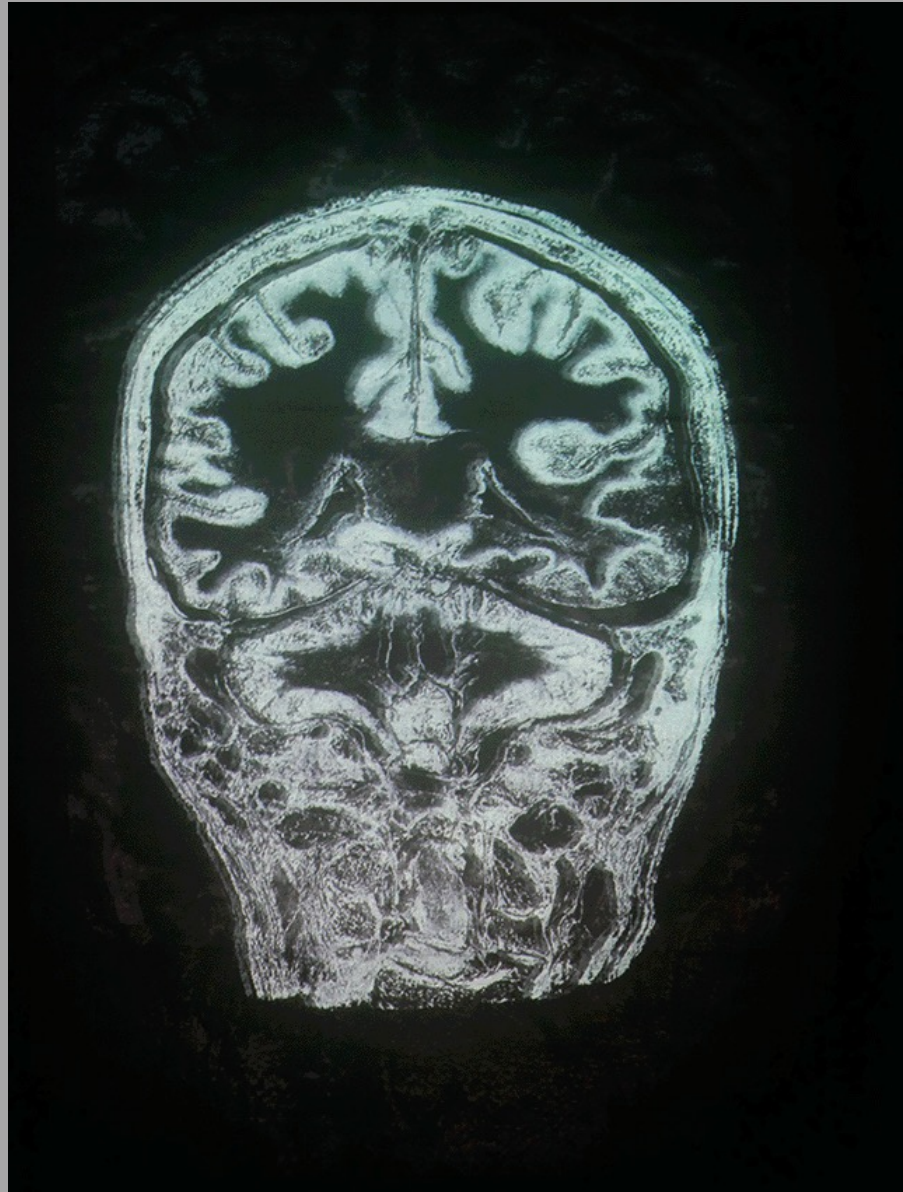
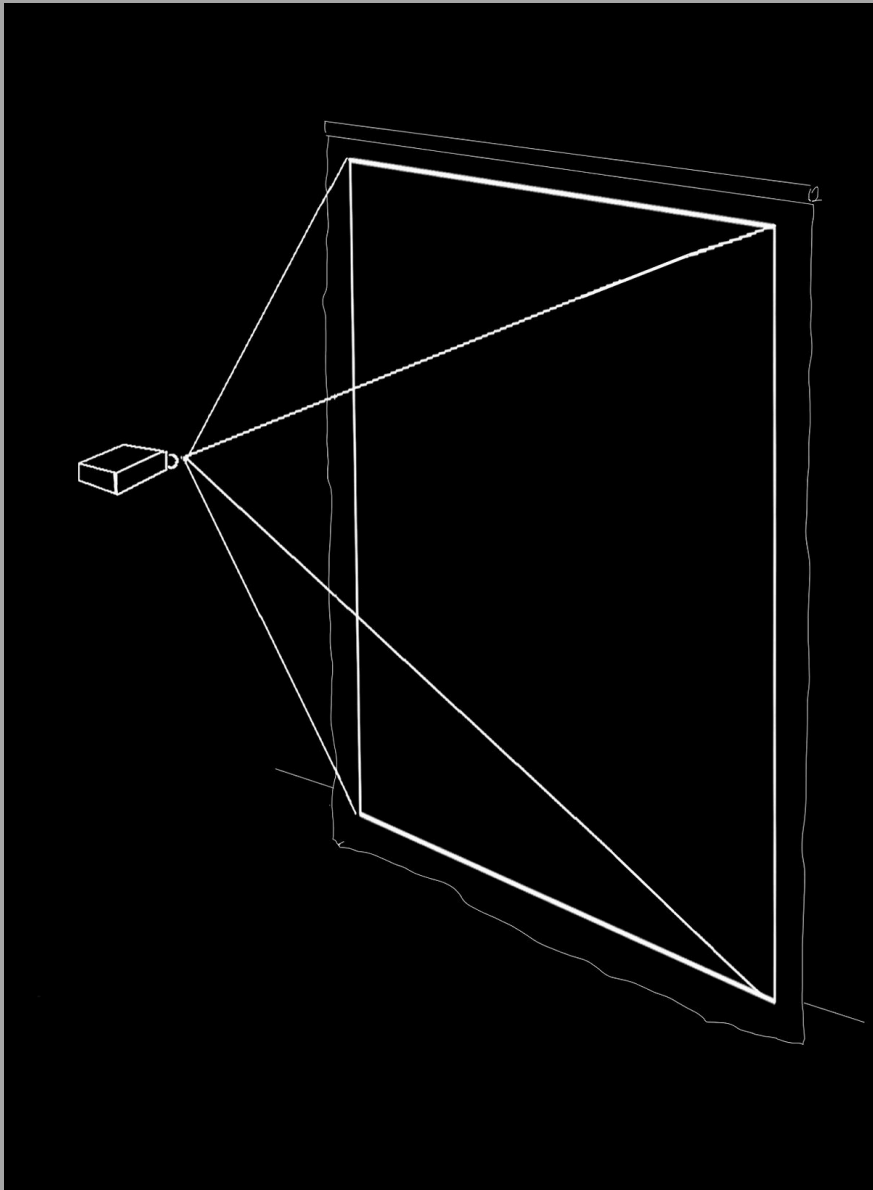


Andrew Carnie

Look at Ourselves:

