
1996

A program sponsored by the
World Health Organisation
and the
Ministry of Health and Family Welfare,
Government of India

Edited by

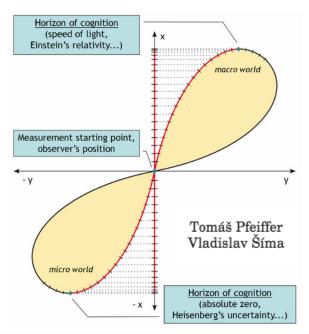
Govindan Vijayaraghavan M.D, D.M (Card), F.R.C.P (E)
Professor and Head of the Department of Cardiology

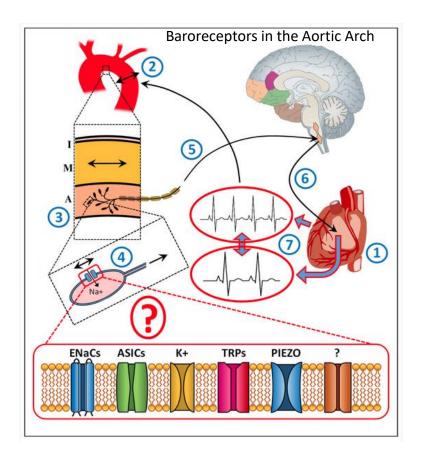
K. Sunitha Kumari M.D., D.M (Card)
Assistant Professor of Cardiology,
Medical College and Hospital, Trivandrum - Kerala - India.

Yoga & AYUSH: Extending the Horizon of Cognition

THE HORIZON OF COGNITION

A way to unify the micro/macro world from the point of view of the Philosophy of Existence





Cells of the adult human heart

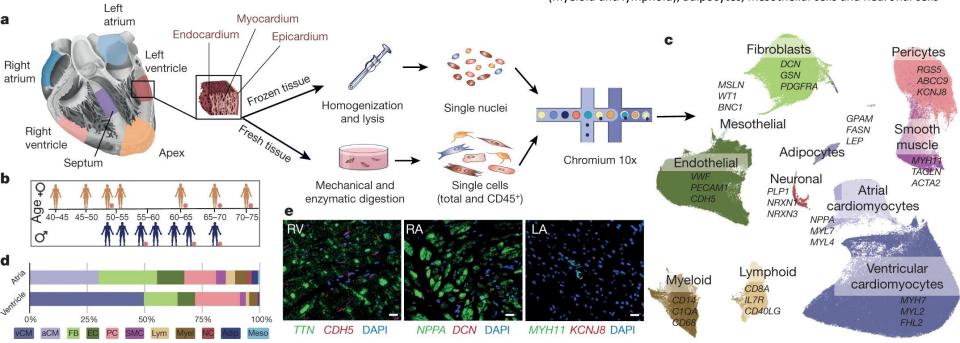
Human cardiac cell atlas: improving our understanding of the human heart and a valuable reference for future studies.

Fig. 1: Cell composition of the adult human heart.

Cellular landscape of the adult human heart

11 major cell types:

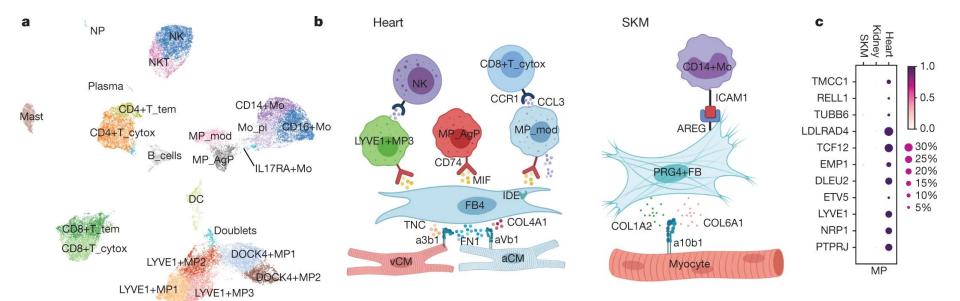
atrial cardiomyocytes, ventricular cardiomyocytes, fibroblasts (FBs), endothelial cells (ECs), pericytes, smooth muscle cells (SMCs), immune cells (myeloid and lymphoid), adipocytes, mesothelial cells and neuronal cells



https://www.nature.com/articles/s41586-020-2797-4

Cells of the adult human heart

Fig. 4: Cardiac immune populations and cell-cell interactions.