MIRROR MIRROR

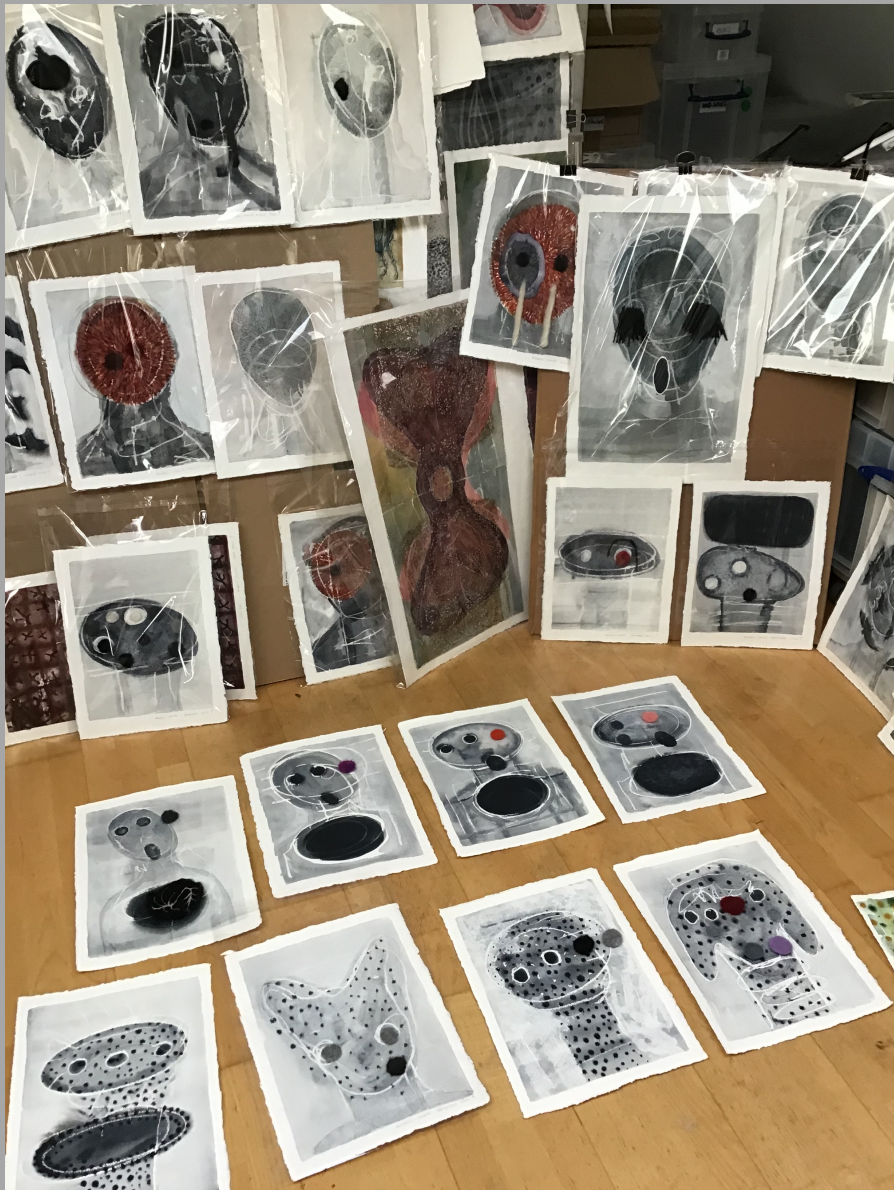




The studio: **How it Looks**





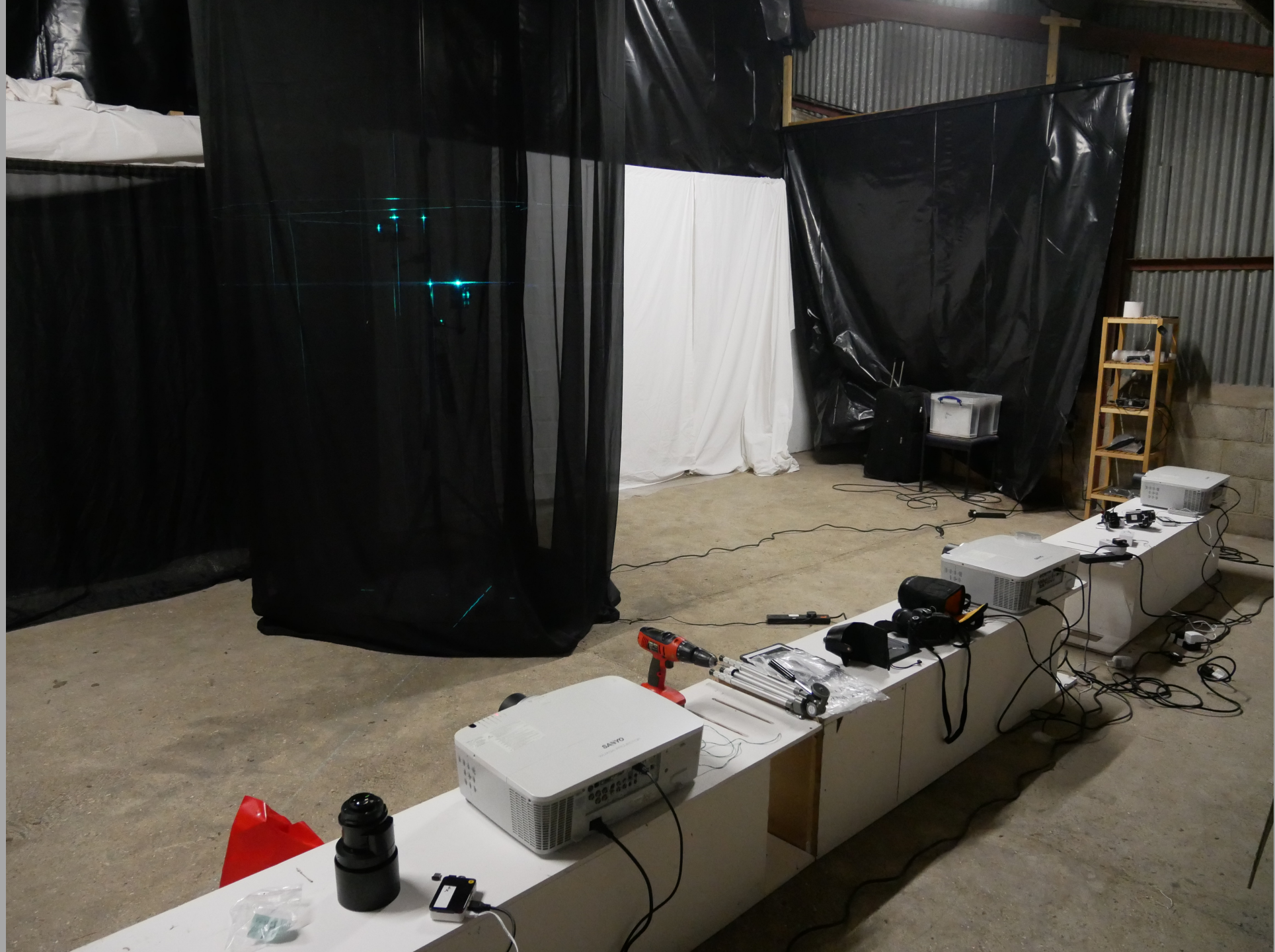
















LEPY

Rayge9
PARTY LIGHTS

Lepy
HI POWER
LP-168
2-Channel Audio Power Amplifier

SOFT SPEAKER
KAWAID
553011

12V 5A

12V 5A

PHASE
40W

PHASE
40W

REC

REC

REC



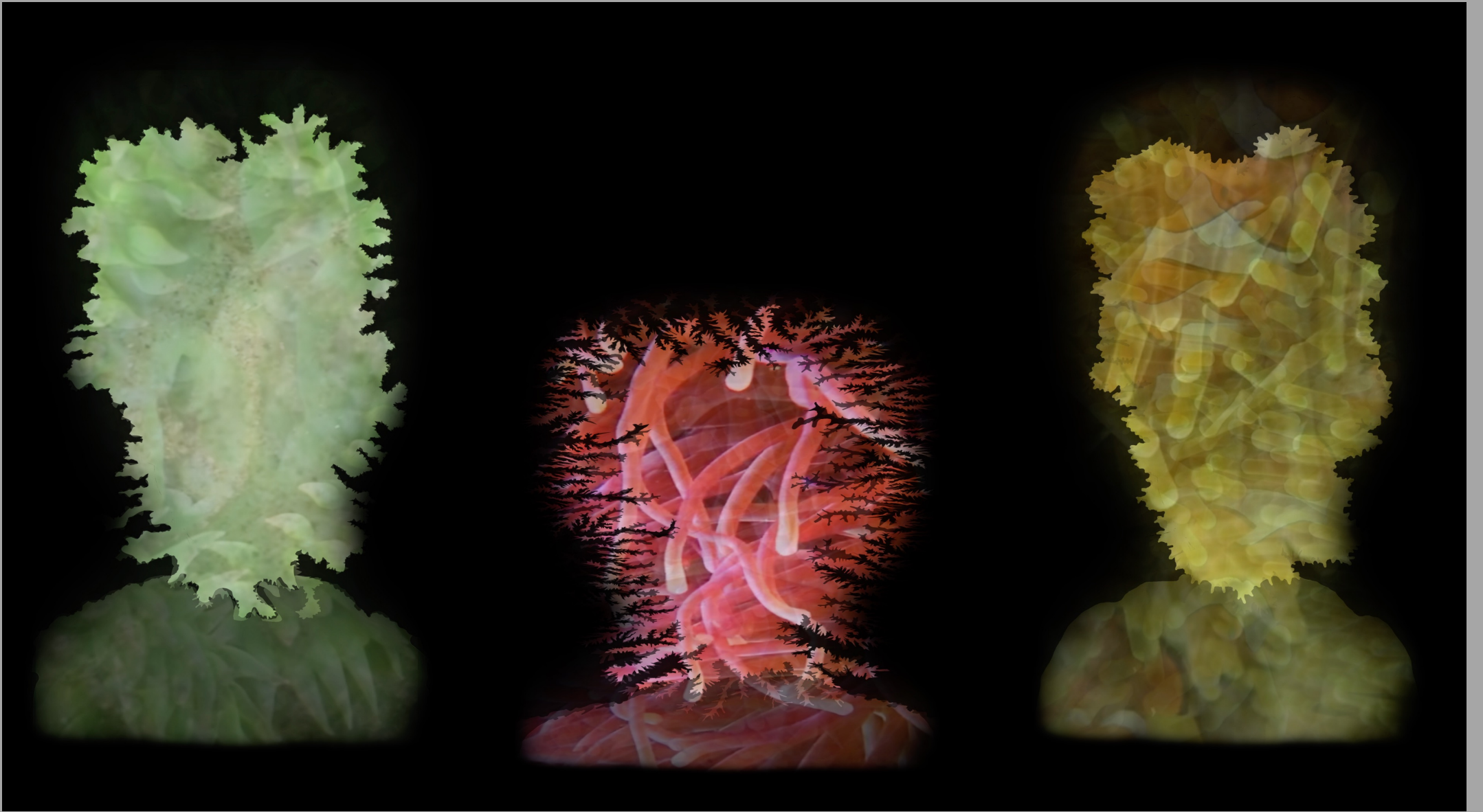


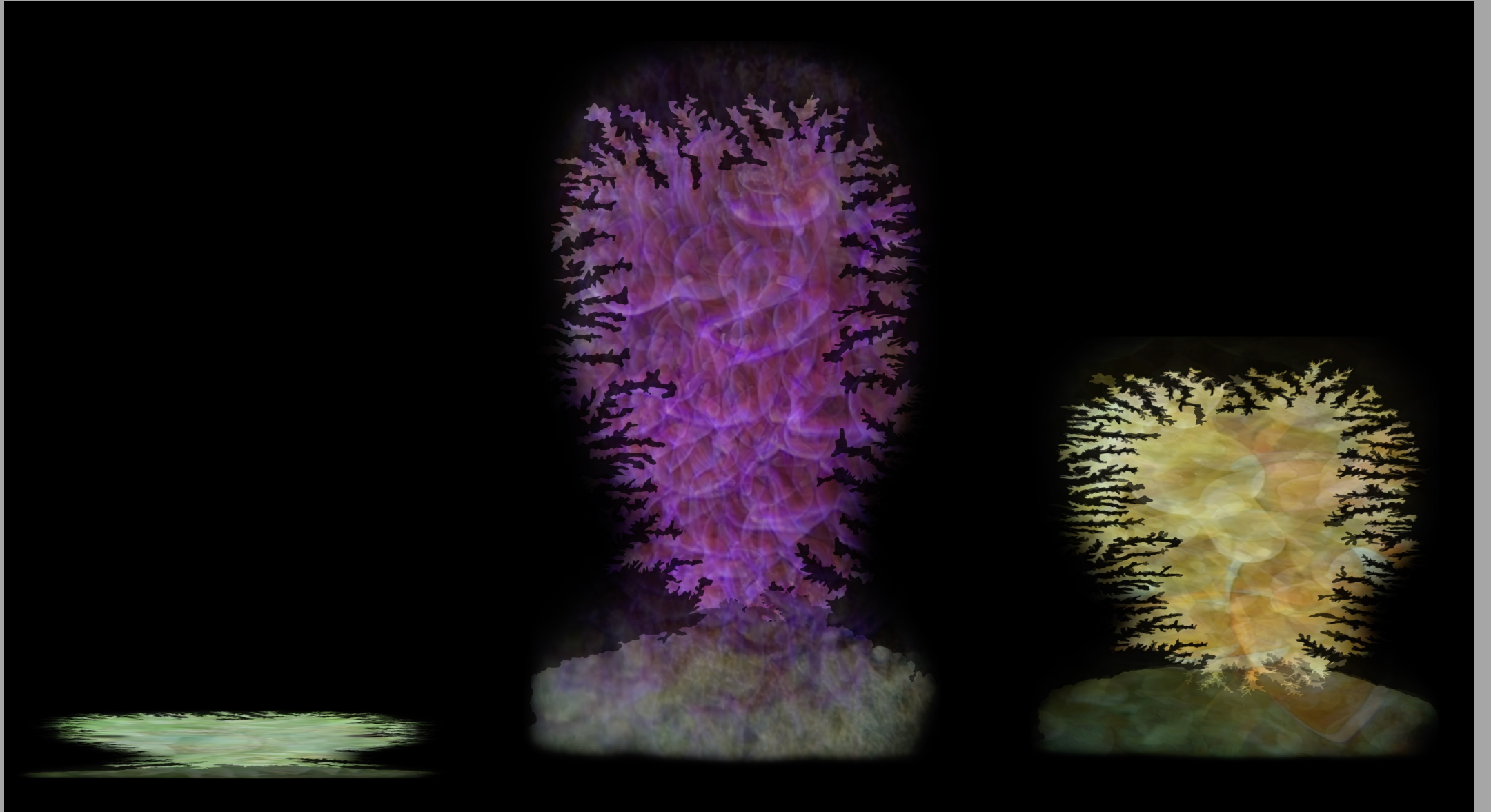




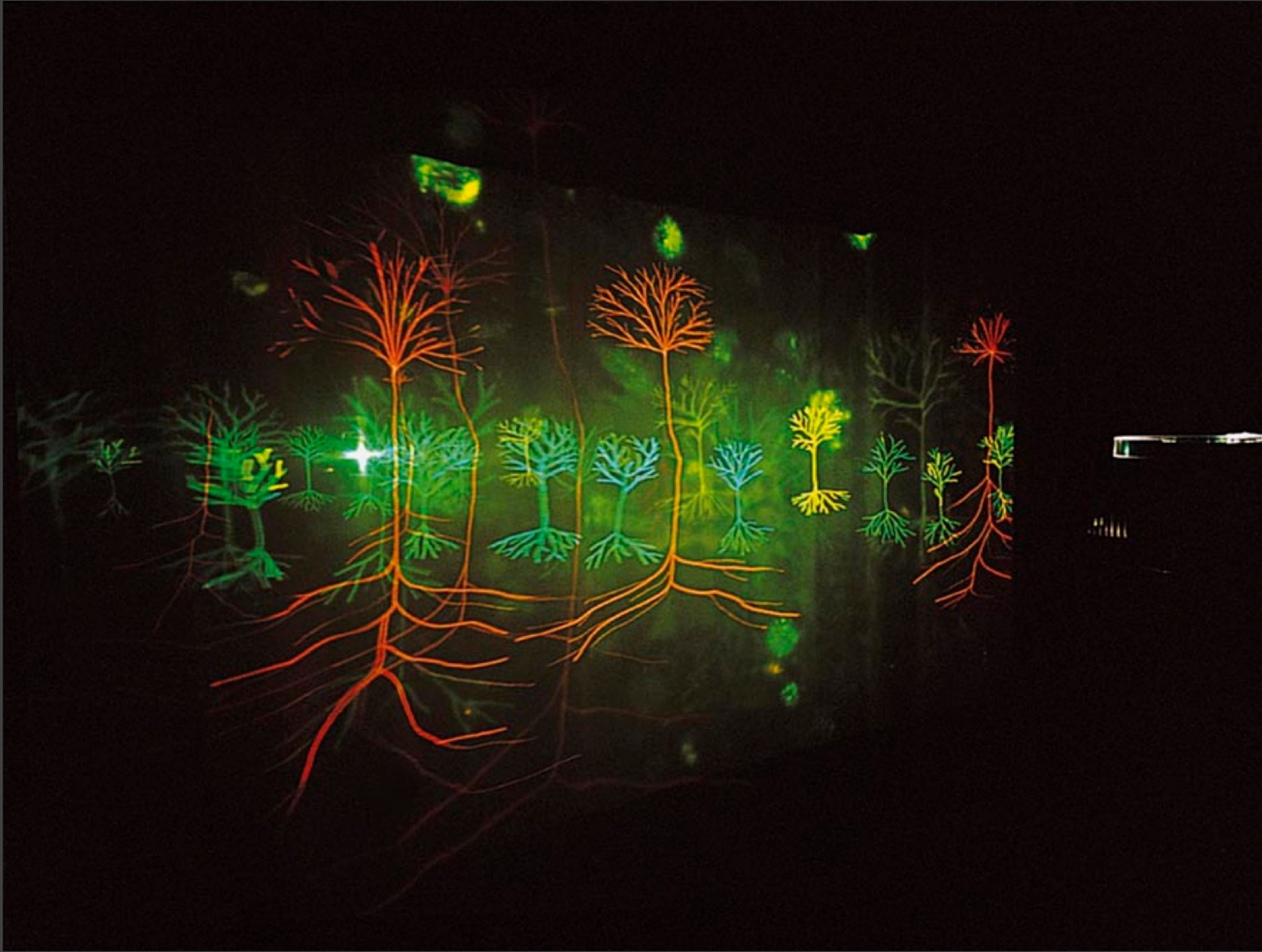




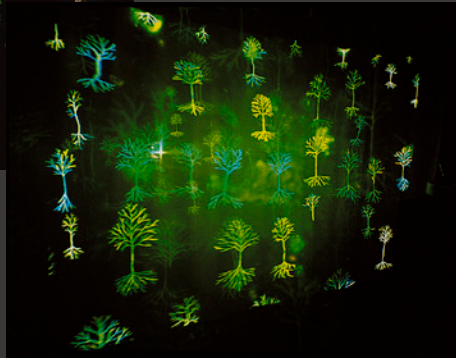
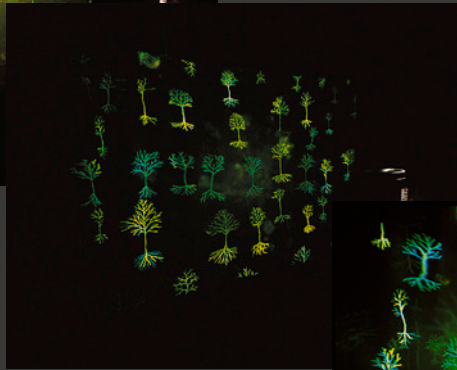
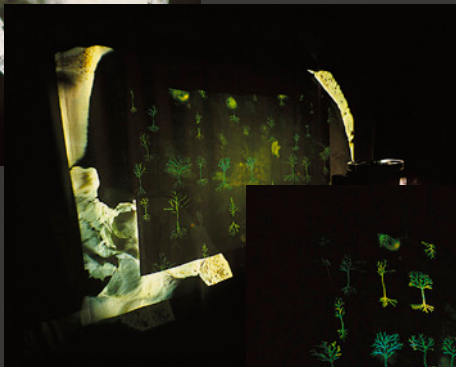
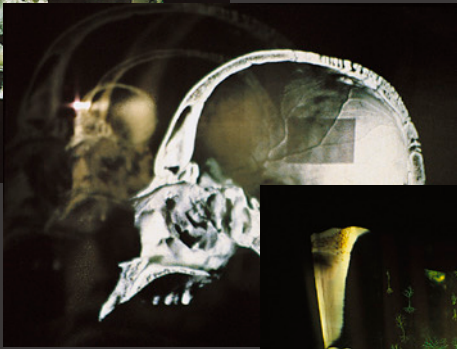
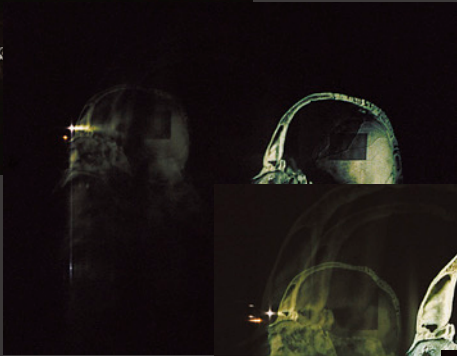


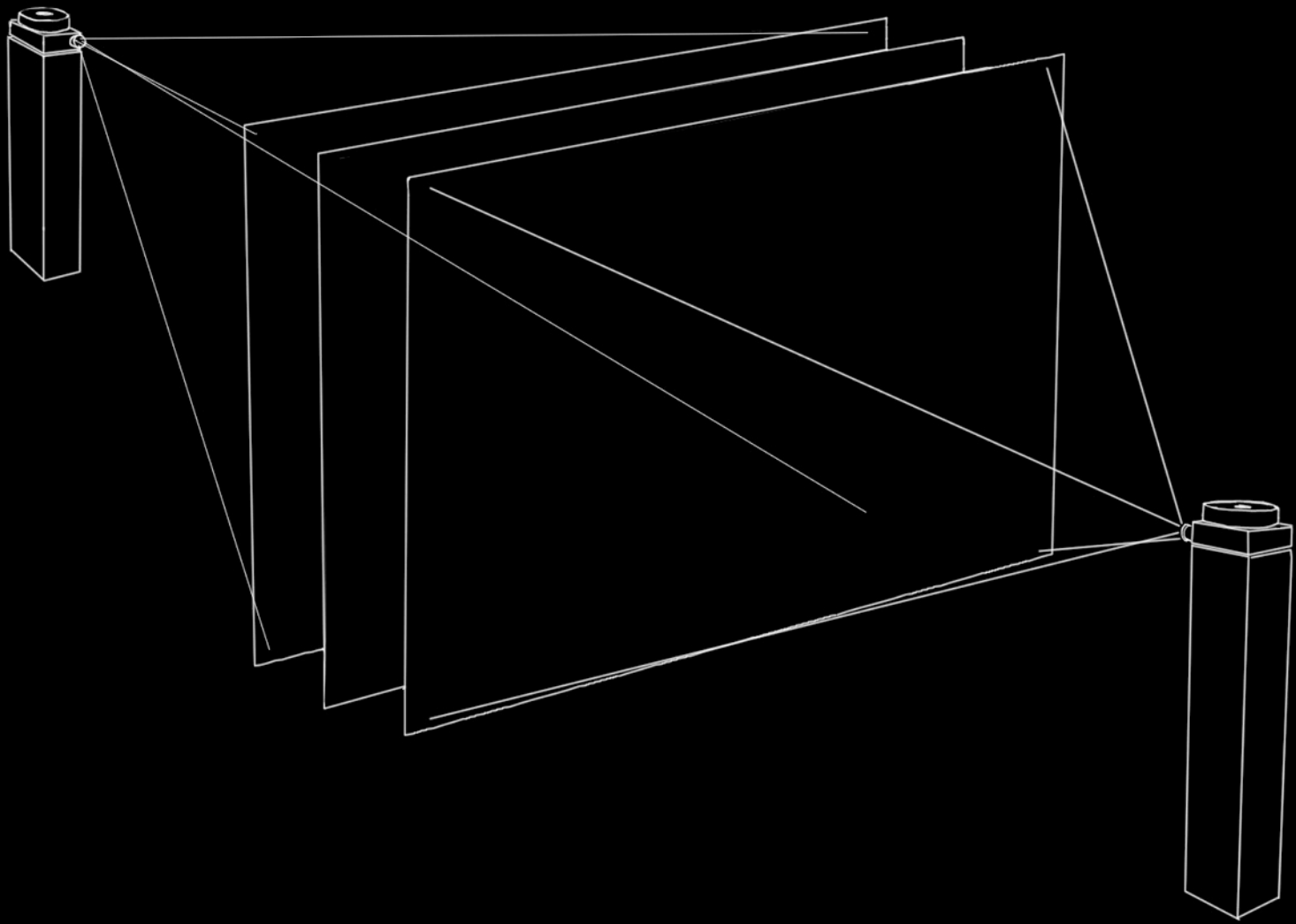


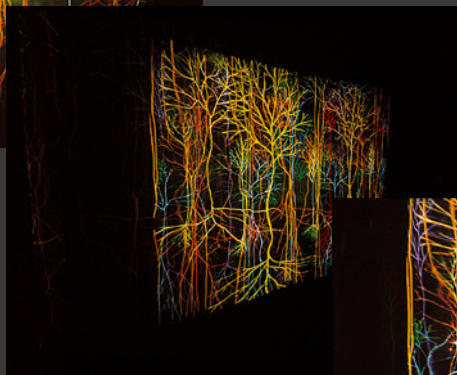
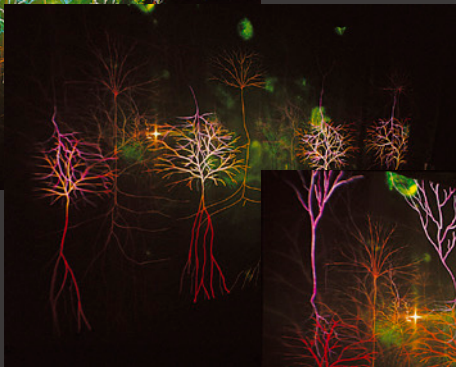
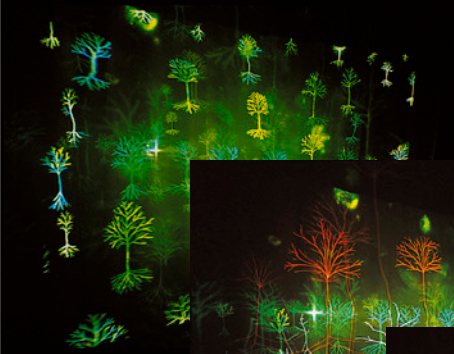
Being Human

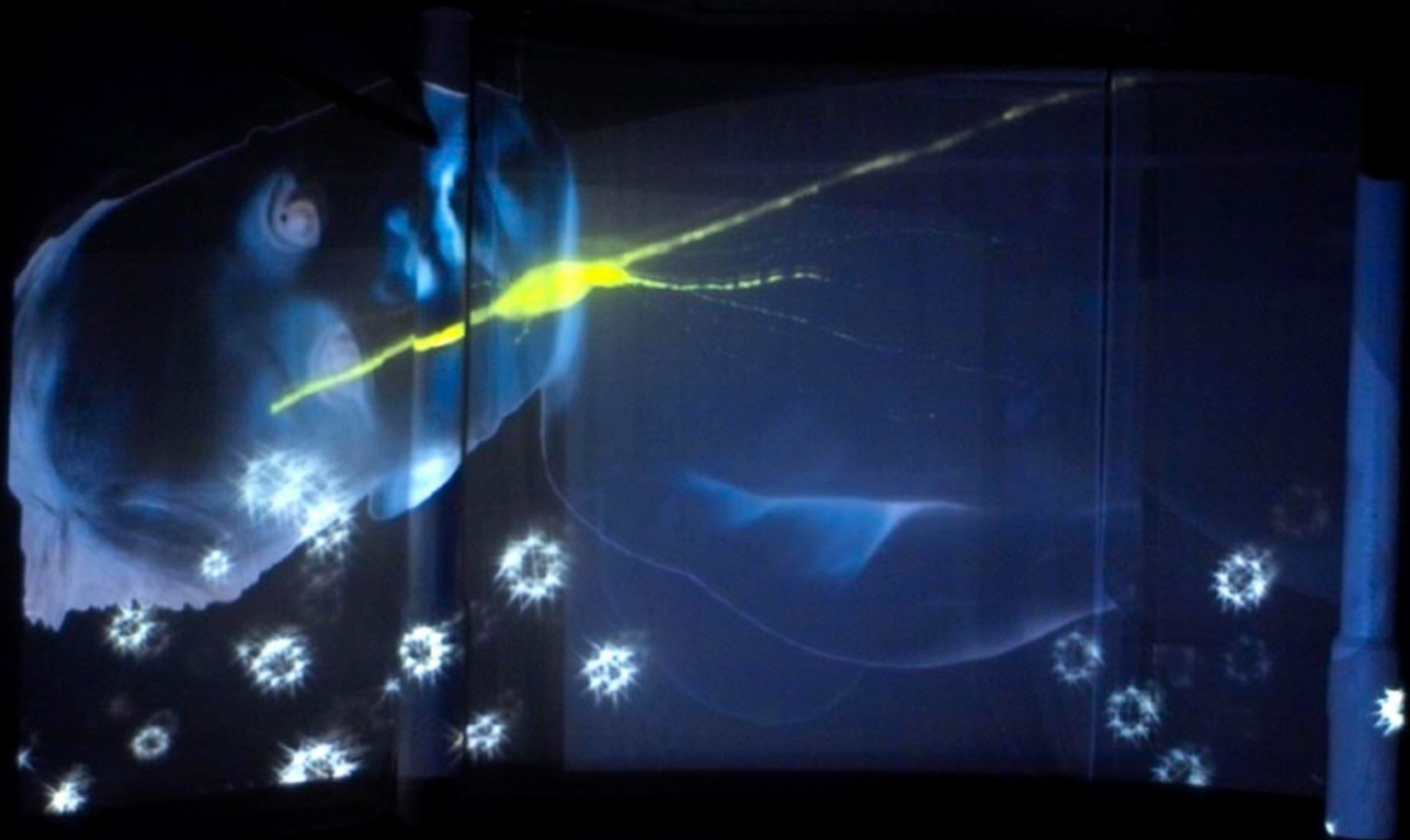


Magic Forest 2002



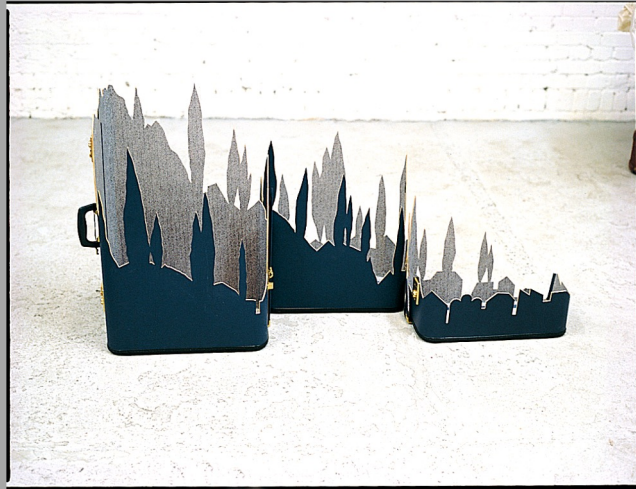


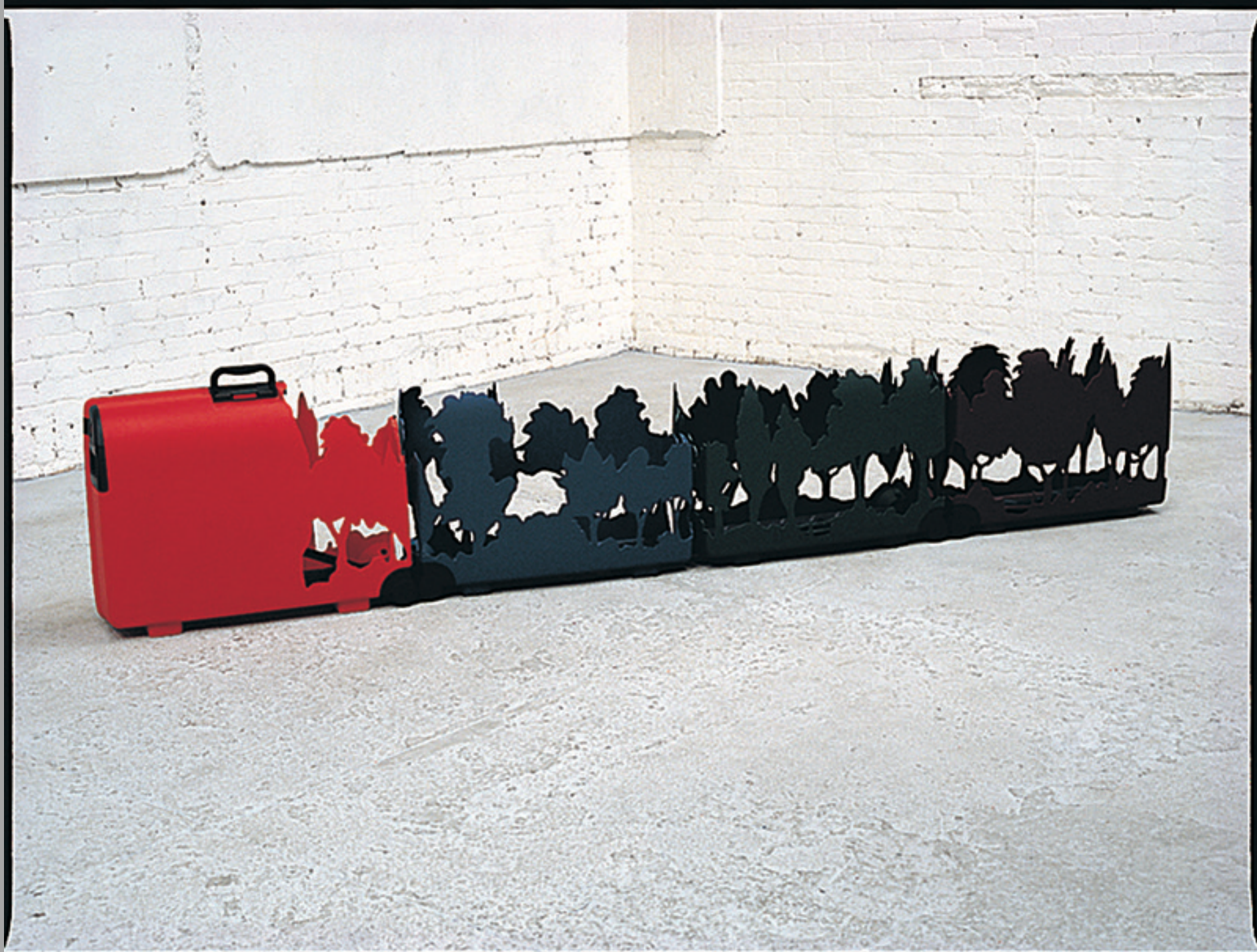




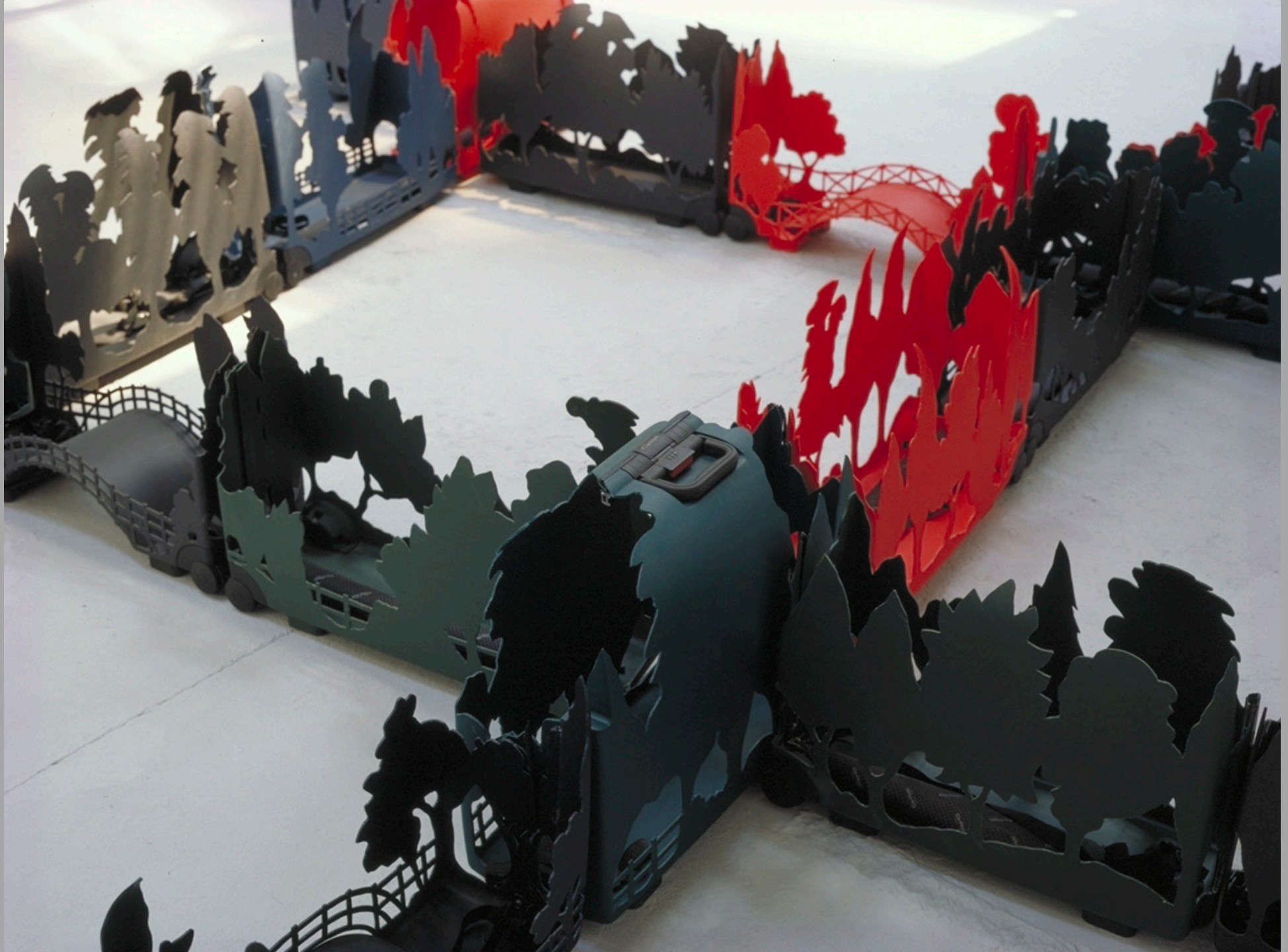
Complex Brain
Spreading Arbour
2002





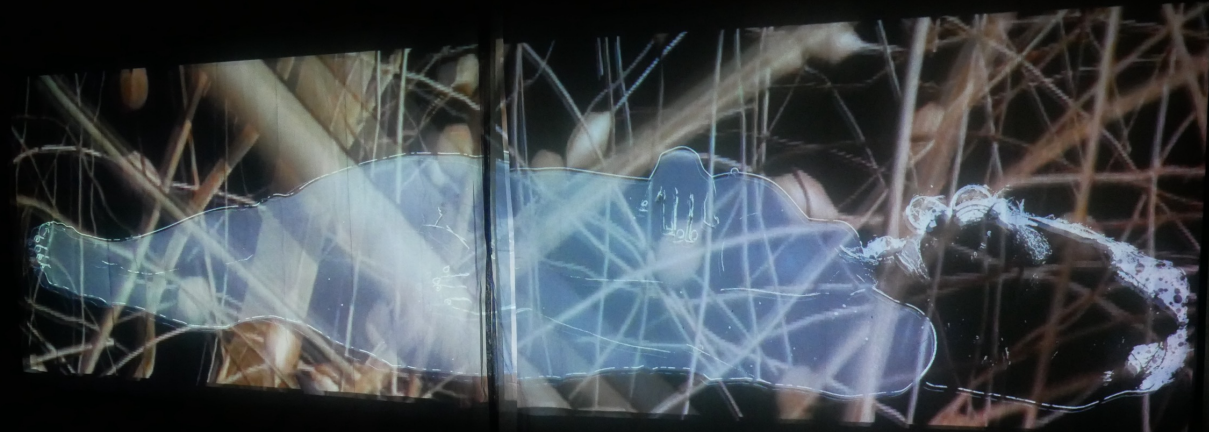


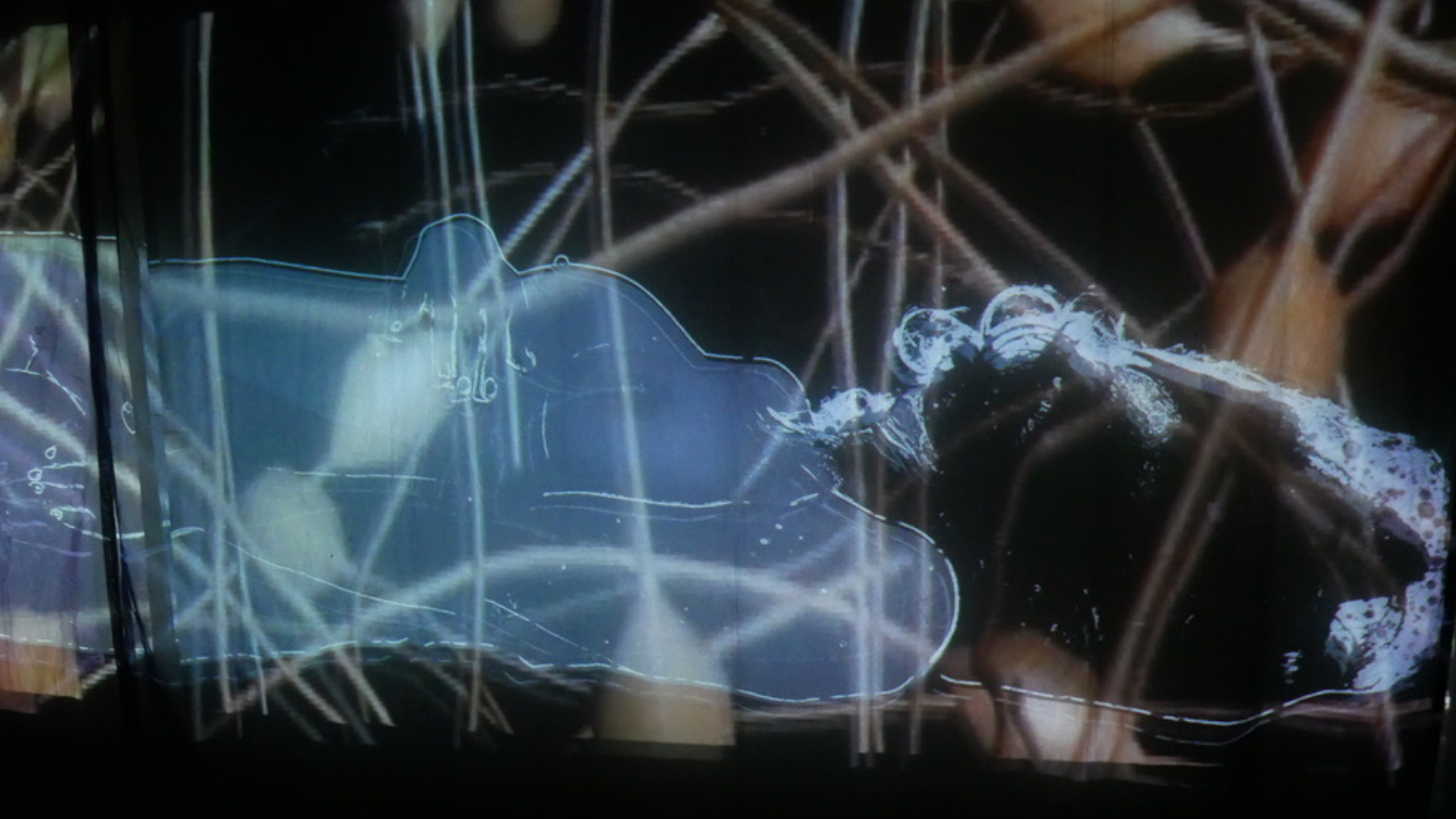
Walk, 1992,
hand cut suitcases

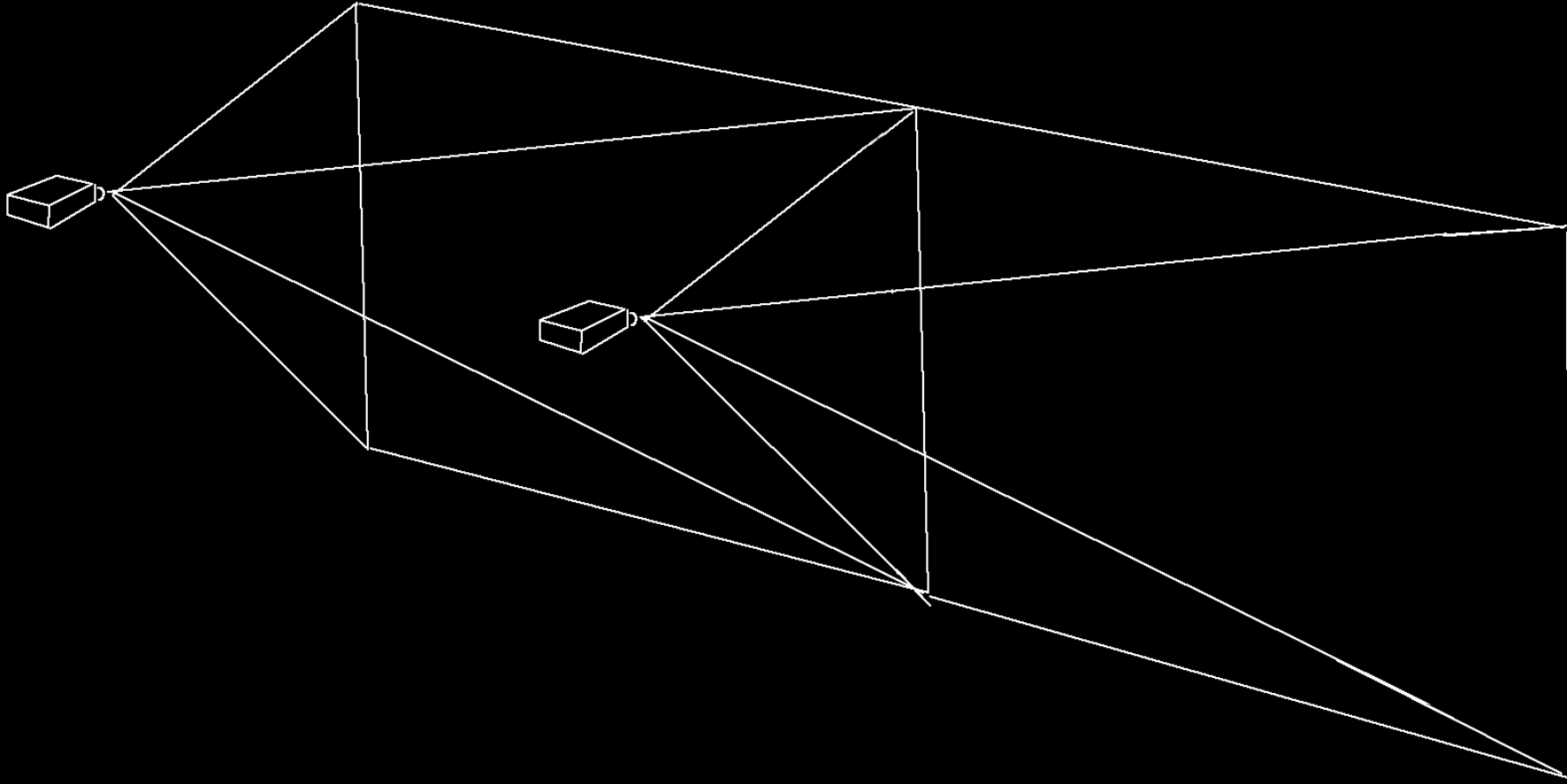


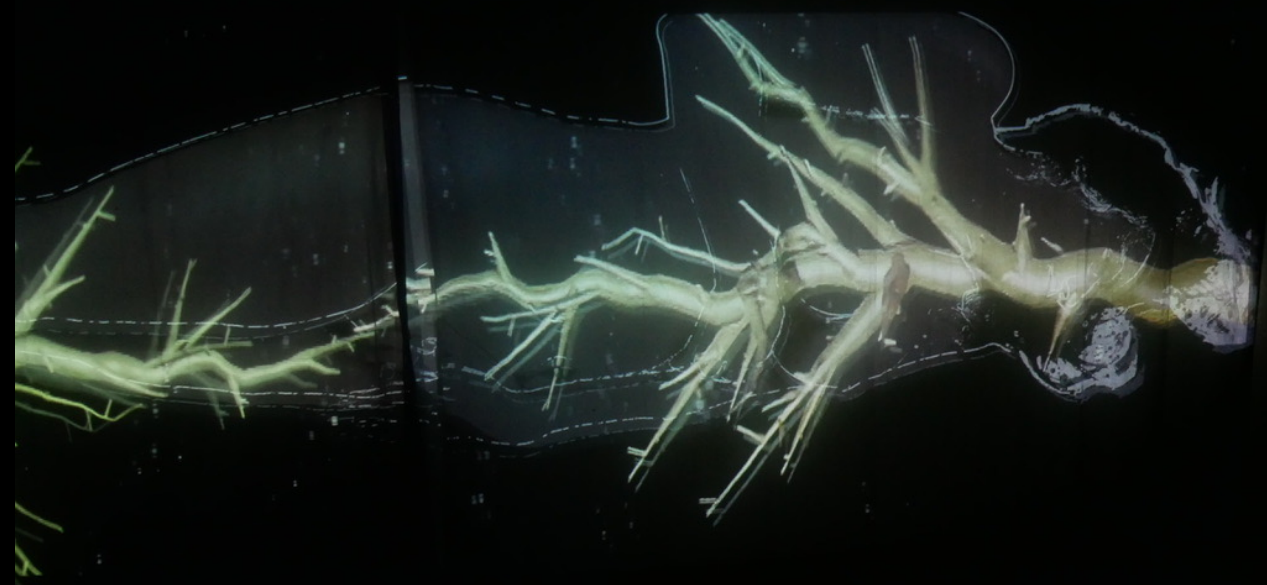
Patchwork, 1992,
hand cut, suitcases

As Things Come to Pass 2020

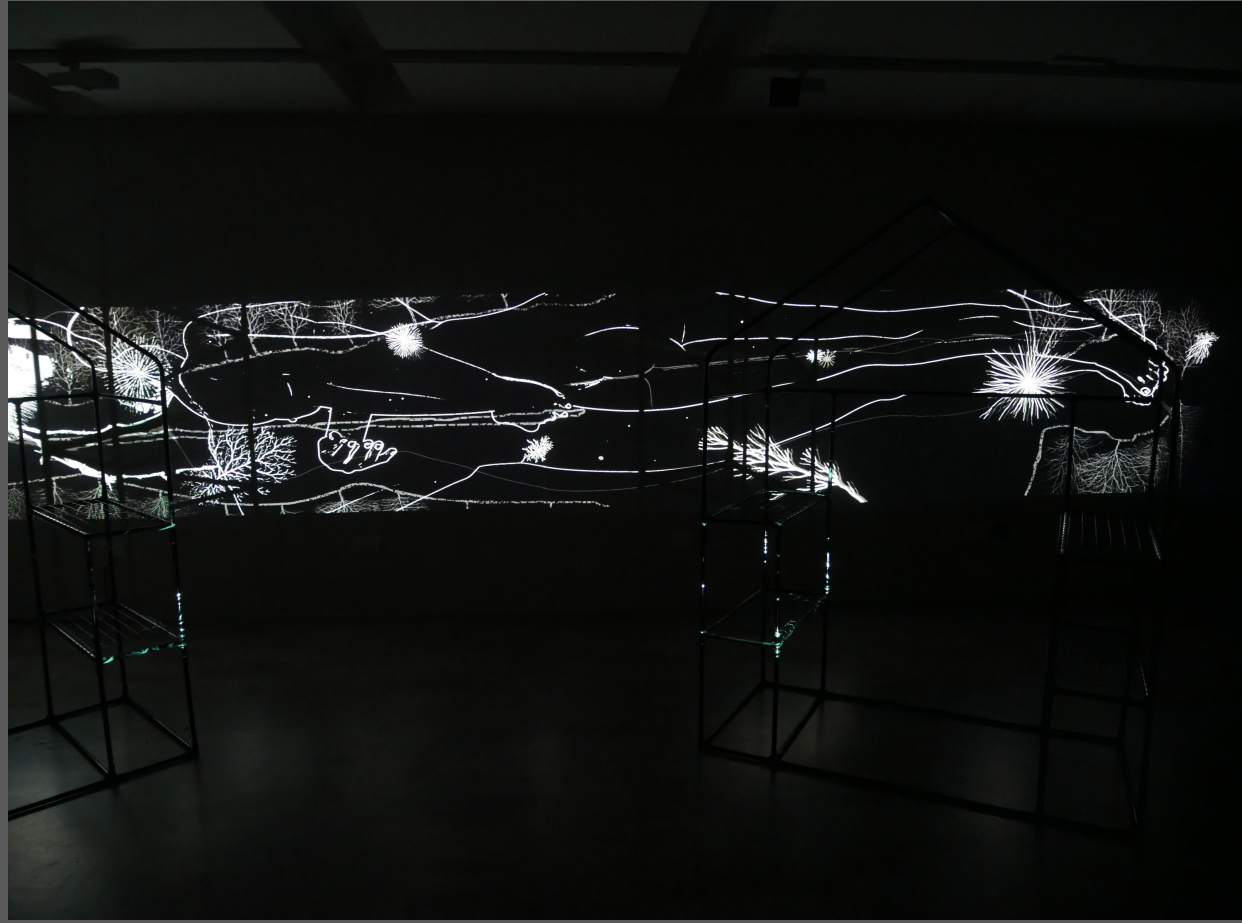
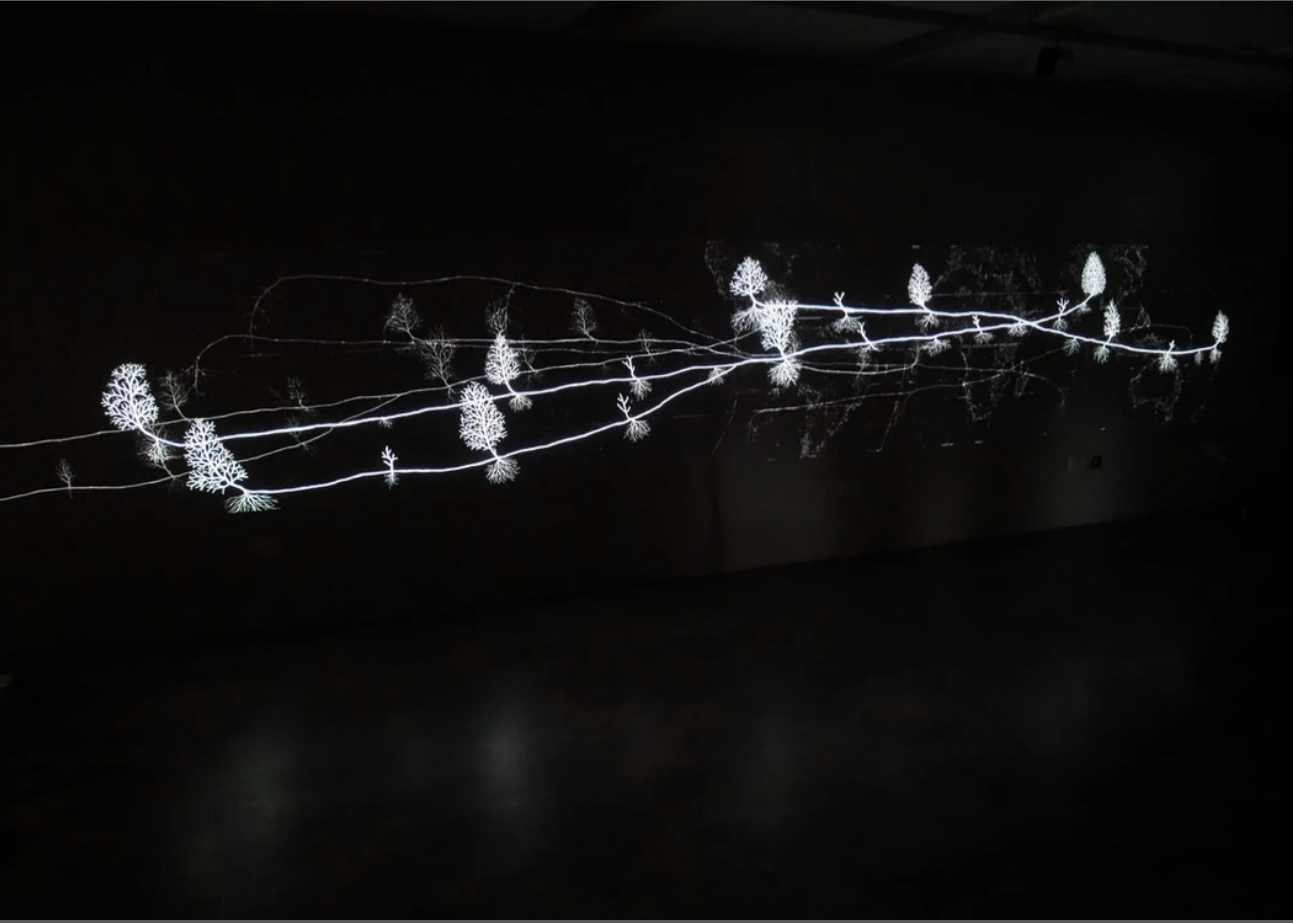