a, Manifold of 40,868 myeloid and lymphoid cardiac cells. NP, neutrophils; NK, natural killer; NKT, natural killer T cells; CD4+T_tem, effector-memory CD4+ T cells; CD4+T_cytox, CD4+ cytotoxic T cells; CD8+T_tem, CD8+ effector-memory T cells; CD8+T_cytox, CD8+ cytotoxic T cells; DC, dendritic cells; CD14+Mo, CD14+ monocytes; CD16+Mo, CD16+ monocytes; Mo_pi, pro-inflammatory monocytes; IL17RA+Mo, IL17RA+ monocytes; MP_AgP, HLA class II antigen-presenting macrophages; MP_mod, monocyte-derived macrophages; LYVE1+MP1-3, M2-like, LYVE1+ macrophages sets 1–3; DOCK4+MФ1-2, DOCK4+ macrophage sets 1–2; B_cells, B cells; plasma, plasma B cells. b, BioRender infographic summarizes predicted cell-cell interaction circuits between atrial and ventricular cardiomyocytes, FB4 and immune cells involved in tissue repair in the heart and SKM. Data are available in Supplementary Table 17. c, Gene expression signature for cardiac-specific LYVE1+ macrophages compared against predicted matched populations in skeletal muscle and kidney.

The Lymphatic Vessel Endothelial Hyaluronan Receptor (Lyve1) is notably expressed on lymphatic endothelial cells (LEC) and selected macrophages, but not on microglia.

About



Single-cell RNA-seq of heart reveals intercellular communication drivers of myocardial fibrosis in diabetic cardiomyopathy

Wei Li, Xinqi Lou, Yinqjie Zha, Yinyin Qin, Jun Zha, Lei Hong, Zhanli Xie, Shudi Yang, Chen Wang ... Shigang Oiao see all »

Cyrus Tang Hematology Center, Soochow University, China; Institute of Clinical Medicine Research, Suzhou Science & Technology Town Hospital, Gusu School, Nanjing Medical University, China; Faculty of Anesthesiology, Suzhou Science & Technology Town Hospital, Gusu School, Nanjing Medical University, China; Suzhou Polytechnic Institute of Agriculture, China

Apr 3, 2023 · https://doi.org/10.7554/eLife.80479 & @

GLOBAL HEALTH & CARE:

AYUSH SYSTEMS & AYUSH DIPLOMACY FOR BUILDING GLOBAL HEALTH

Health > Health & Care > versus "Diseasecare" masquerading as Healthcare

Current problems in international health & care

Important Global Health topics:

Access to care and right to health

Infectious diseases

Non-communicable diseases

Reproductive health

Mental health

Cultural dimensions of medicine

Health a prisoner / hostage of Healthcare

AYUSH solutions to global health care problems



https://www.who.int/news-room/events/detail/2023/08/17/default-calendar/the-first-who-traditional-medicine-global-summit







https://ayush.gov.in/







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5	Central Ayurveda Research Institute, Patiala				
6	Raja Ramdeo Anandilal Podar (RRAP) Central Ayurveda Research Institute, Mumbai				
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9	M.S. Regional Ayurveda Research Institute, Jaipur				
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Ministry of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homeopathy (AYUSH)