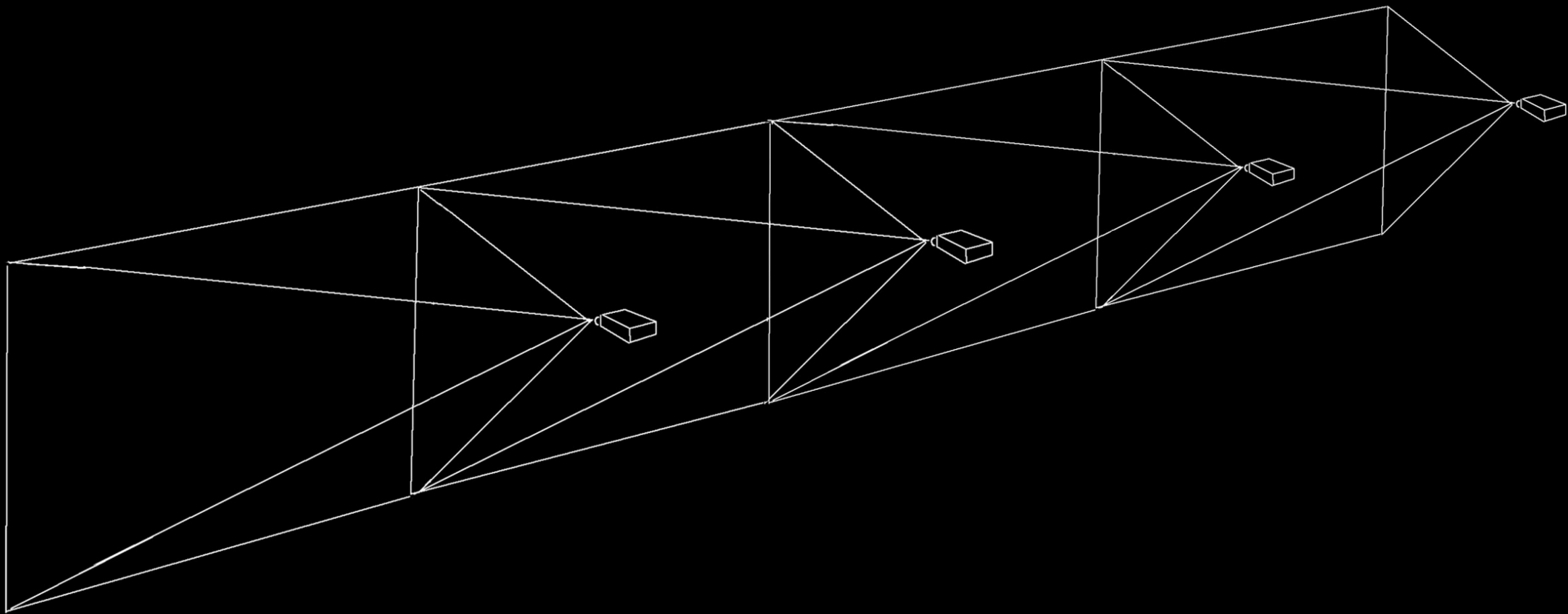


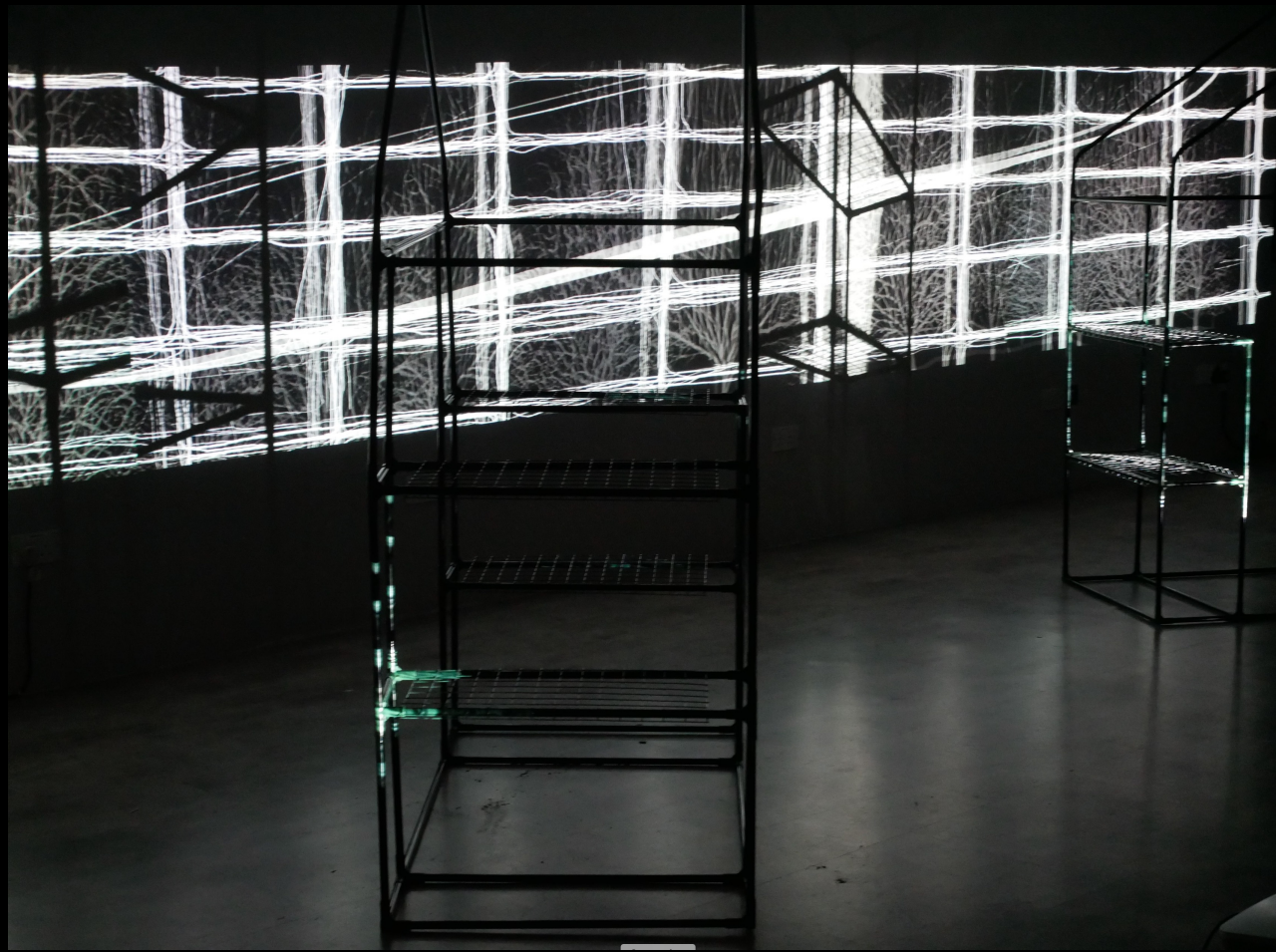


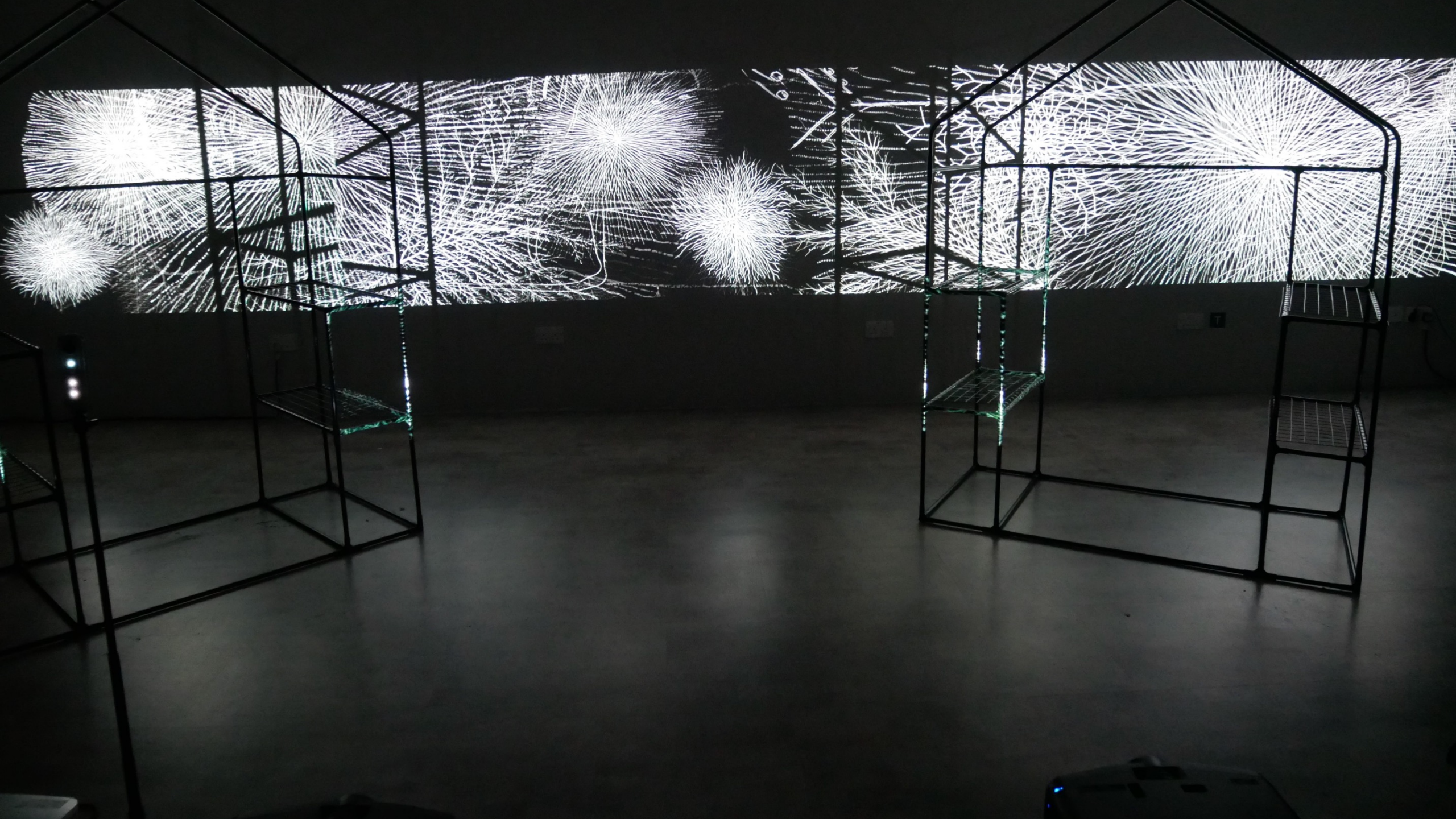


Here There and Everywhere 2020



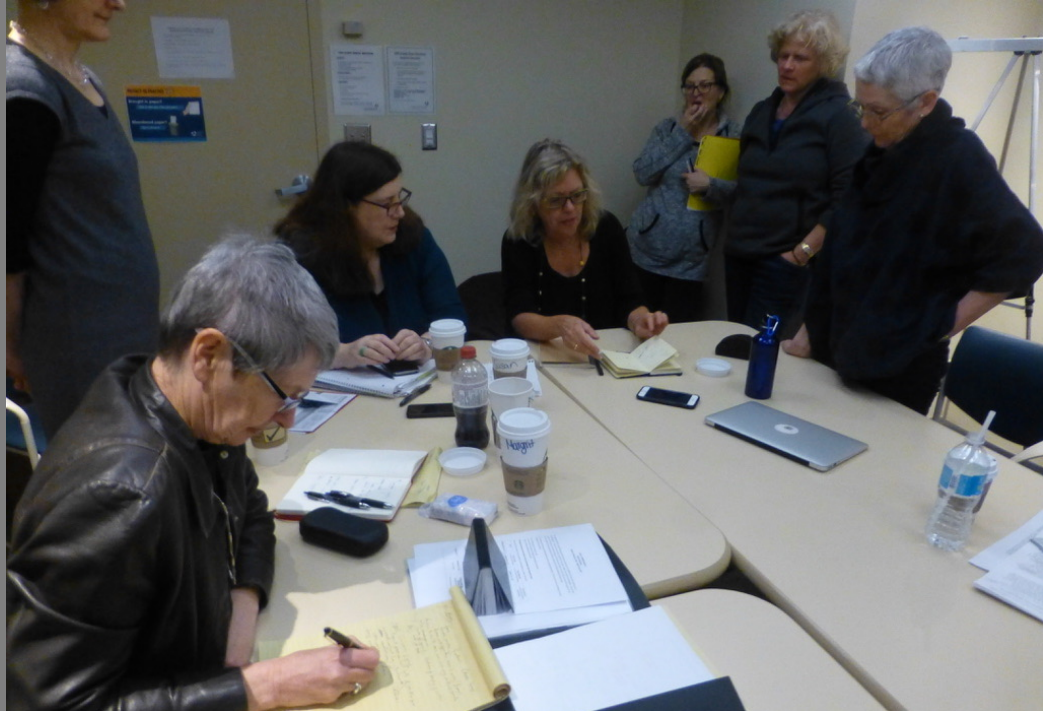






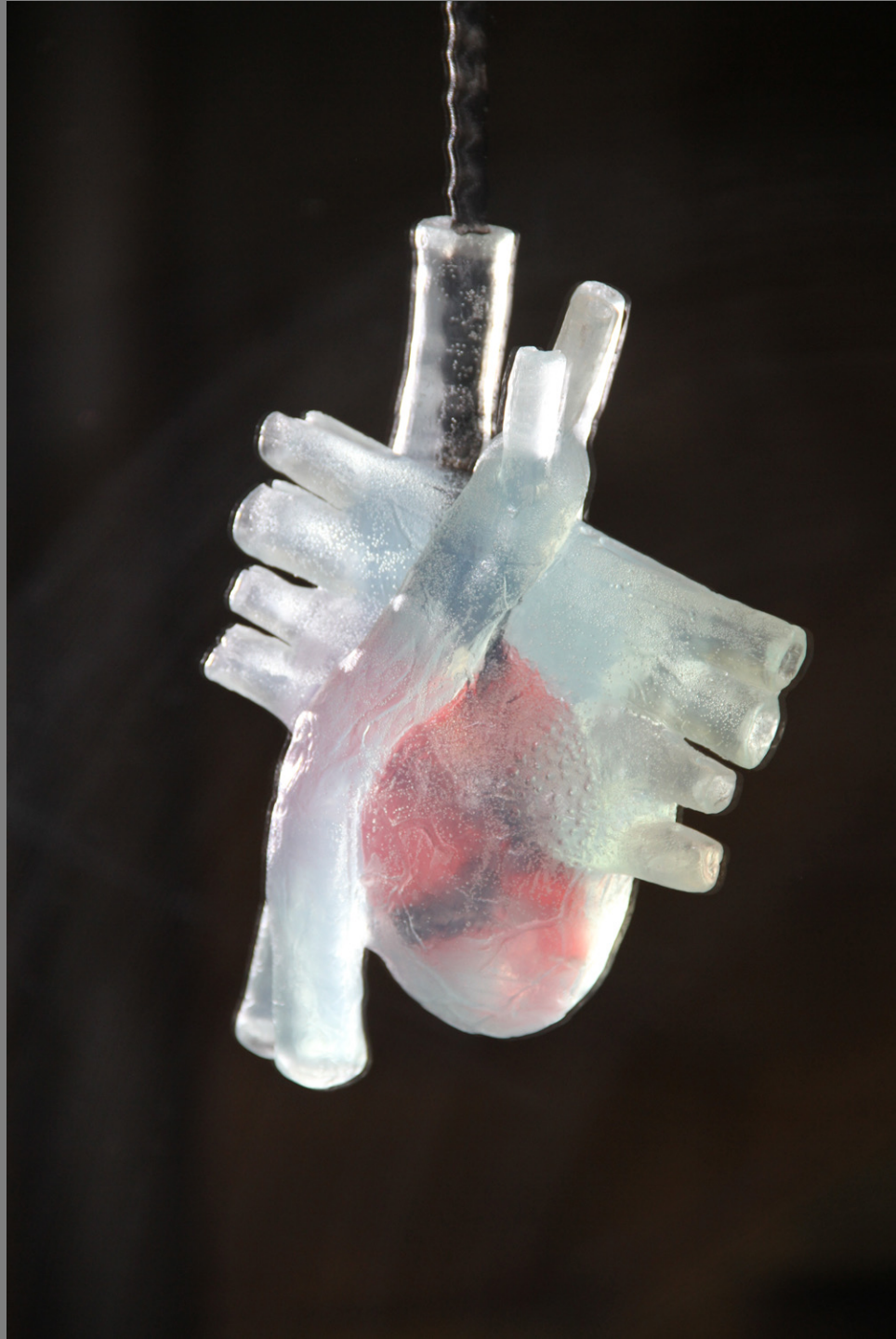
HYBRID BODIES

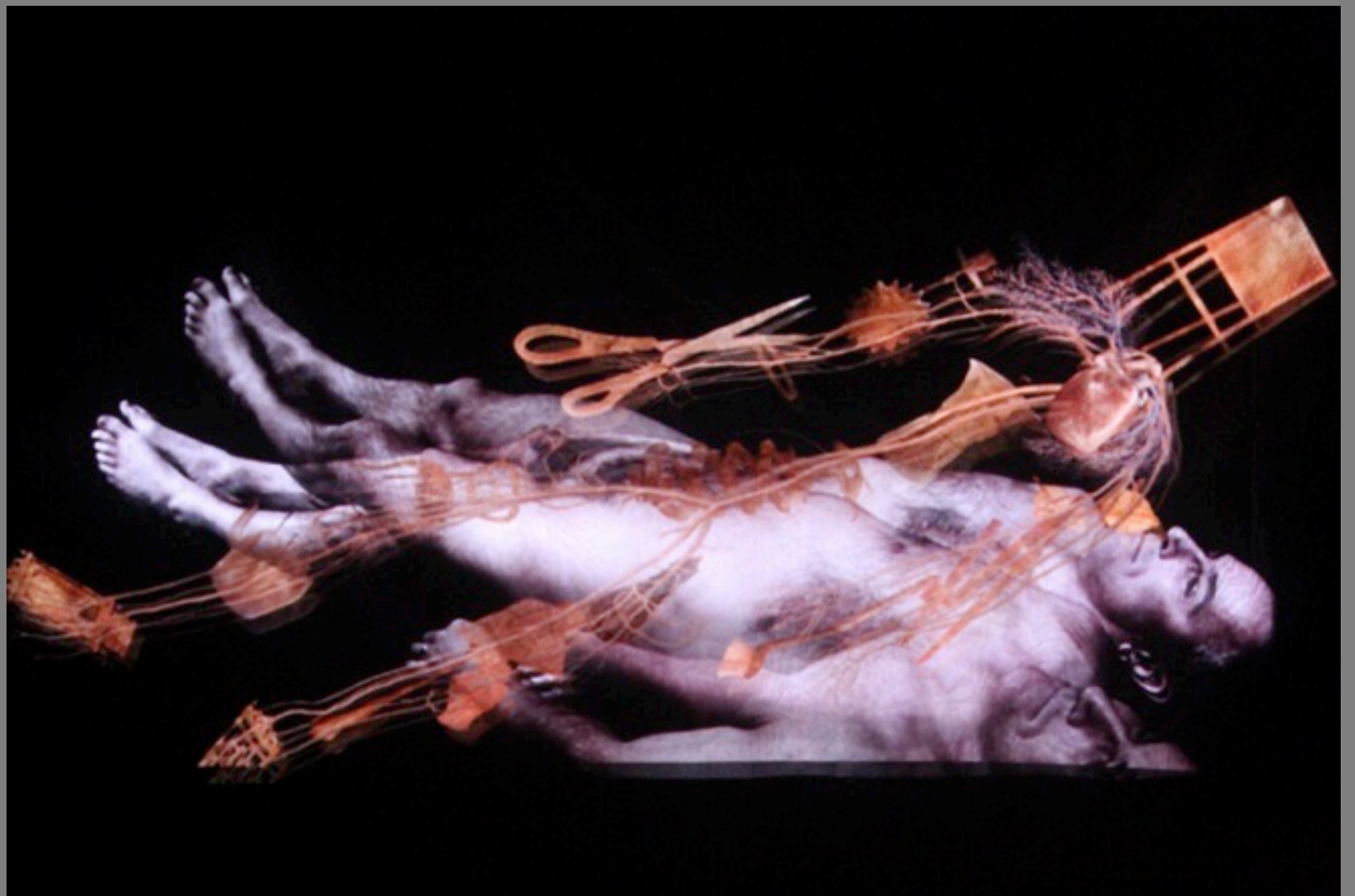
heart transplant project 2008 - 2018







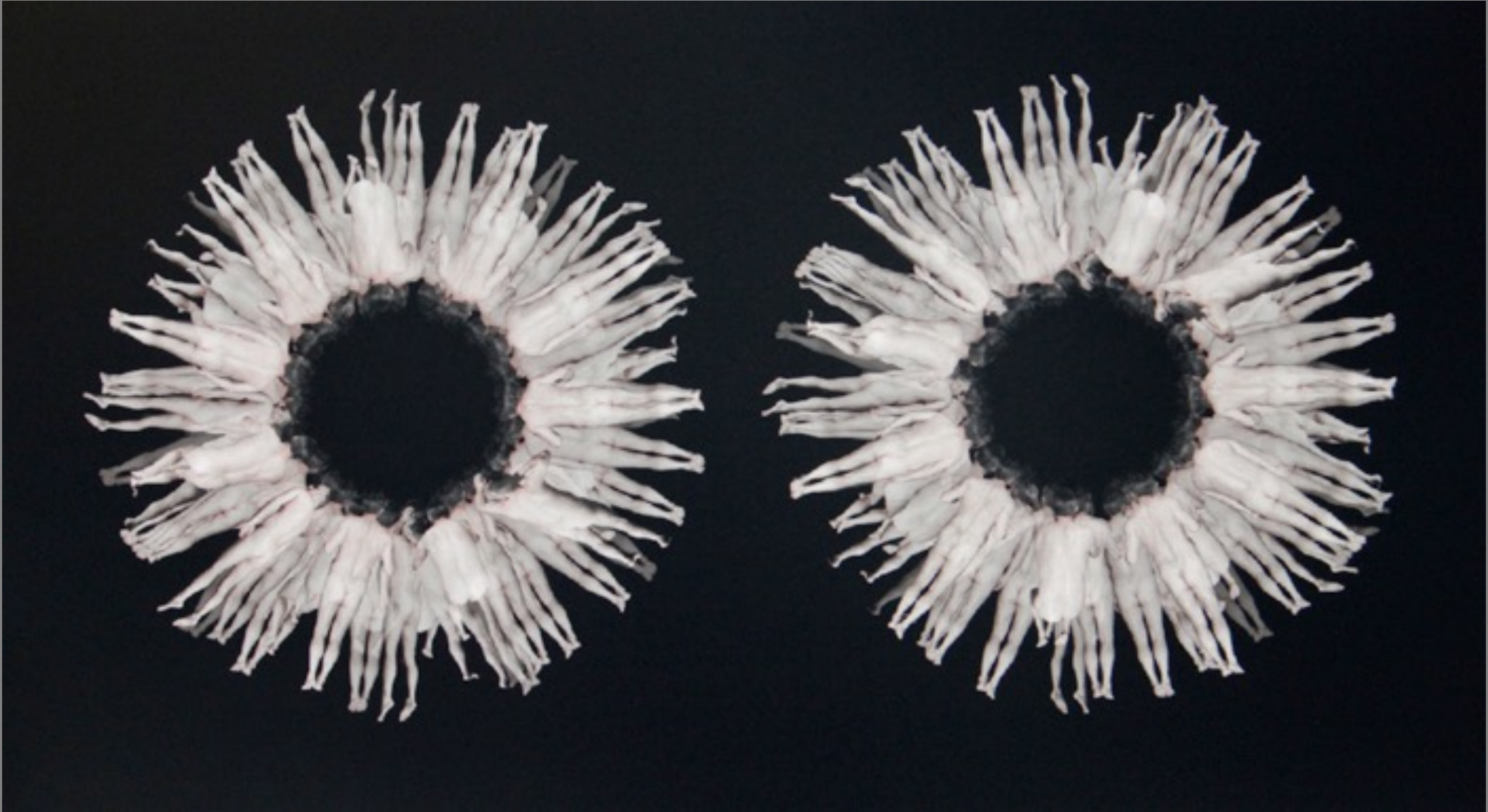


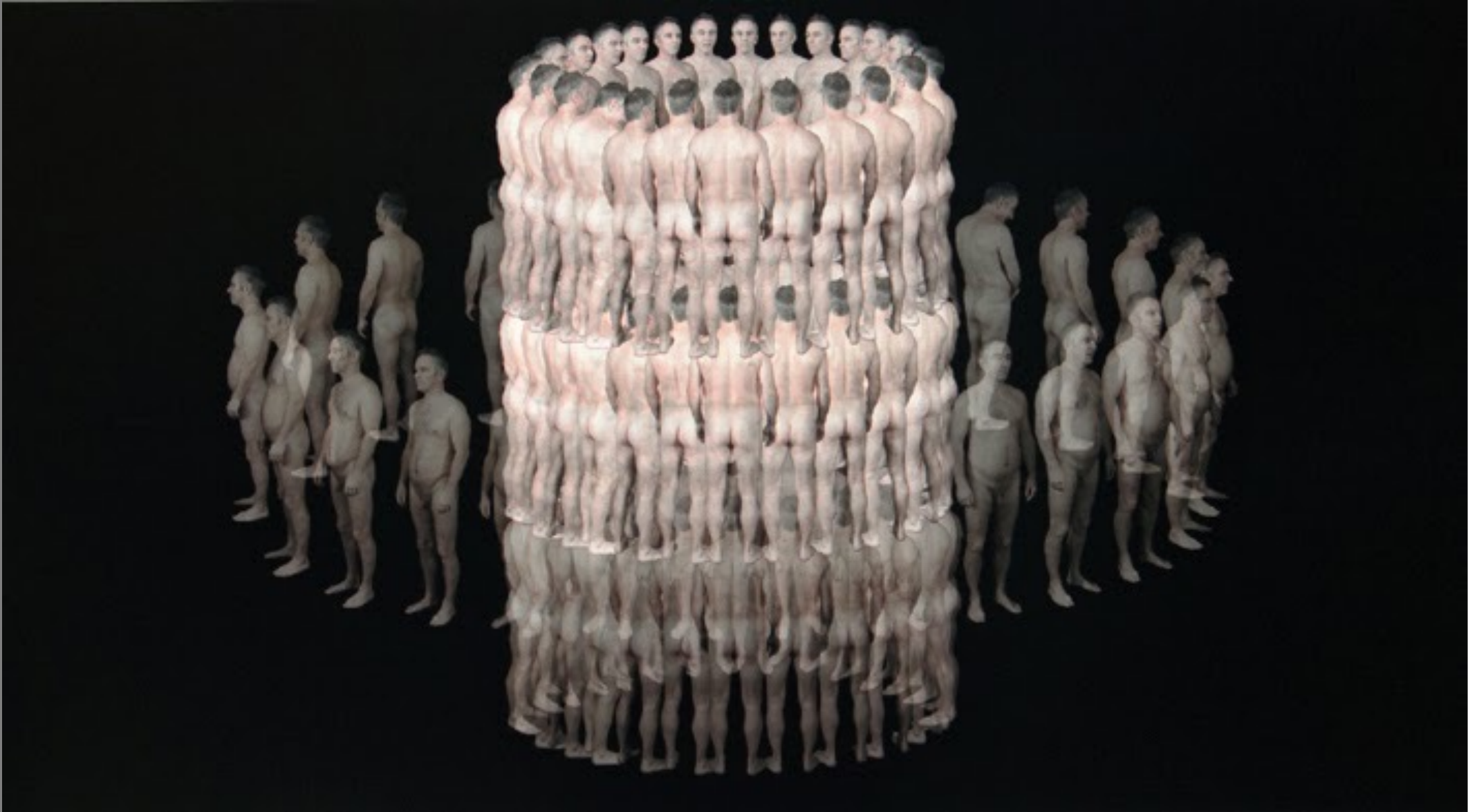










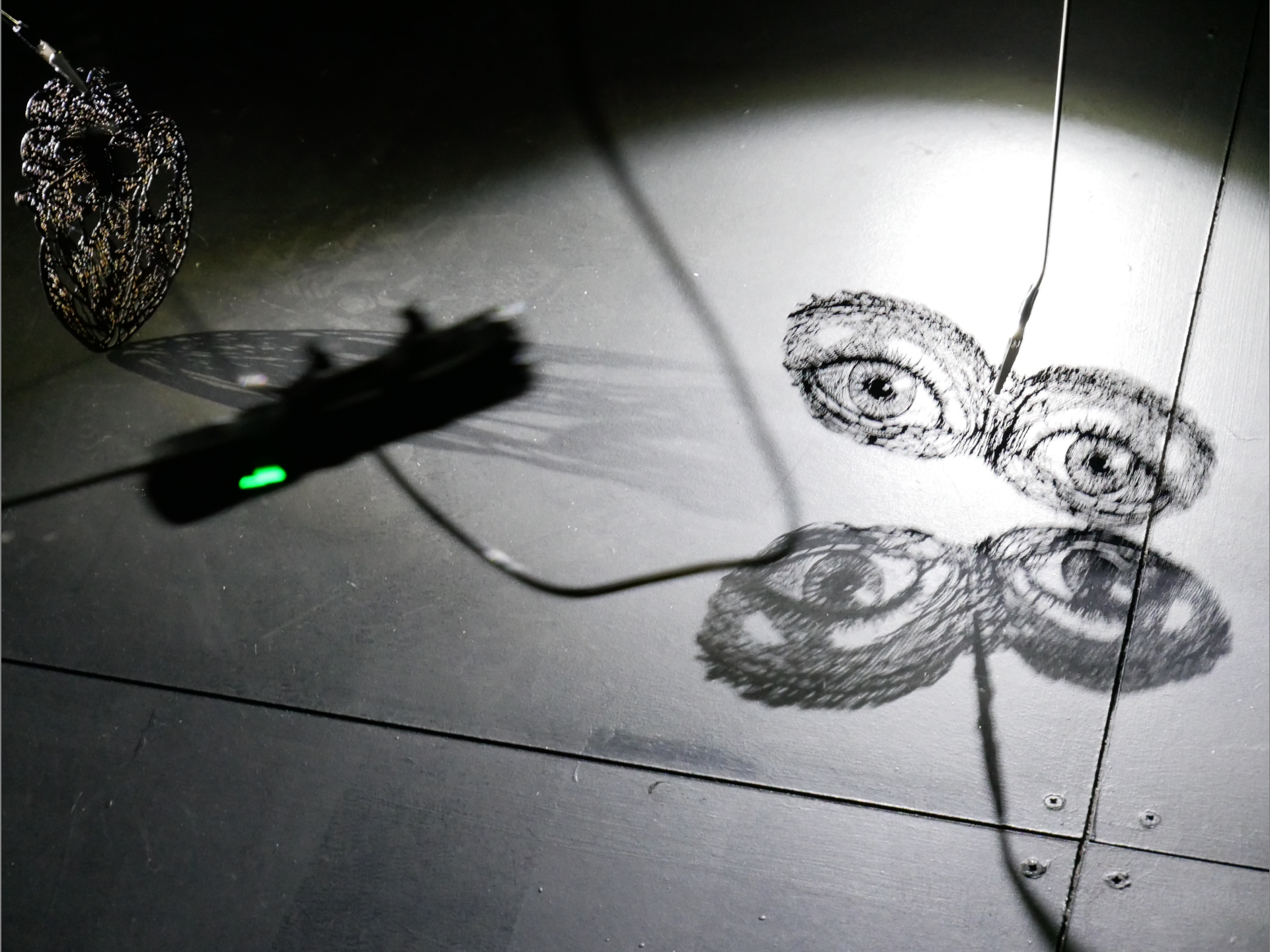






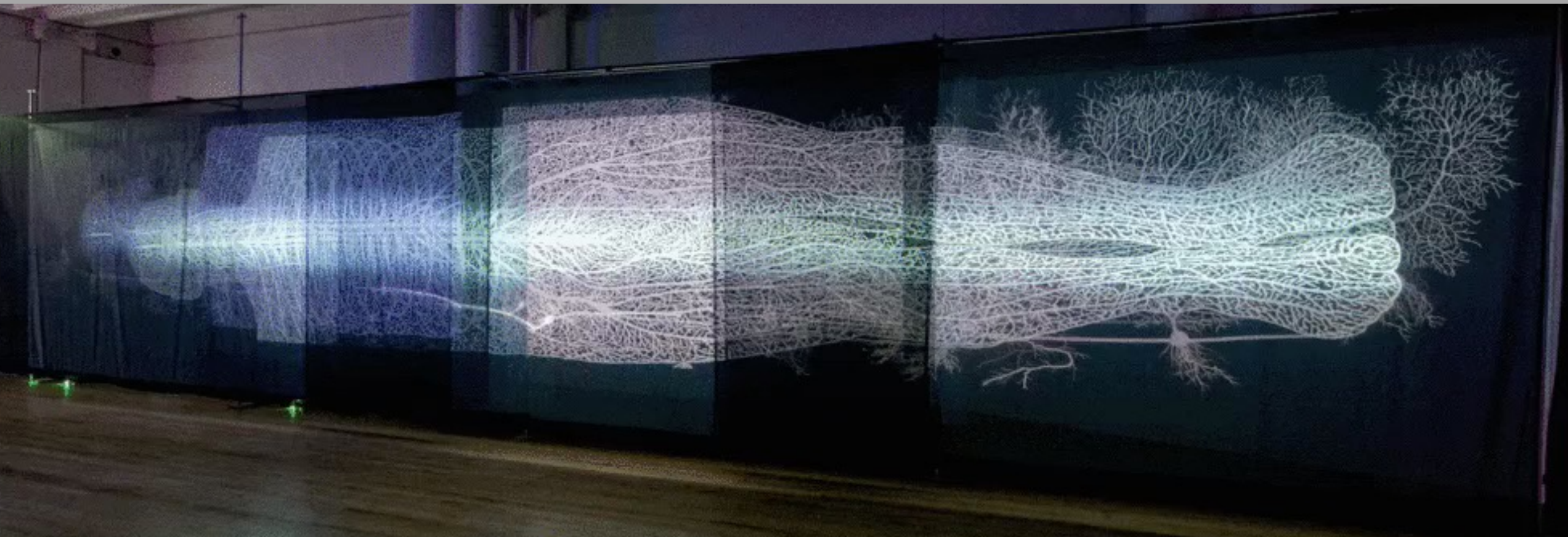


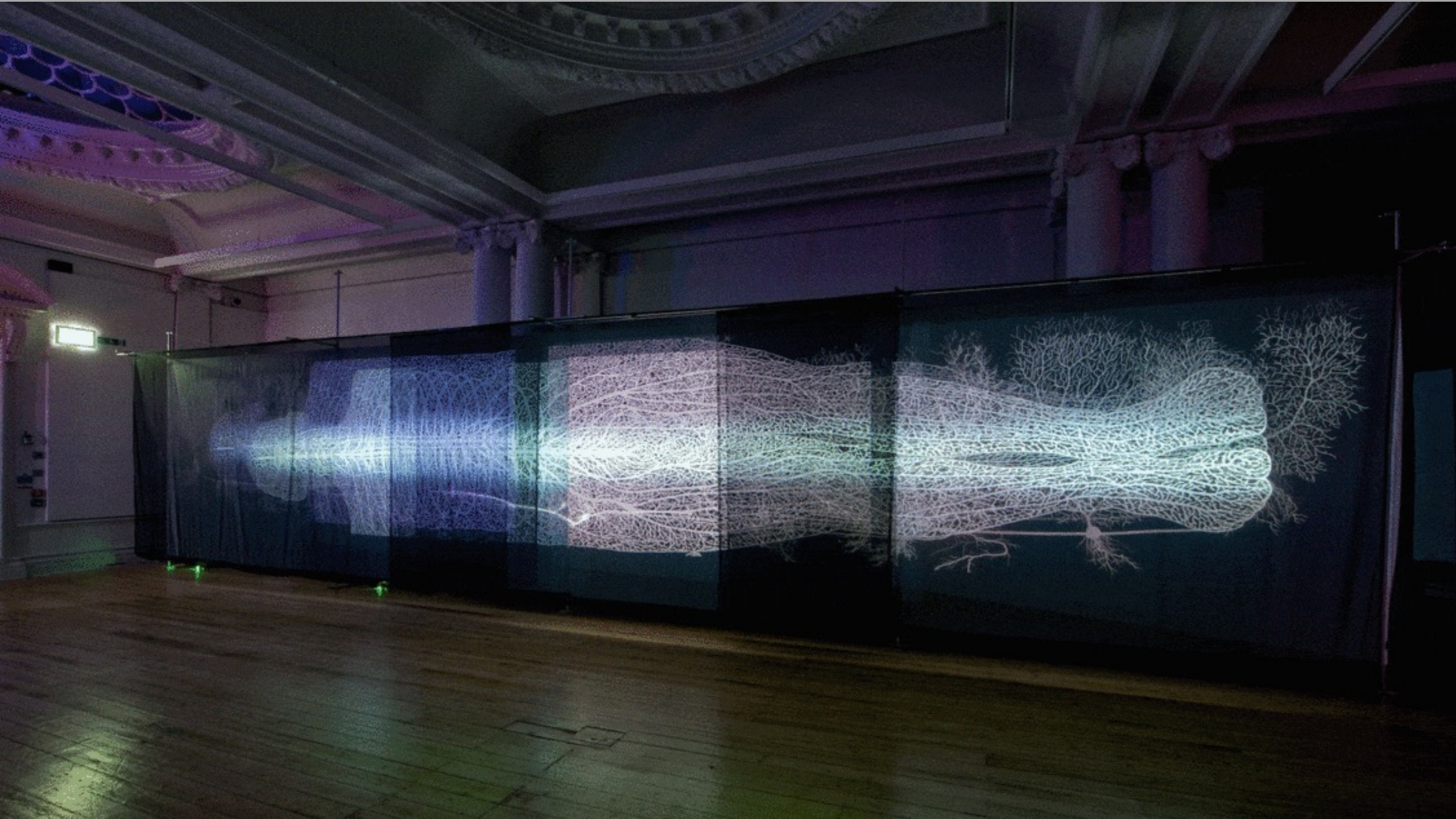


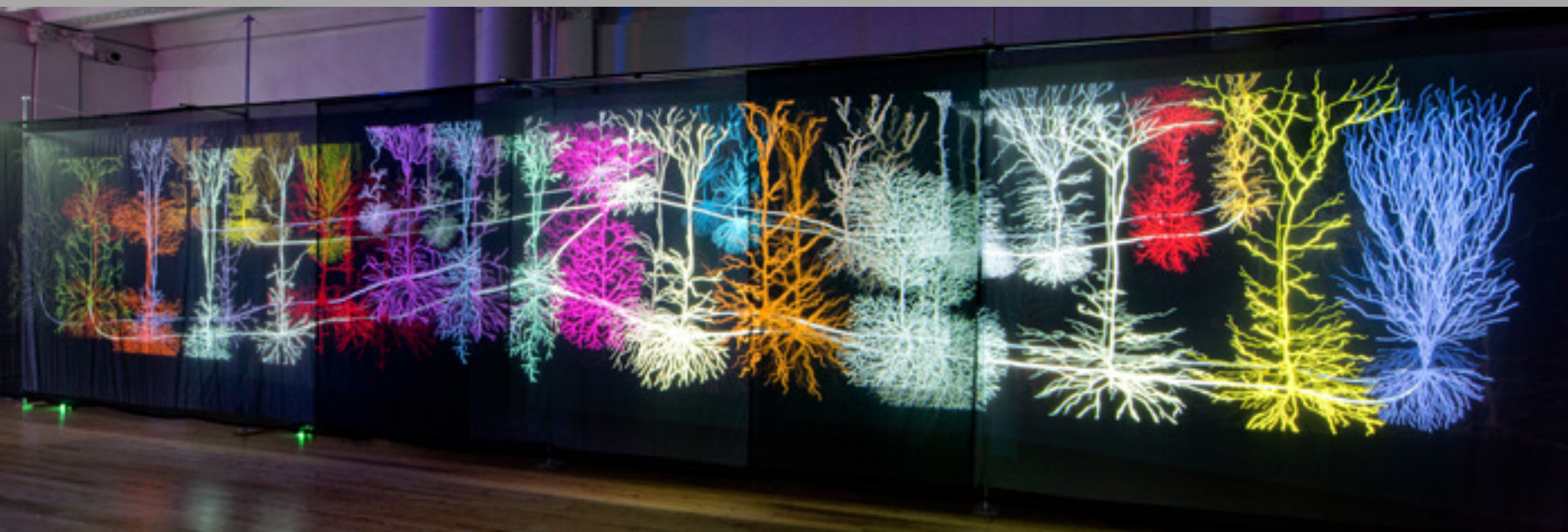


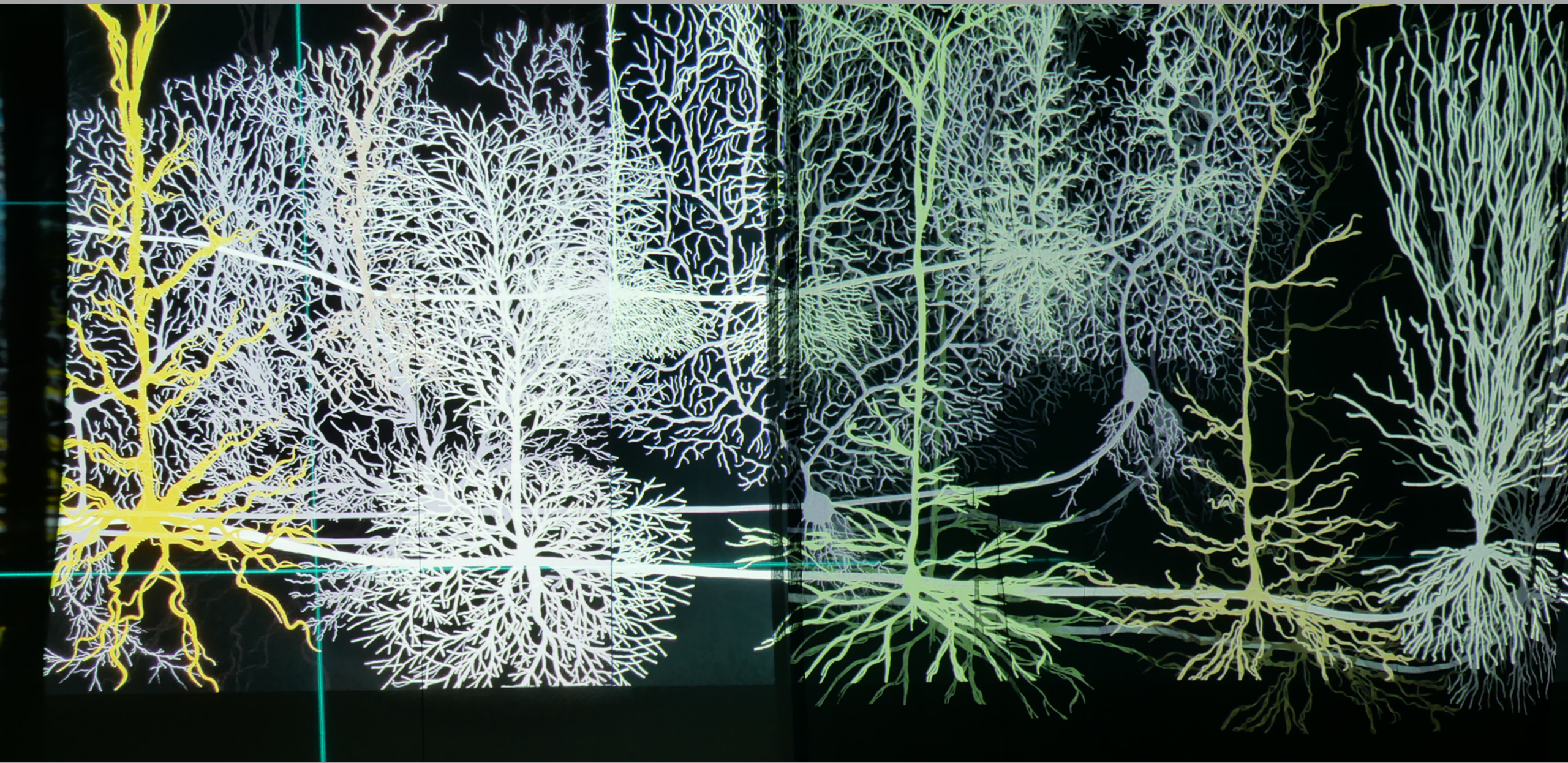
Illuminating the Self

2020

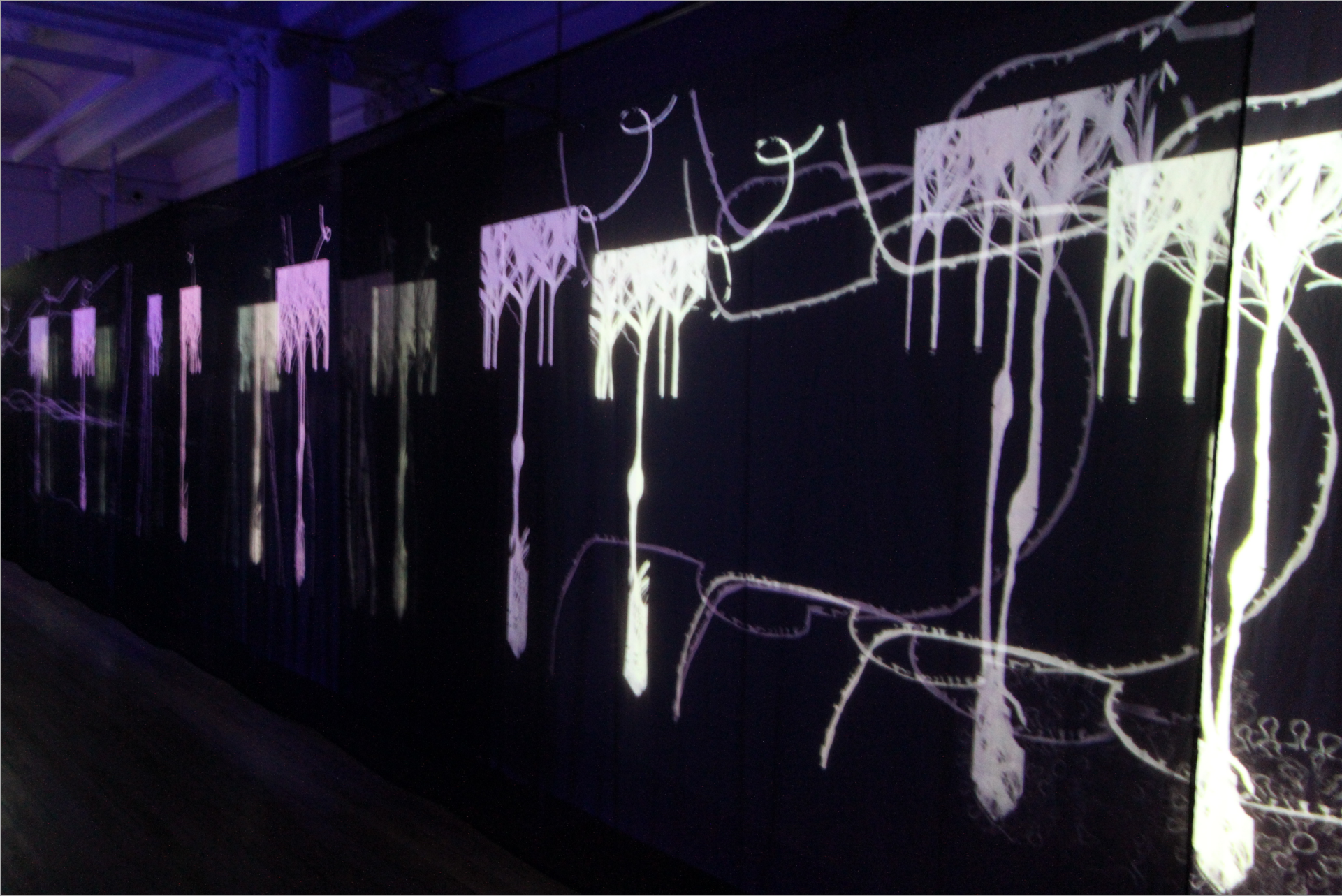








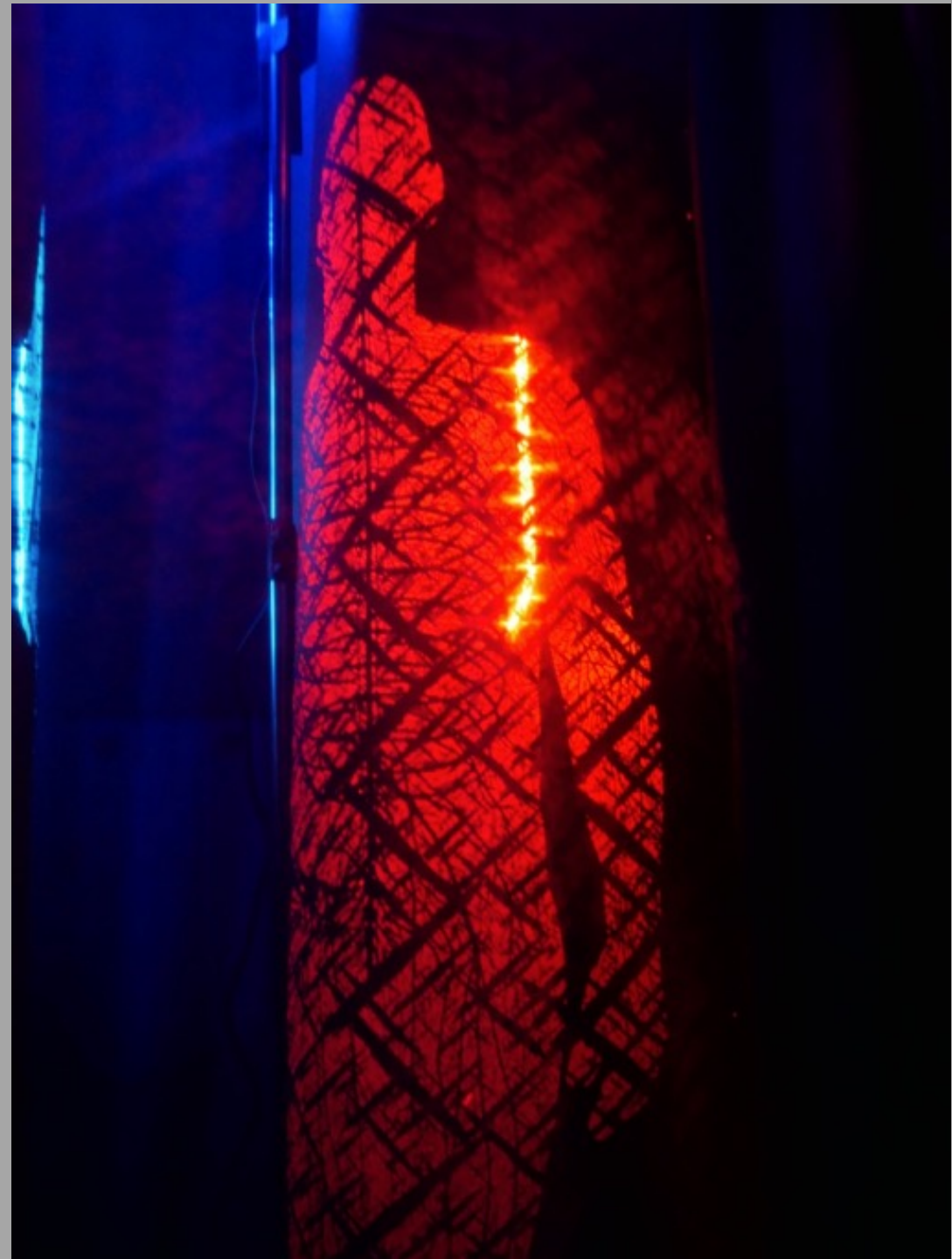
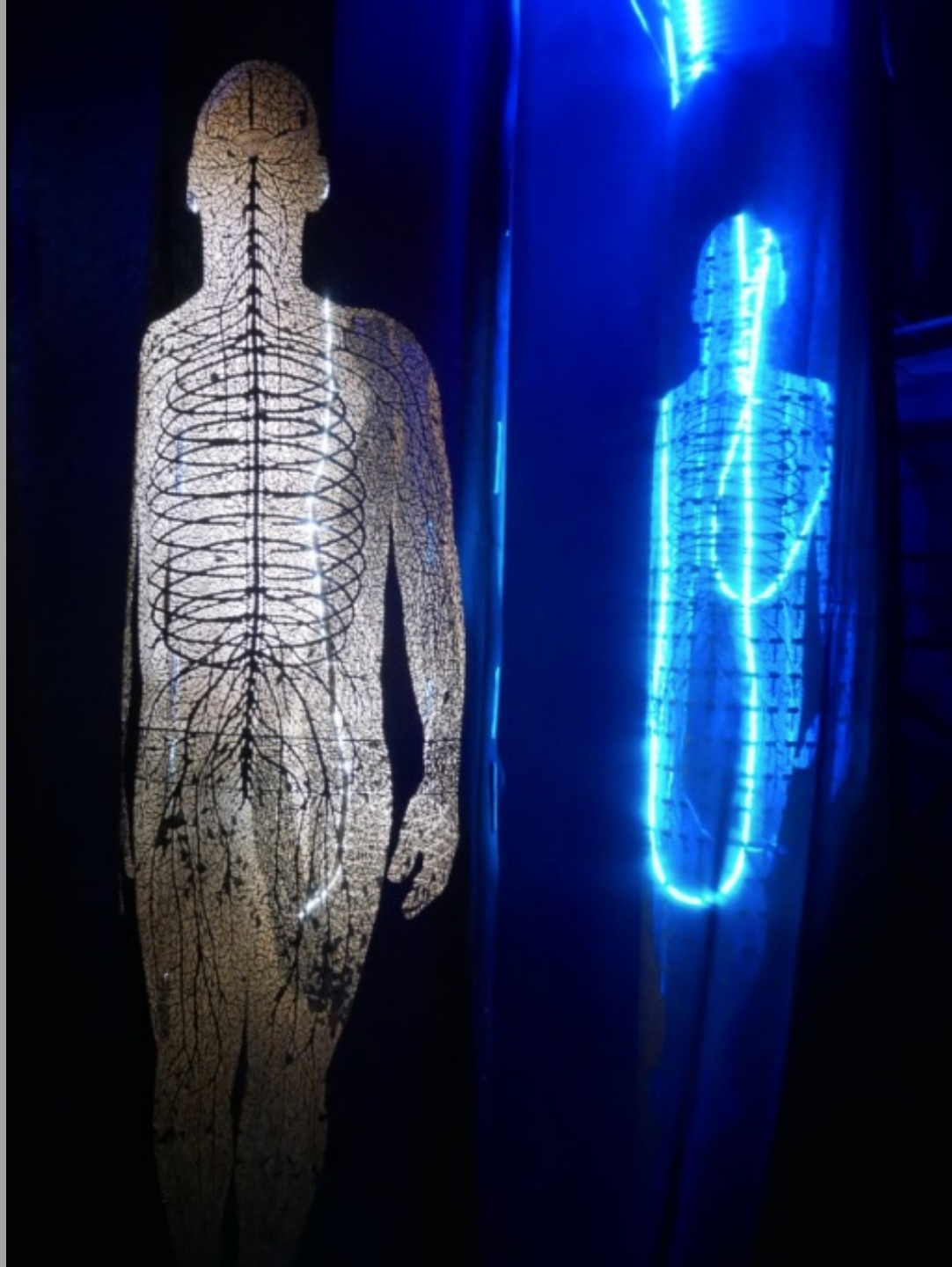
Still from **Blue Matter** 2019 (installation view, gif animation), 28 min four channel HD video, on black voile screen, size variable