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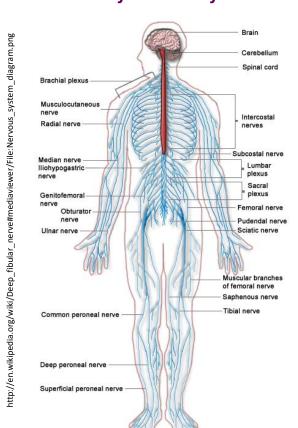
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https://www.tkdl.res.in/

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The subtle filaments of all causal healing The Subtle Body: Container of Kundalini Shakti

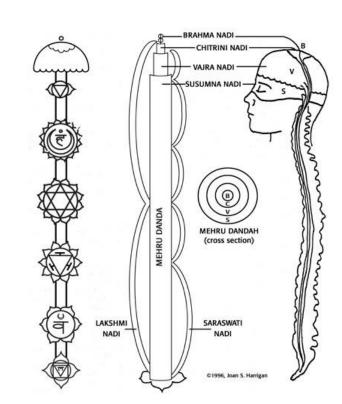


Bindu

Muladhara Chakra

Visarga

Sahasrara



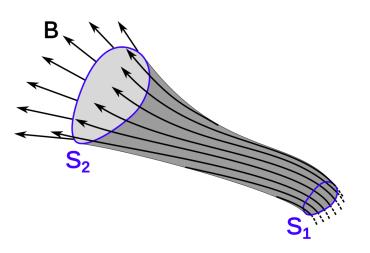
Six Shakti Nadis

http://kundalinicare.com/?page id=161

The Science of Meridians

The theoretical background of meridians, bioelectrical energy and nadis

Fröhlich's hypothesis of coherence in biological systems introduced by Herbert Fröhlich in the late 1960s



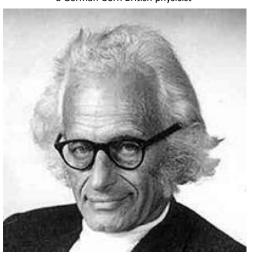
Fröhlich proposed a theory of coherent excitations in biological systems known as Fröhlich coherence.

A system that attains this state of coherence is known as a Fröhlich condensate.

Herbert Fröhlich FRS

(9 December 1905 – 23 January 1991)

a German-born British physicist

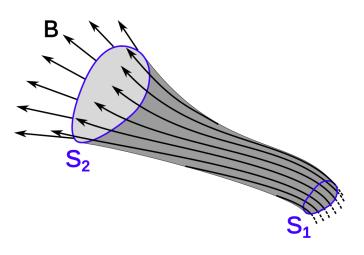


https://en.wikipedia.org/wiki/Bioelectrodynamics

The theoretical background of bioelectrical energy & the science of meridians

Fröhlich's hypothesis of coherence in biological systems

introduced by Herbert Fröhlich in the late 1960s



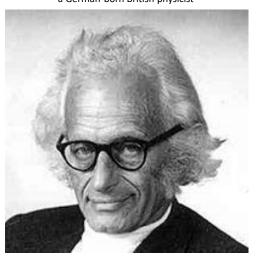
Herbert Fröhlich and F. Kremer Coherent Excitations in Biological Systems (Springer-Verlag, 1983) ISBN 978-3-642-69186-7

Herbert Fröhlich, editor Biological Coherence and Response to External Stimuli (Springer, 1988) ISBN 978-3-642-73309-3

Herbert Fröhlich FRS

(9 December 1905 – 23 January 1991)

a German-born British physicist



https://en.wikipedia.org/wiki/Bioelectrodynamics

The 4th Globalization & The 5th Industrial Revolution

A new form of trade is reshaping our world, and it's driven by the movement of bits and bytes, not goods, around the globe

Exports of raw materials no longer generated sufficient hard currency to service their debts

Trade in manufactured goods peaked in 2008. The flow of investment into foreign businesses and factories crashed that same year

The MAREA undersea cable, running 6,600 km from Virginia Beach in the United States to Sopelana, near Bilbao, in Spain. Photo courtesy of Microsoft



https://aeon.co/essays/the-globalisation-of-ideas-will-be-different-than-that-of-goods