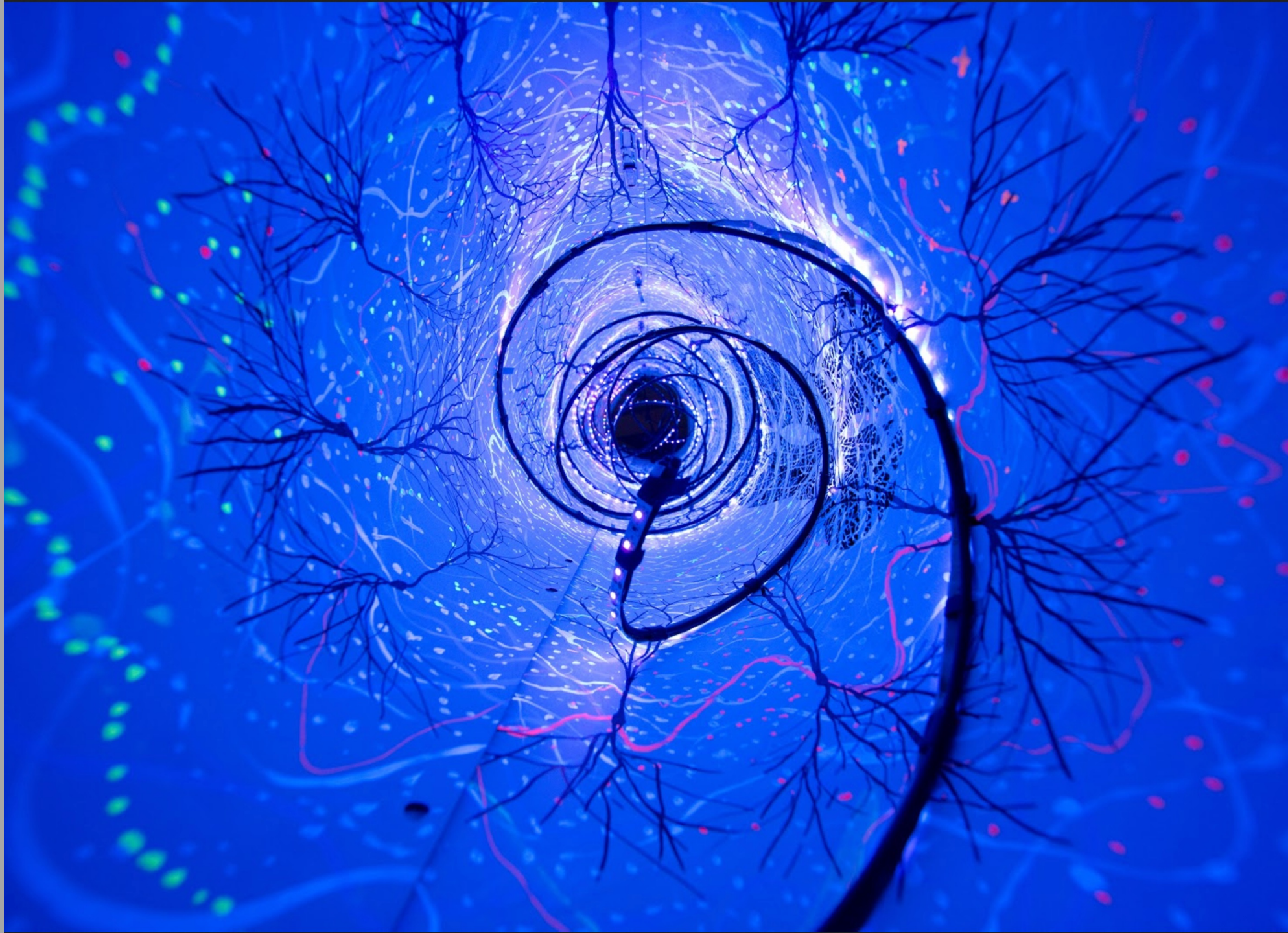






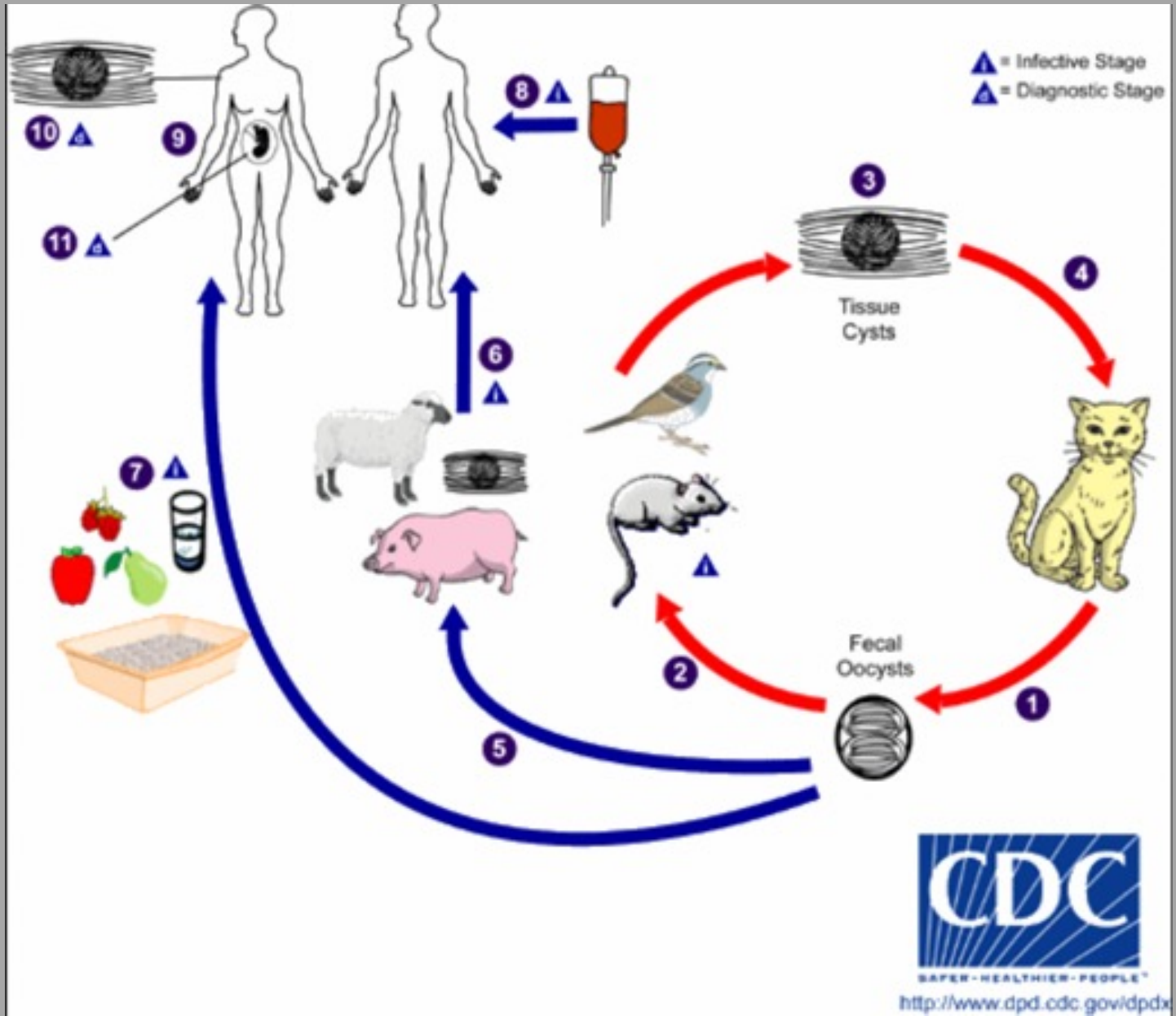








MICROBIAL MIX



Re-centre ourselves, we are not what the world circles around, but an integrated part of it, and only a very small part of an integrated system we are dependent upon.

The Human Microbiome Project

was a United States National Institutes of Health research initiative to improve understanding of the microbiota involved in human health and disease.

Launched in 2007, the first phase focused on identifying and characterizing human microbiota

Uses **DNA extraction** and then **RNA sequencing** to tell types and quantity of bacteria. **16s rRNA sequencing**

Susan Lynch, PhD

Director, **Benioff Center for Microbiome Medicine**

Professor of Medicine



Dr. Stasha Gominak

Neuro scientist and doctor of medicine

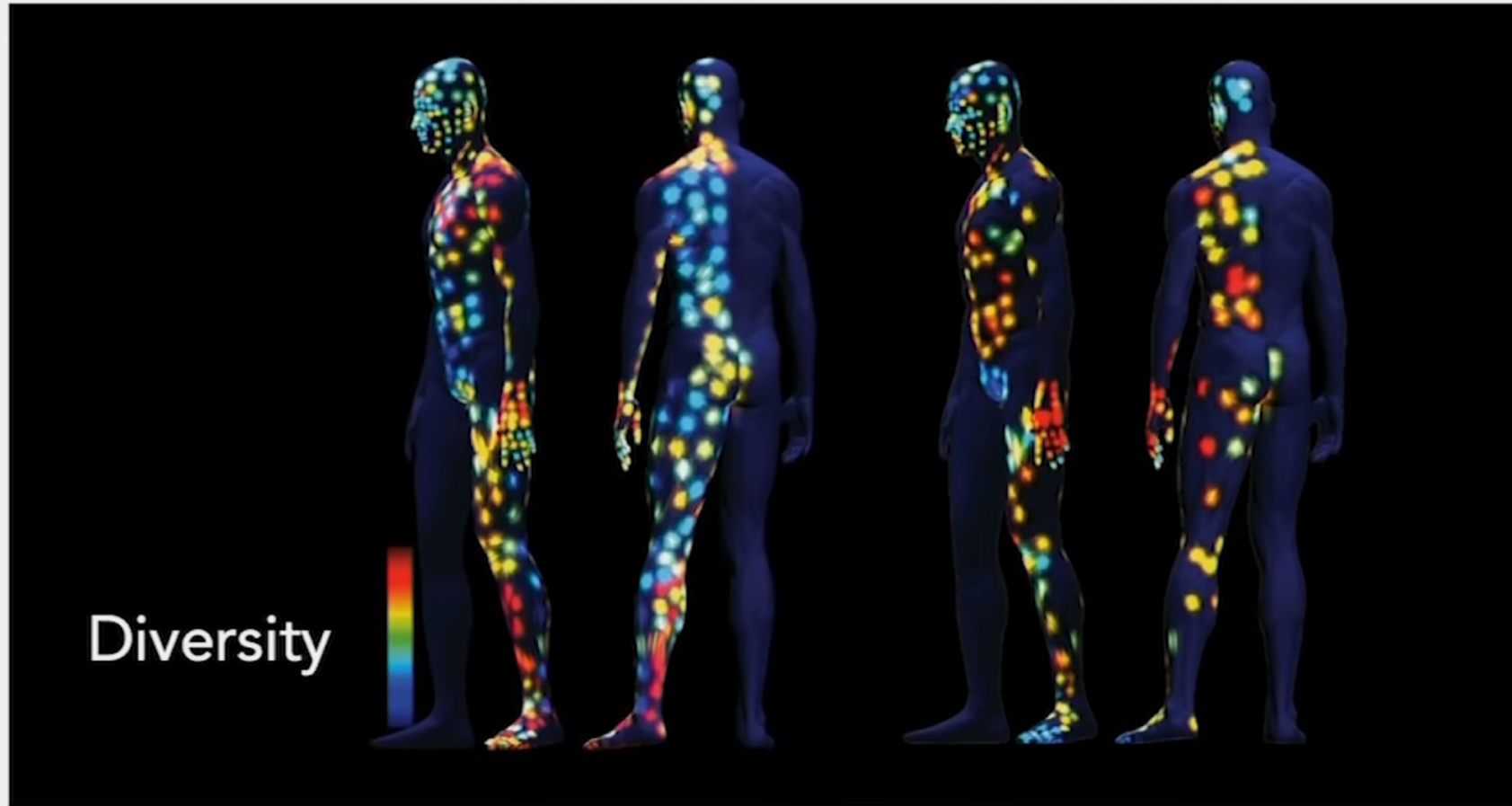
The link between D3, B Vitamins and Poor Sleep.



Humans are Superorganisms

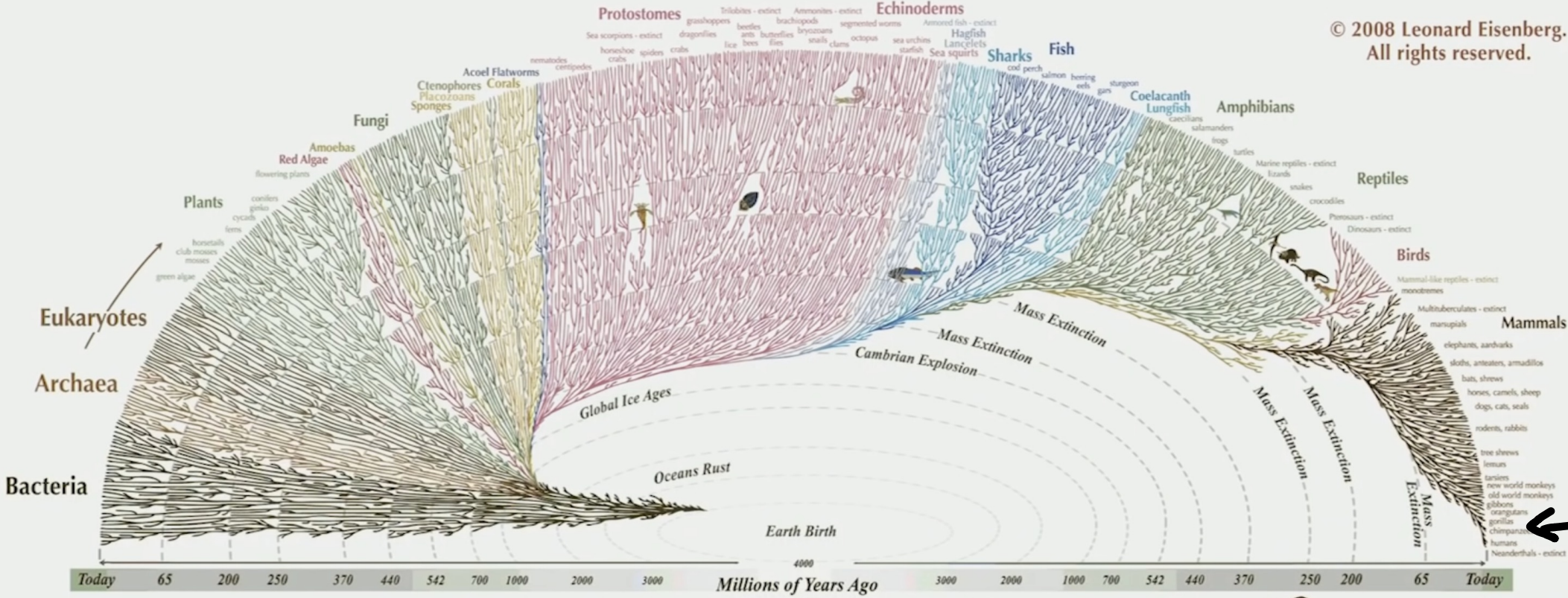
Microbial

Biochemical



Co-exist with us we were developed in a soup of bacteria

Microbes Pre-date Earth's Biodiversity



© 2008 Leonard Eisenberg. All rights reserved.

All the major and many of the minor living branches of life are shown on this diagram, but only a few of those that have gone extinct are shown. Example: Dinosaurs - extinct

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There are around **30 trillion human** cells,

but our microbiome is

an estimated **39 trillion** microbial cells

including bacteria, viruses and fungi that live on and in us.

HMP HUMAN MICROBIOME PROJECT researchers also reported that this plethora of **microbes contribute more genes responsible for human survival than humans contribute**. Where the human genome carries some 22,000 protein-coding genes, researchers estimate that the human microbiome contributes some 8 million unique protein-coding genes or 360 times more bacterial genes than there are **human genes**.

The human body contains trillions of microorganisms

Because of their small size, however, microorganisms make up only about **1 to 3 percent of the body's mass** (in a 200-pound adult, that's **2 to 6 pounds of bacteria**), but play a vital role in human health.

“Humans don't have all the enzymes we need to digest our own diet,”

Lita Proctor, Ph.D., NHGRI's HMP program manager.

“Microbes in the gut break down many of the proteins, lipids and carbohydrates in our diet into nutrients that we can then absorb. Moreover, the microbes produce beneficial compounds, like vitamins and anti-inflammatories that our genome cannot produce.”

Anti-inflammatories are compounds that regulate some of the immune system's response to disease, such as swelling.

Three-quarters of your microbiome can be **traced back to your mother**.
The womb is a sterile place, free of microbes (*at least we think so at the moment*).

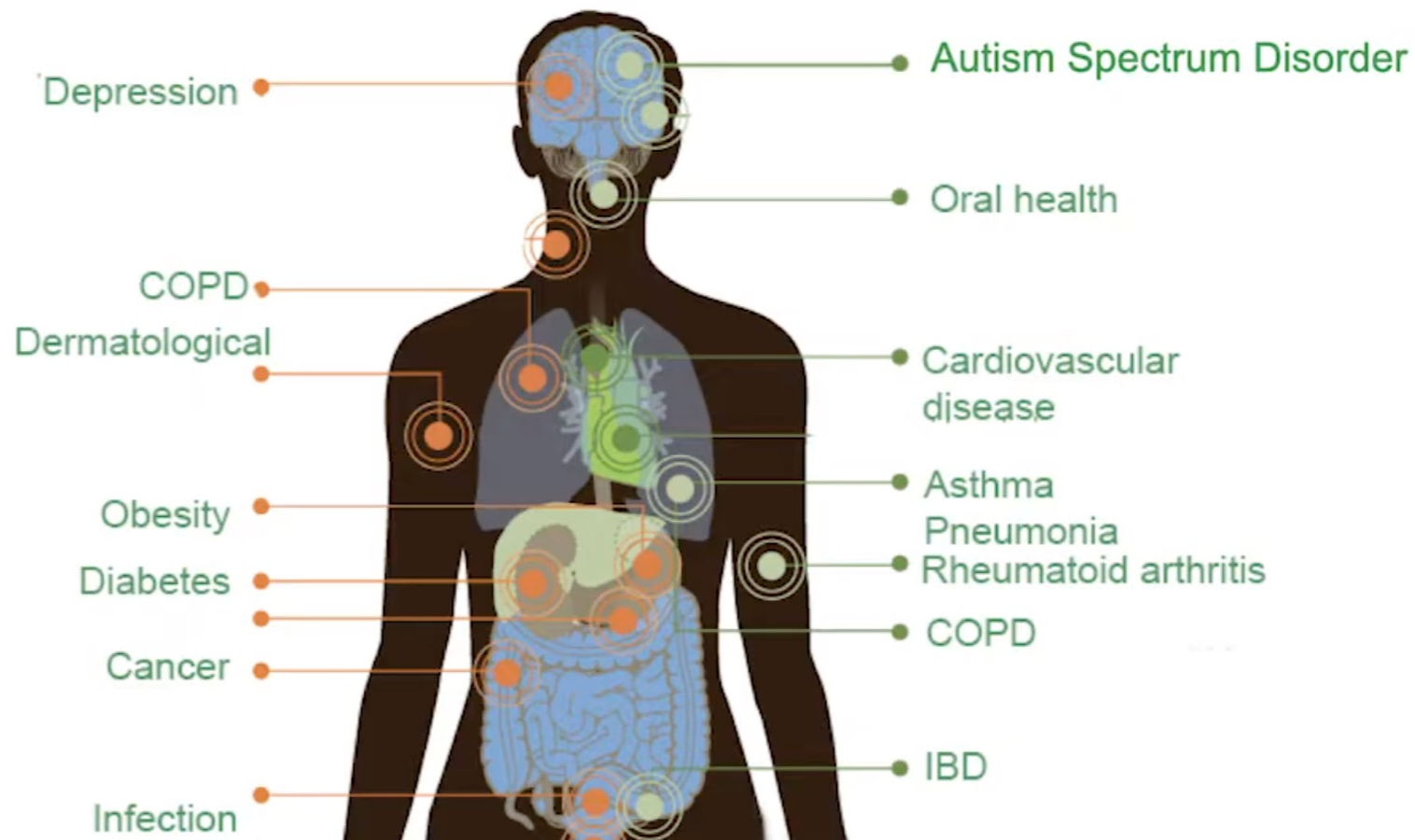
But when we exit via the birth canal, *we're bathed in vaginal microbes*.

This literal baptism of bacteria may be vital to a healthy start in life – babies who are born through caesarean section are more likely to develop allergies, asthma, coeliac disease and obesity later in life.

We also ingest around a **million microbes in every gram of food**, and our diet has a direct impact on which species thrive in our gut microbiome.

If we change diets, from meat-eater to vegetarian, for example, the gut bacteria changes accordingly.

Microbiome Perturbation Associates with Human Disease



Probiotic foods

Several fermented foods are sources of probiotics. Some require preparation, while others are available for easy consumption.

Probiotic food sources include: -

- yogurt
- miso, a fermented soybean-based paste
- tempeh, a plant-based protein source made from fermented soybeans
- kefir, a fermented milk
- pickled vegetables
- sauerkraut, a fermented cabbage
- kimchi, fermented vegetables
- buttermilk
- natto

THE MICROBIOME LIGHT AND SLEEP

Does the microbiome and the bacteria need sleep?

Does sleep need the microbiome?

24 Dec 2020 — New research from Japan-based researchers suggests that *gut bacteria may influence normal sleep patterns by altering neurotransmitters*

How does light affect the microbiome?

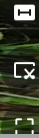
**Exposure to Sunlight Boosts Good Gut Microbiome Bacteria,
and Vitamin D Levels.**

Researchers in Canada have shown how exposure to sunlight/UVB light can change the human gut microbiome, particularly in people who are vitamin D-deficient. *25 Oct 2019*



















In situ, outdoors, Season for Season,
2021, meteorological balloon, print
and painting



Hands on making
and
thinking through making



ANDREA CARNIC - 2000 DECEMBER 2022



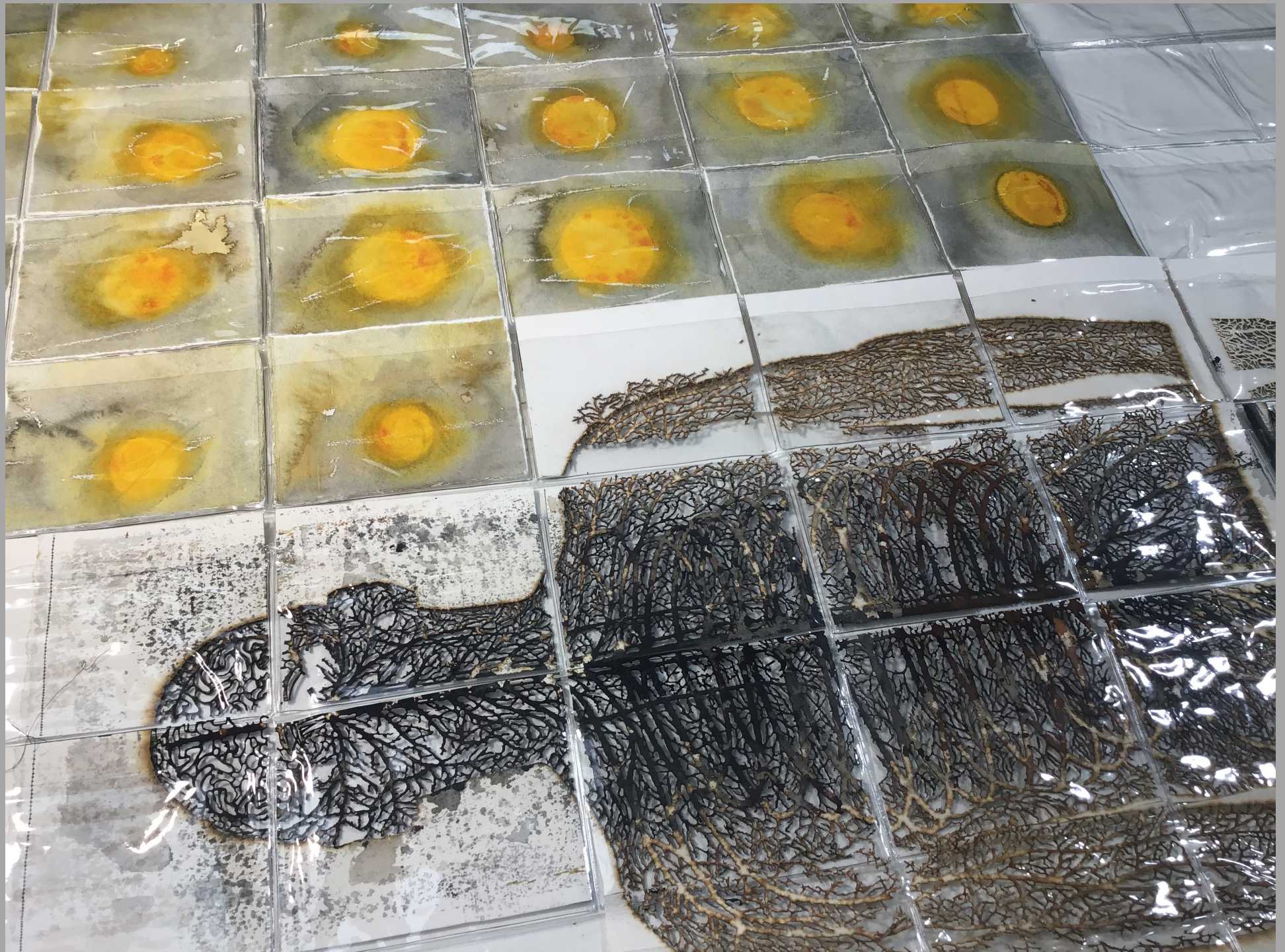
ANDREAS CARNIÉ 12° Dicembre 2012 ↑

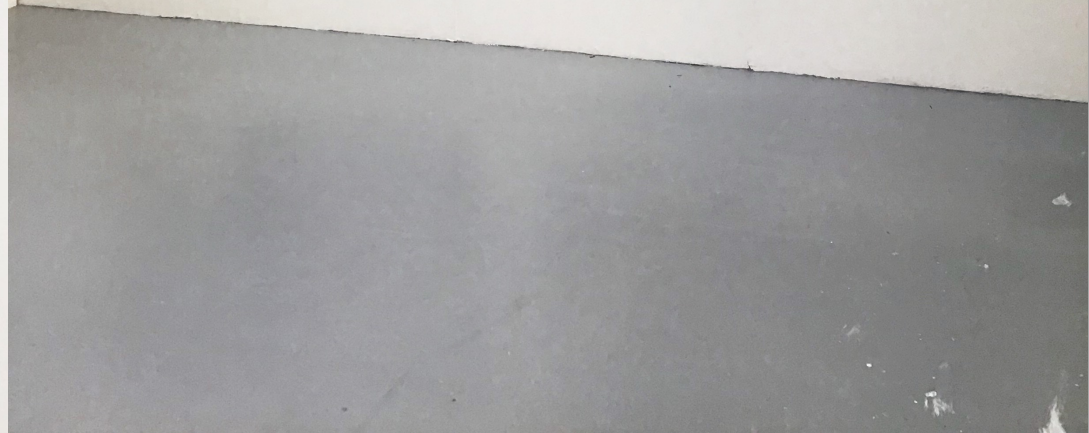


















A Shared Practice

Junctures of a Haphazard Kind 2021

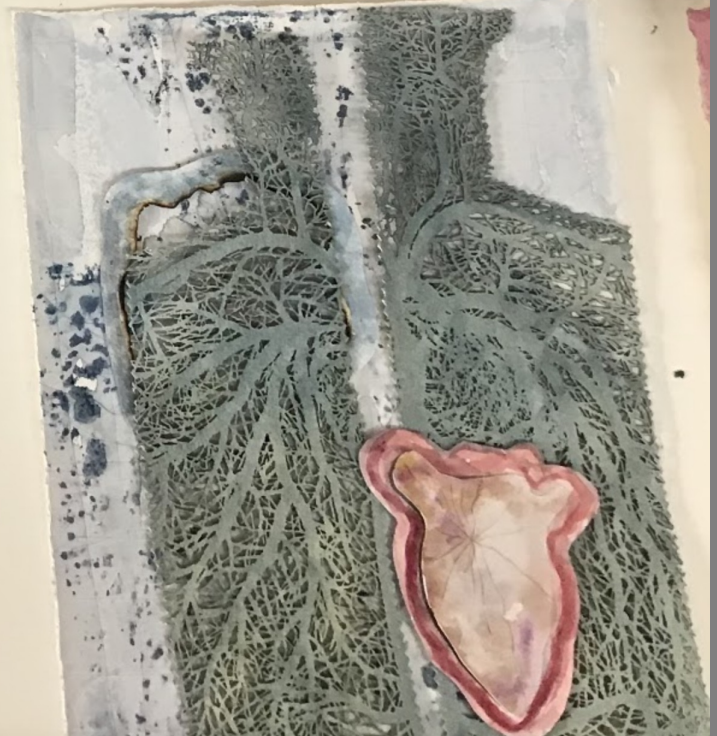
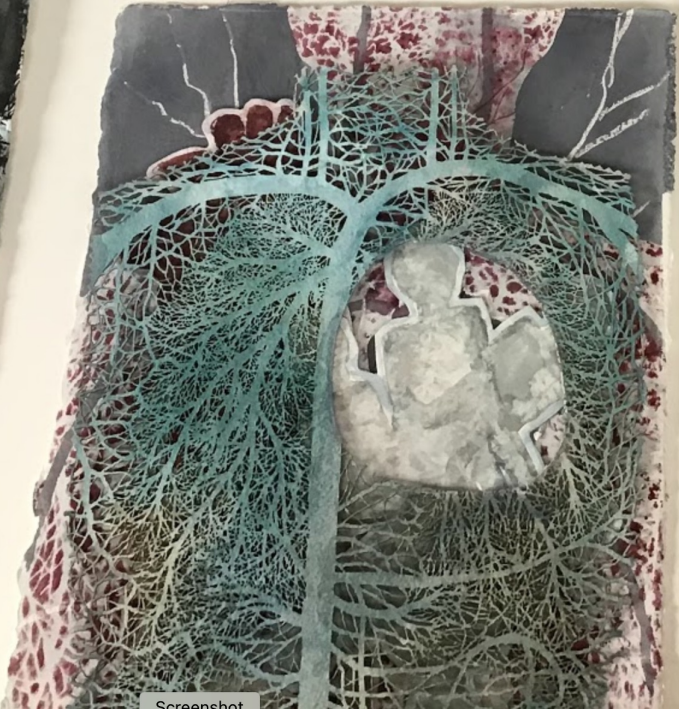
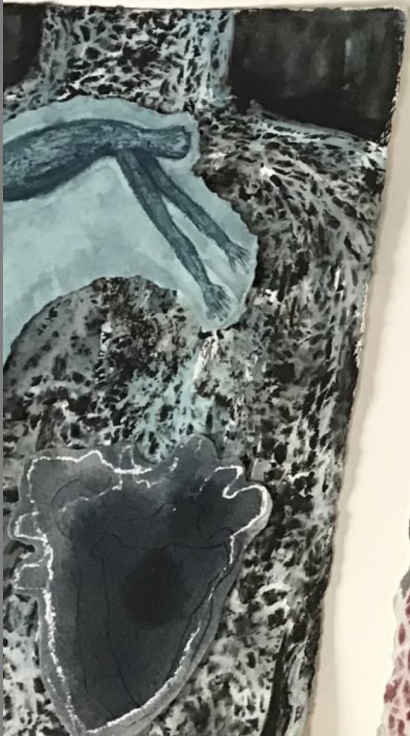
For the Spencer Museum of Art Kansas



VIRTUAL EXHIBITIONS



HEALING KNOWING SEEING THE BODY



Juan José Castaño-Márquez , artist

born 1987, Rionegro, Colombia

active United States

Andrew Carnie , artist

born 1957, London, England, United Kingdom

active England, United Kingdom

untitled, 2020

watercolour, paper, cutting, embroidering,

fabric, stitching, natural dyeing, pearls, thread

Courtesy of Andrew Carnie, EL2020.080



Sydney Jane Brooke Campbell Maybrier Pursel
(Iowa Tribe of Kansas and Nebraska), artist
born 1988, Kansas City, Missouri, United States
active United States

Andrew Carnie, artist
born 1957, London, England, United Kingdom
active England, United Kingdom
Organ Donation Operation, 2020
watercolour, paper, cutting, printing, paint,
plastic, metal, wire
Courtesy of Andrew Carnie, EL2020.079.a-e



Change My Mind 2021

for the Science Gallery Bengaluru

01.04.22-15.05.22

PSYCHE

UNSETTLE. UNRAVEL. UNTHINK.

ಮನಸ್ಸು

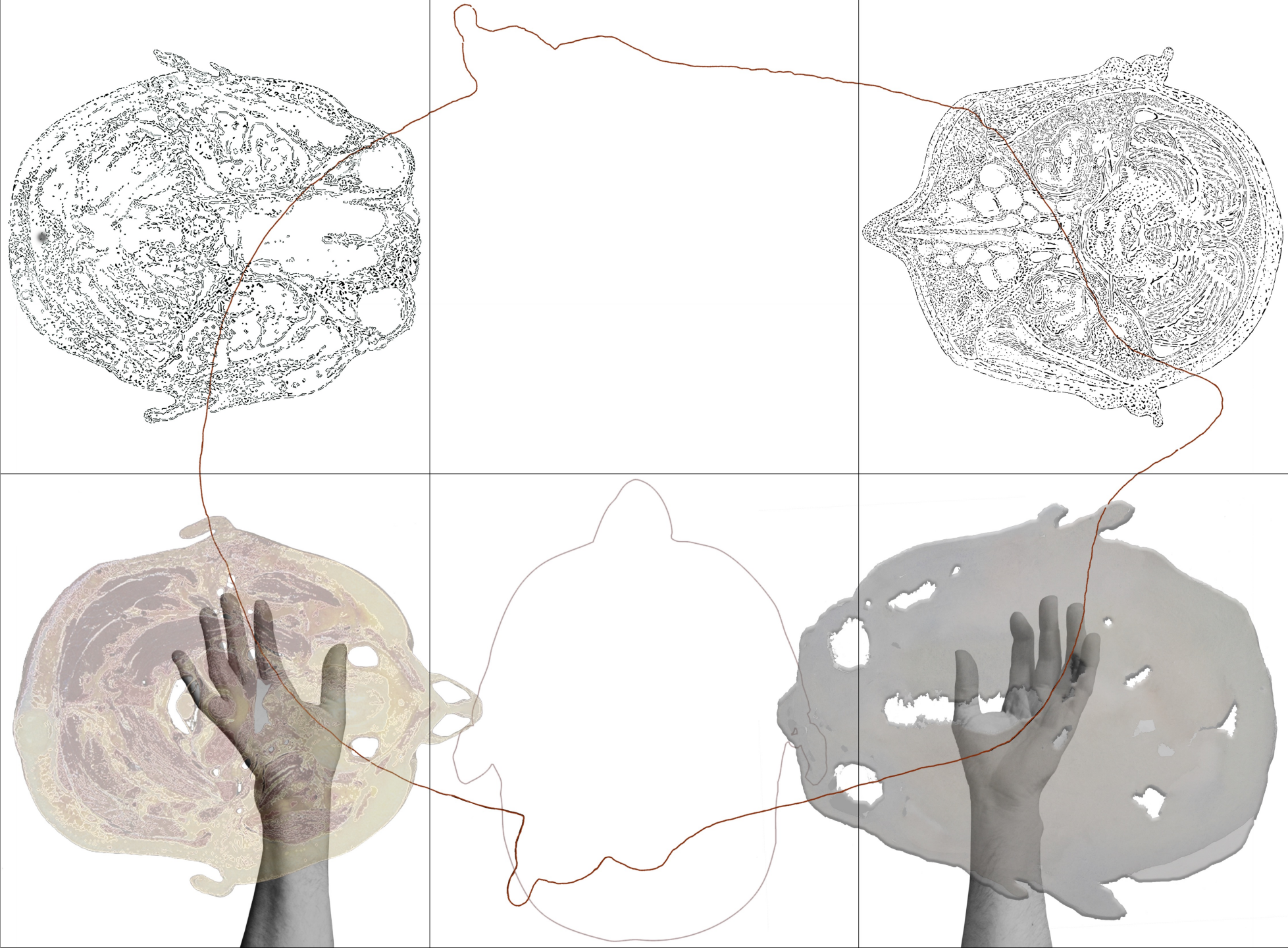
ಅನಿರೀತ. ಅನಂತ. ಅಚಿಂತ್ಯ.

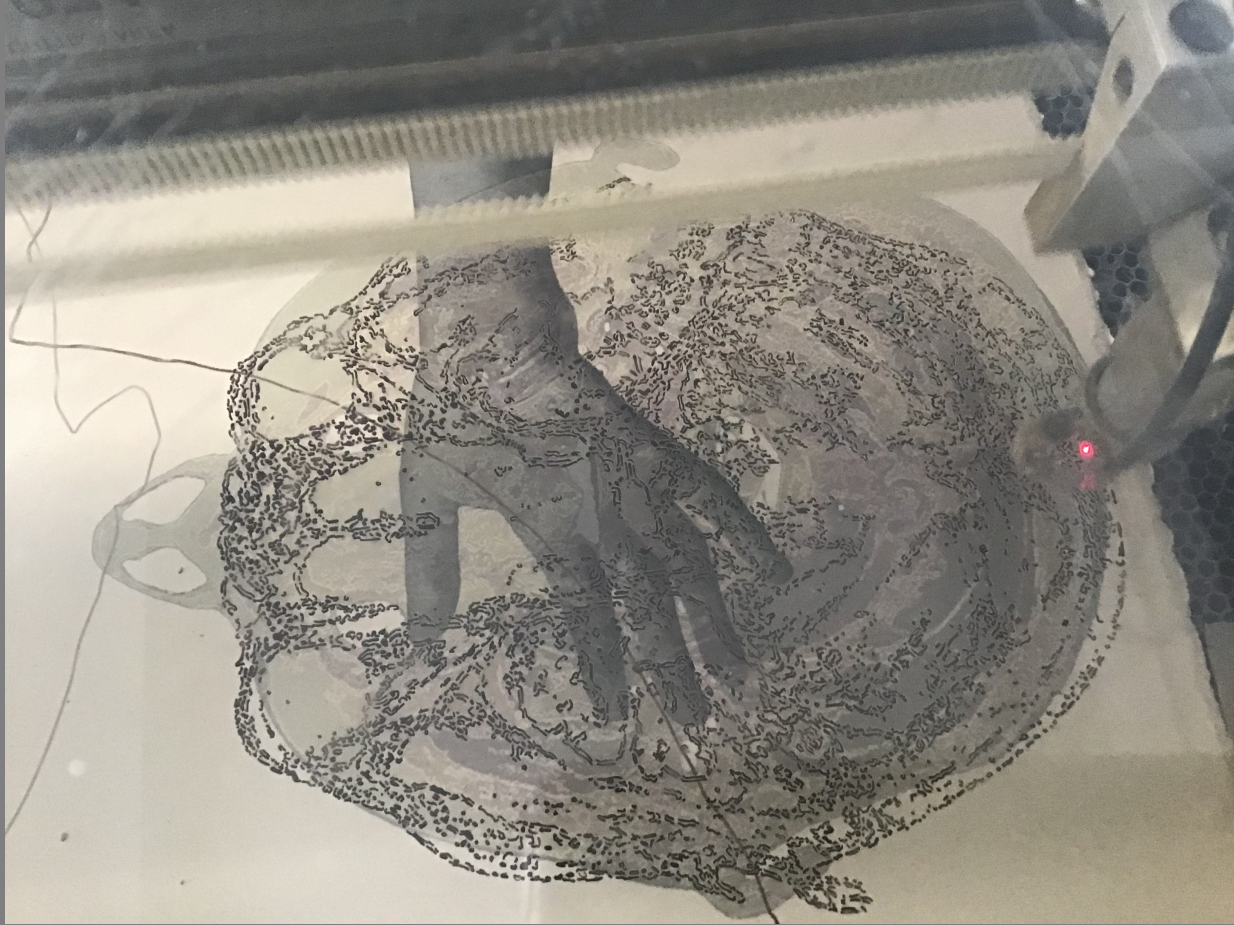
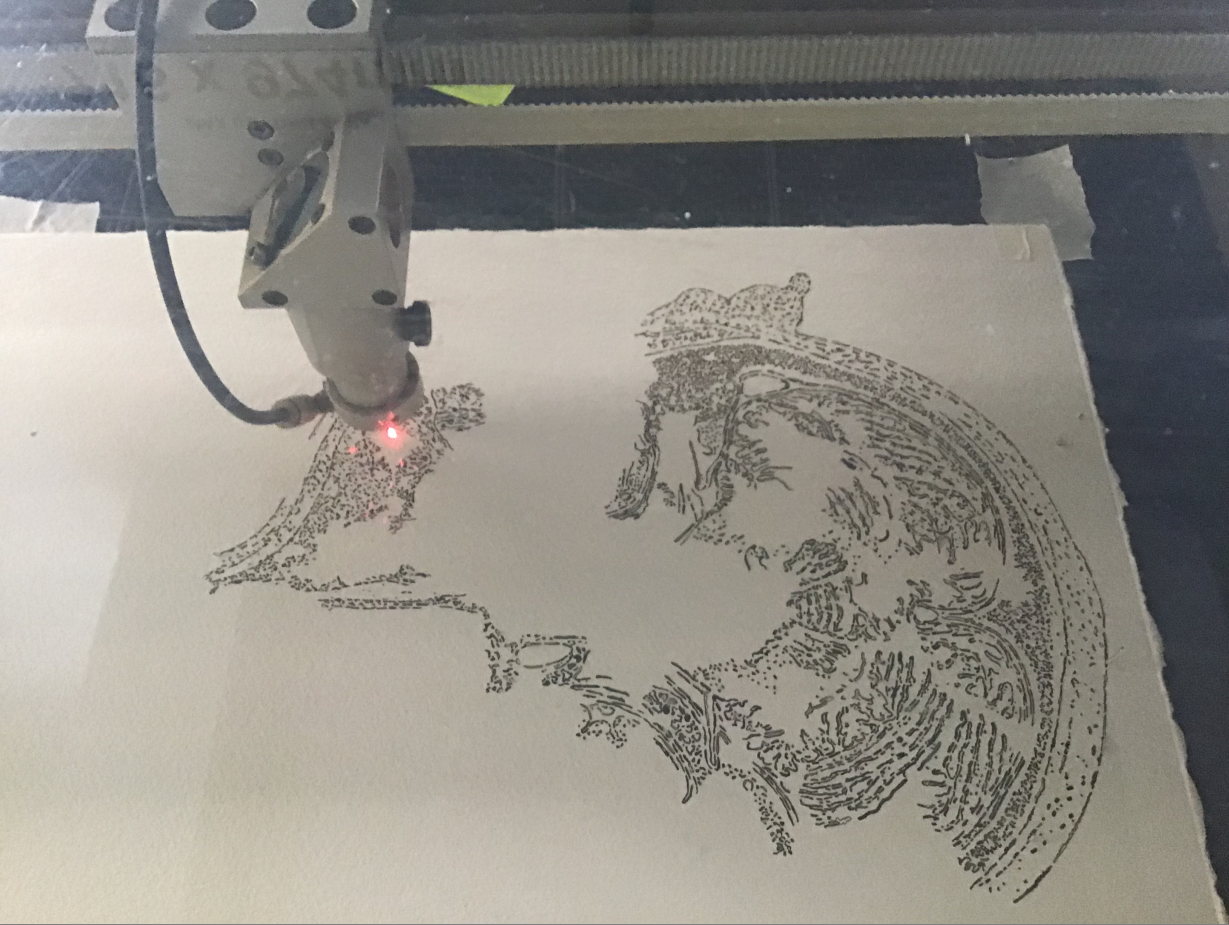
Our online exhibition-season will bring together philosophers, neuroscientists, artists, psychologists, filmmakers, sociologists, writers, and performers to explore the complexities of the human mind.

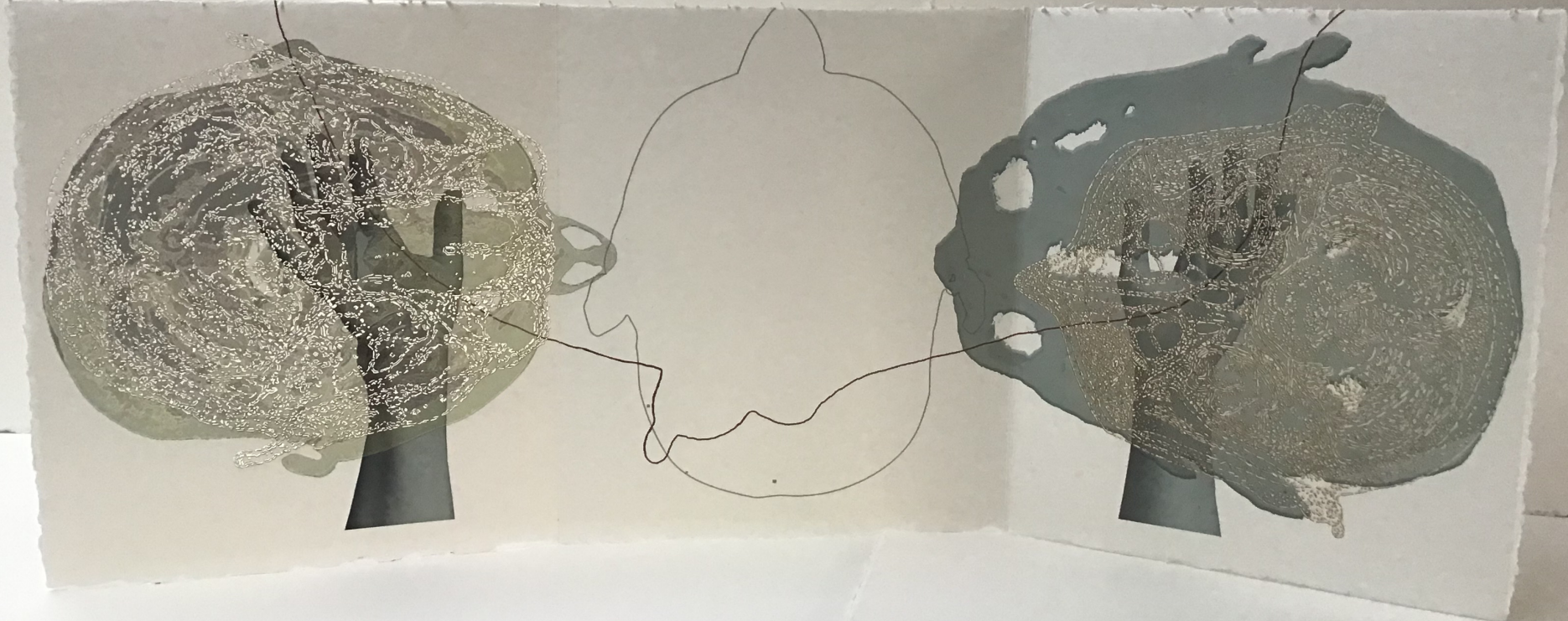
EXHIBITS | LECTURES | MASTERCLASSES | WORKSHOPS | FILMS | PERFORMANCES

REGISTER NOW

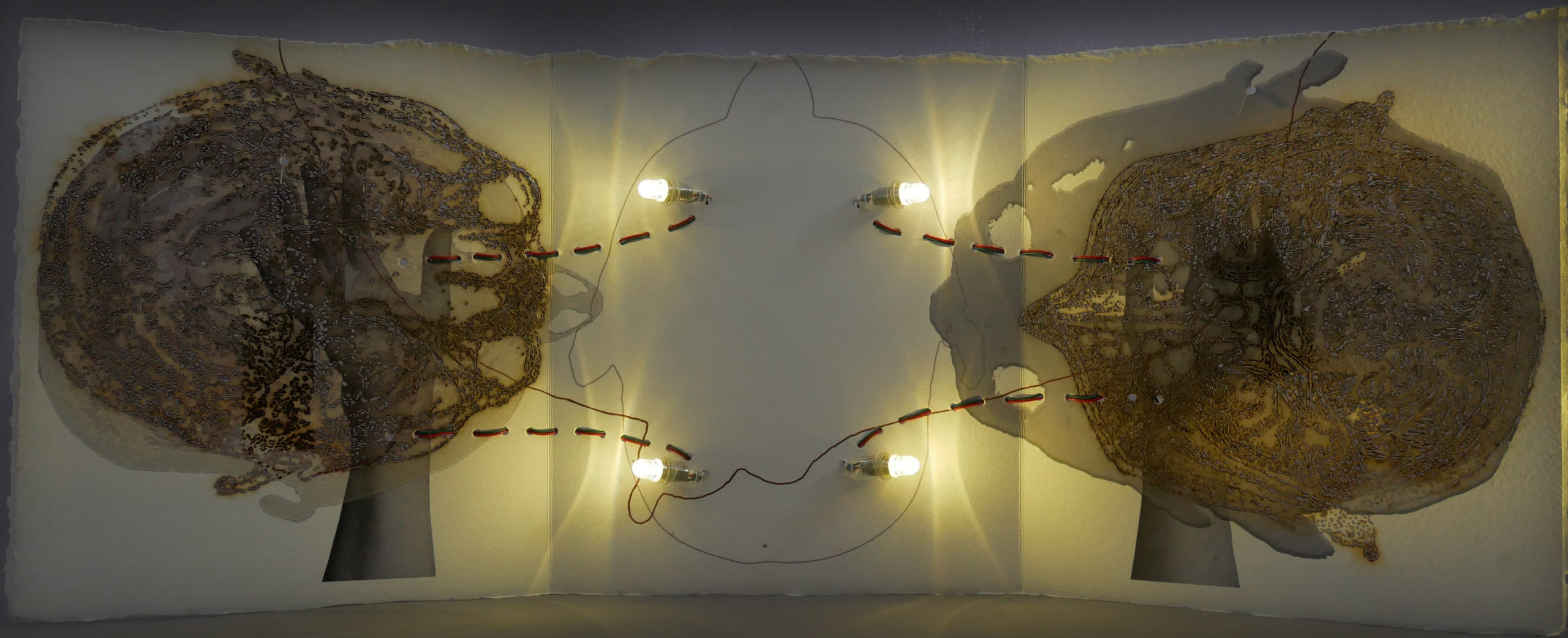




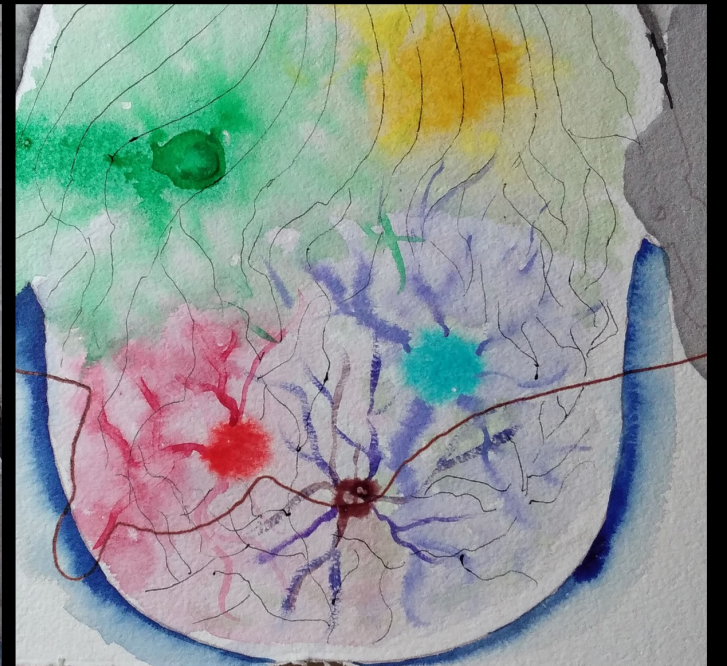
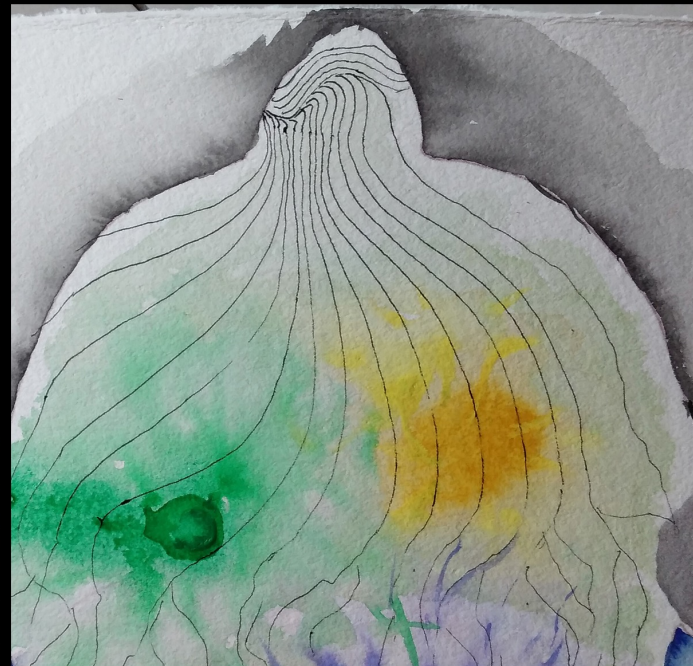
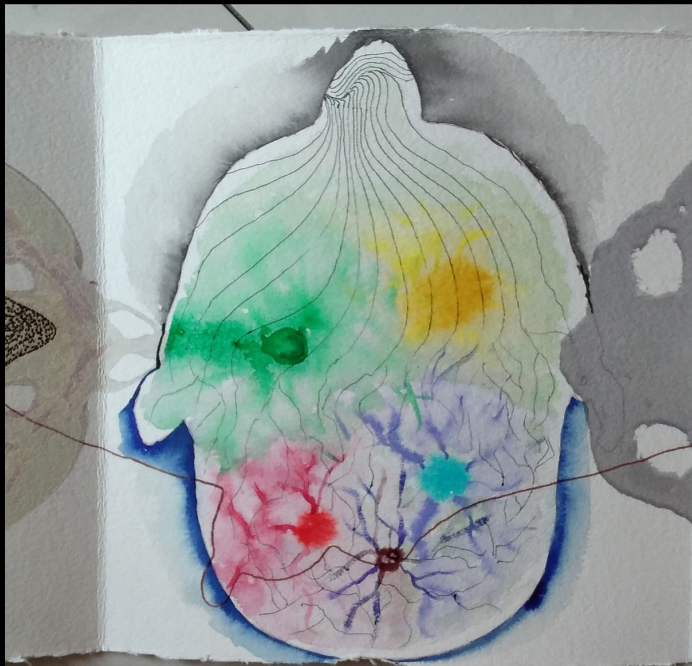




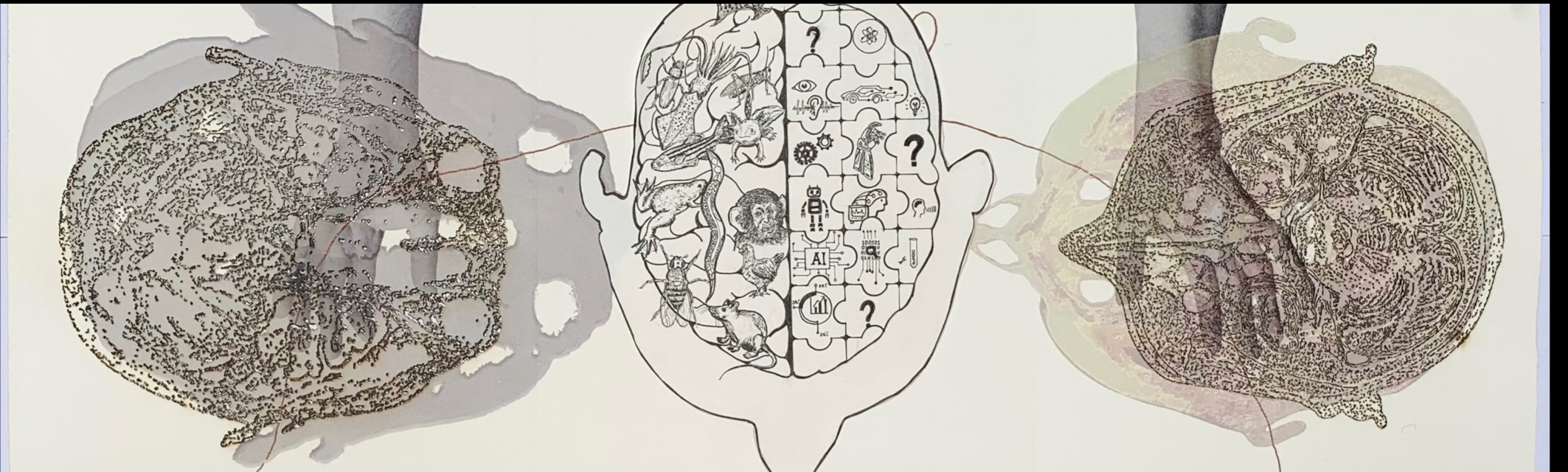




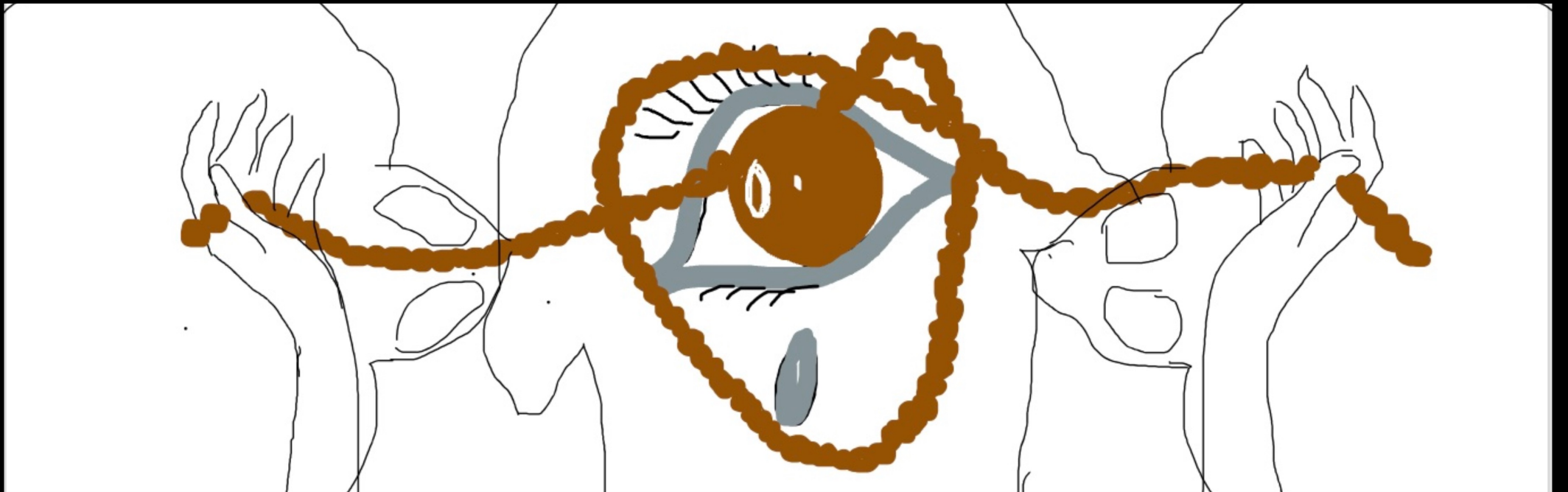




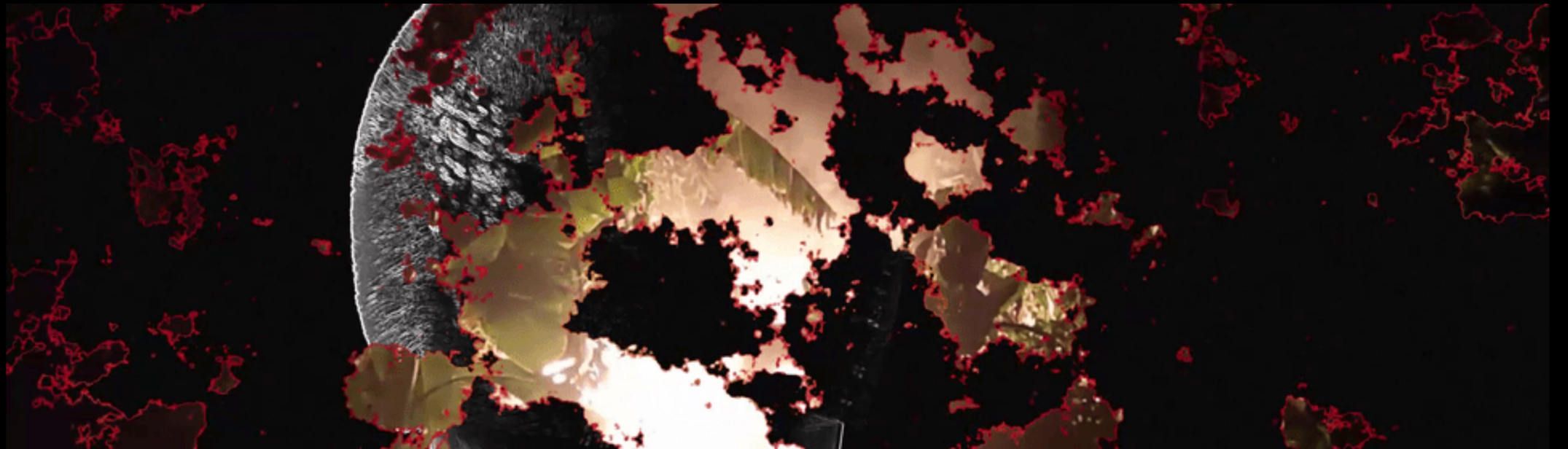
Jonak Das



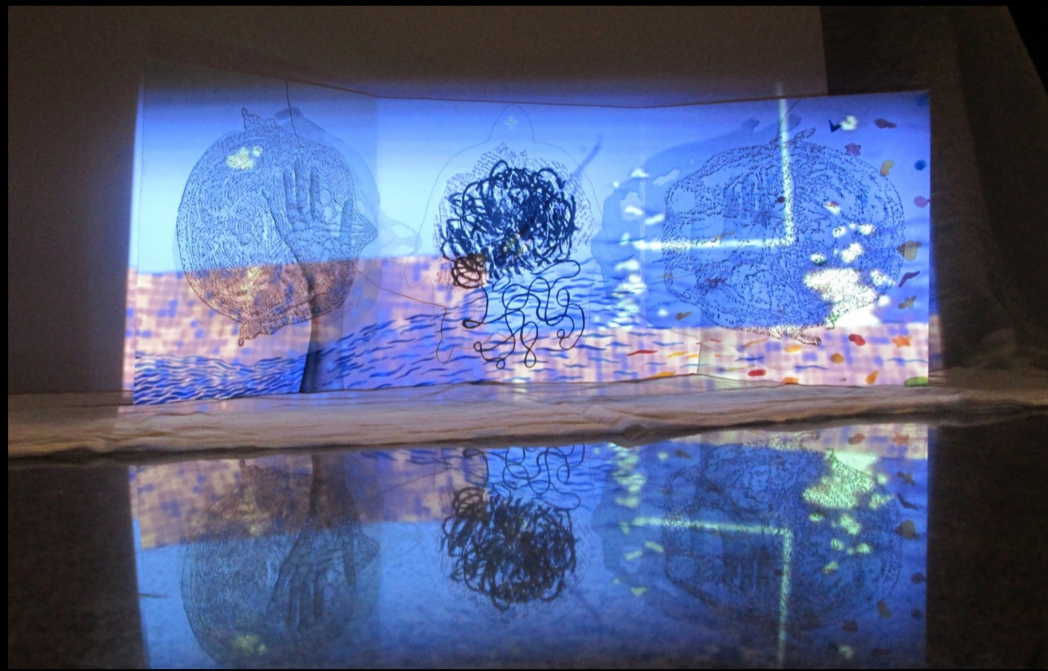
Kavita Babu, Siju Surendran, Kamal Kishore



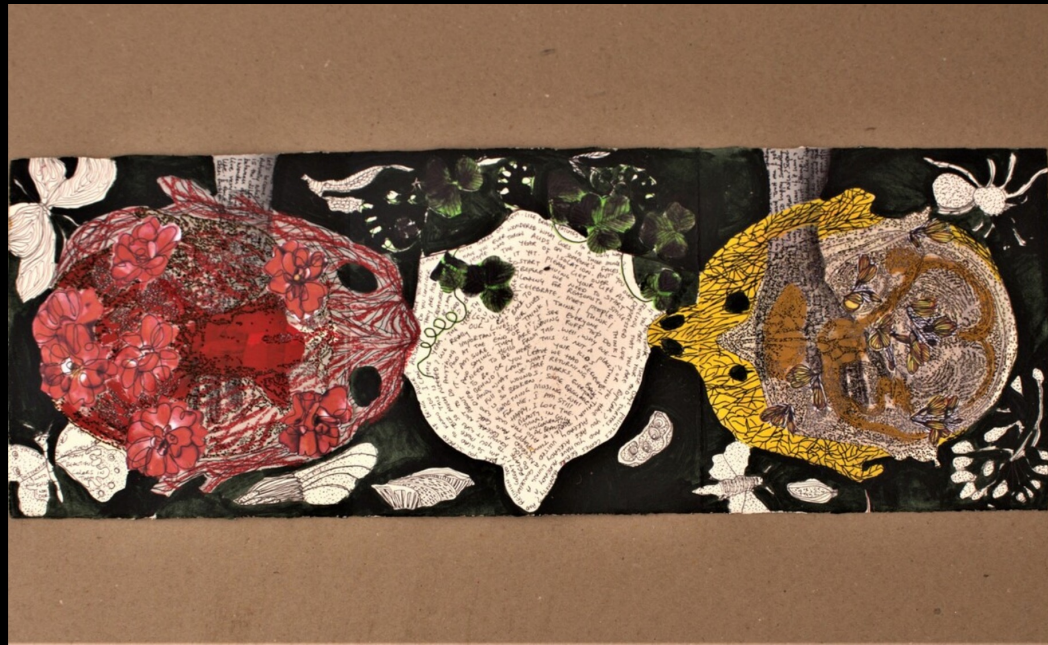
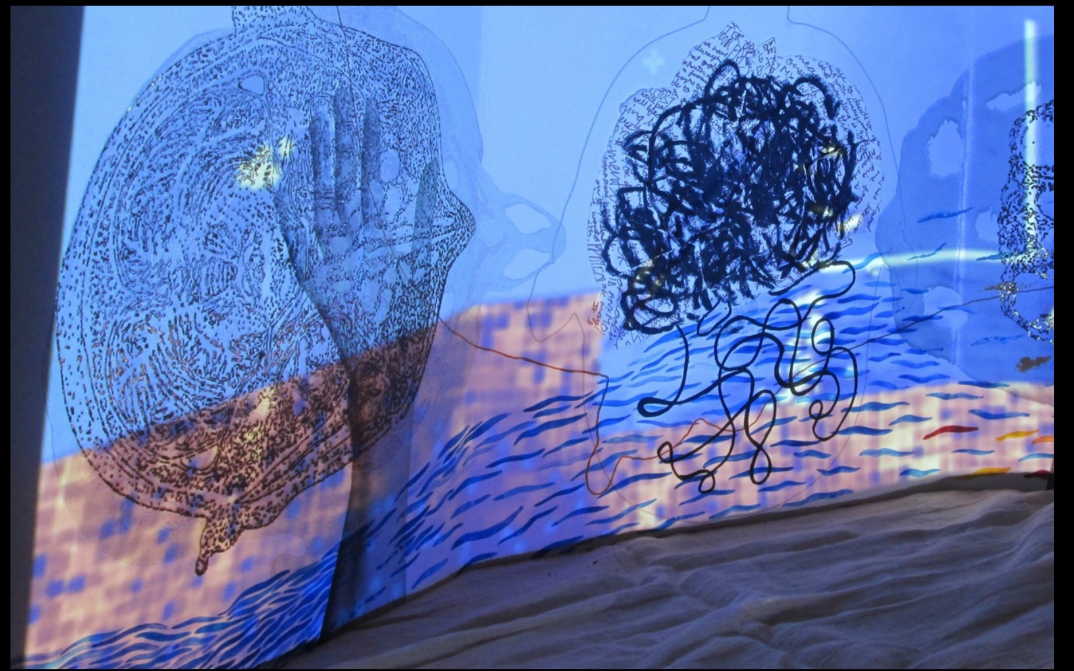
Hiyaa Ghosh



Hyash Tanmoy



Deepika Nandan



Dheeraj Kumar









www.andrewcarnie.uk

