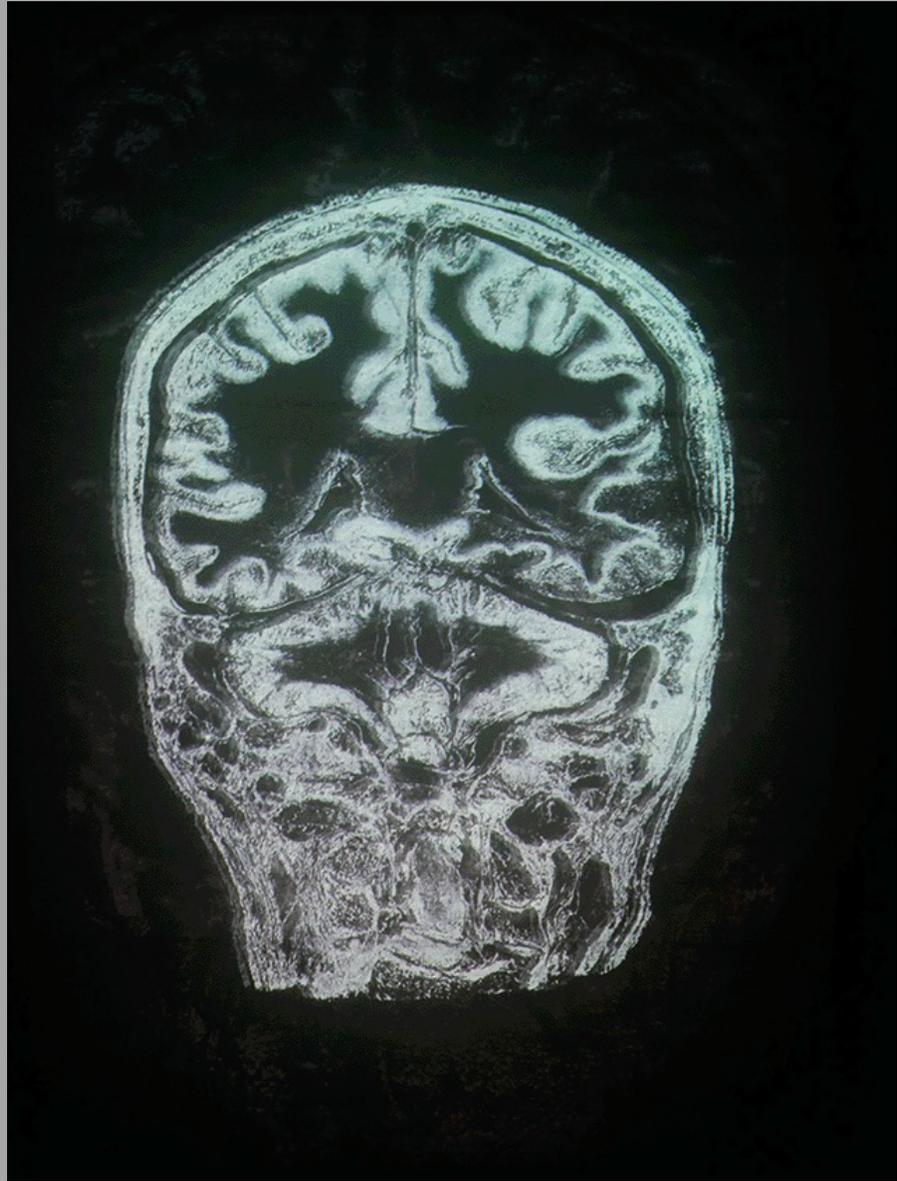
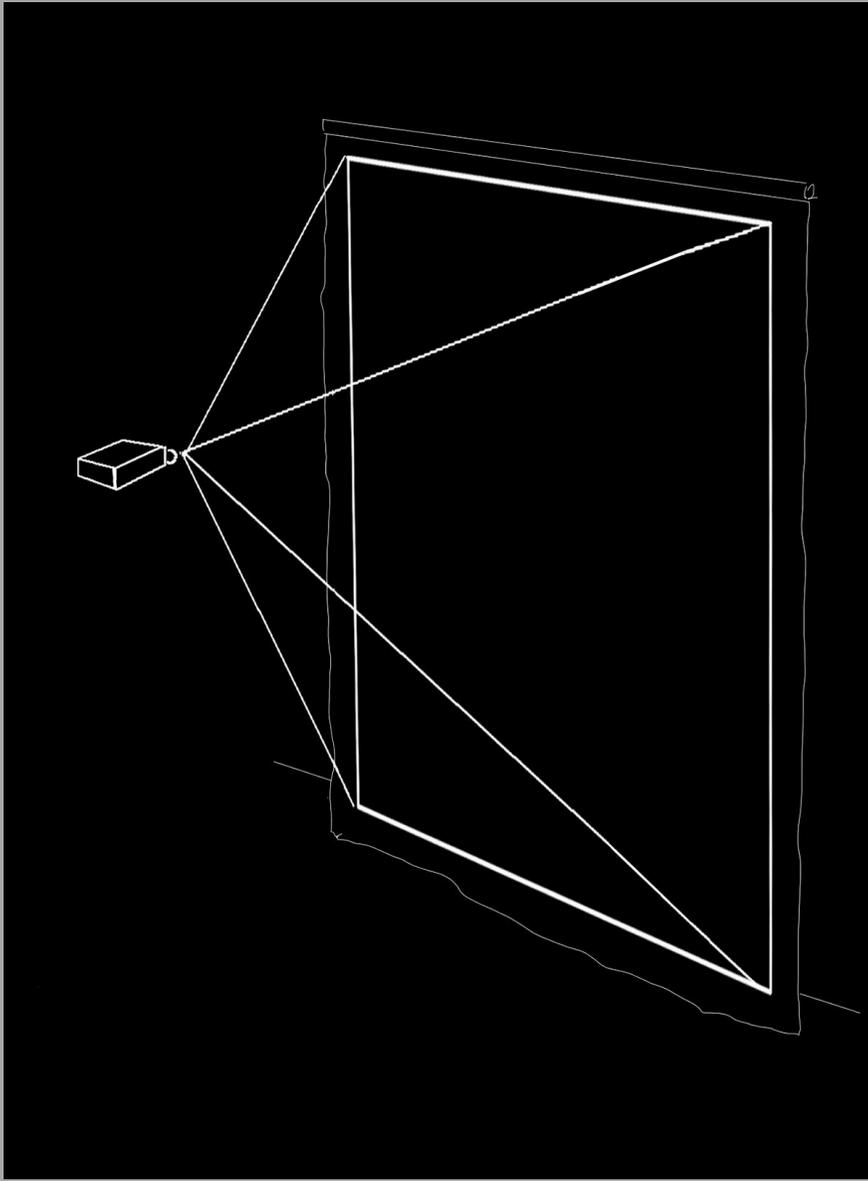




Andrew Carnie

Look at Ourselves:

**MIRROR MIRROR**





The studio: **How it Looks**









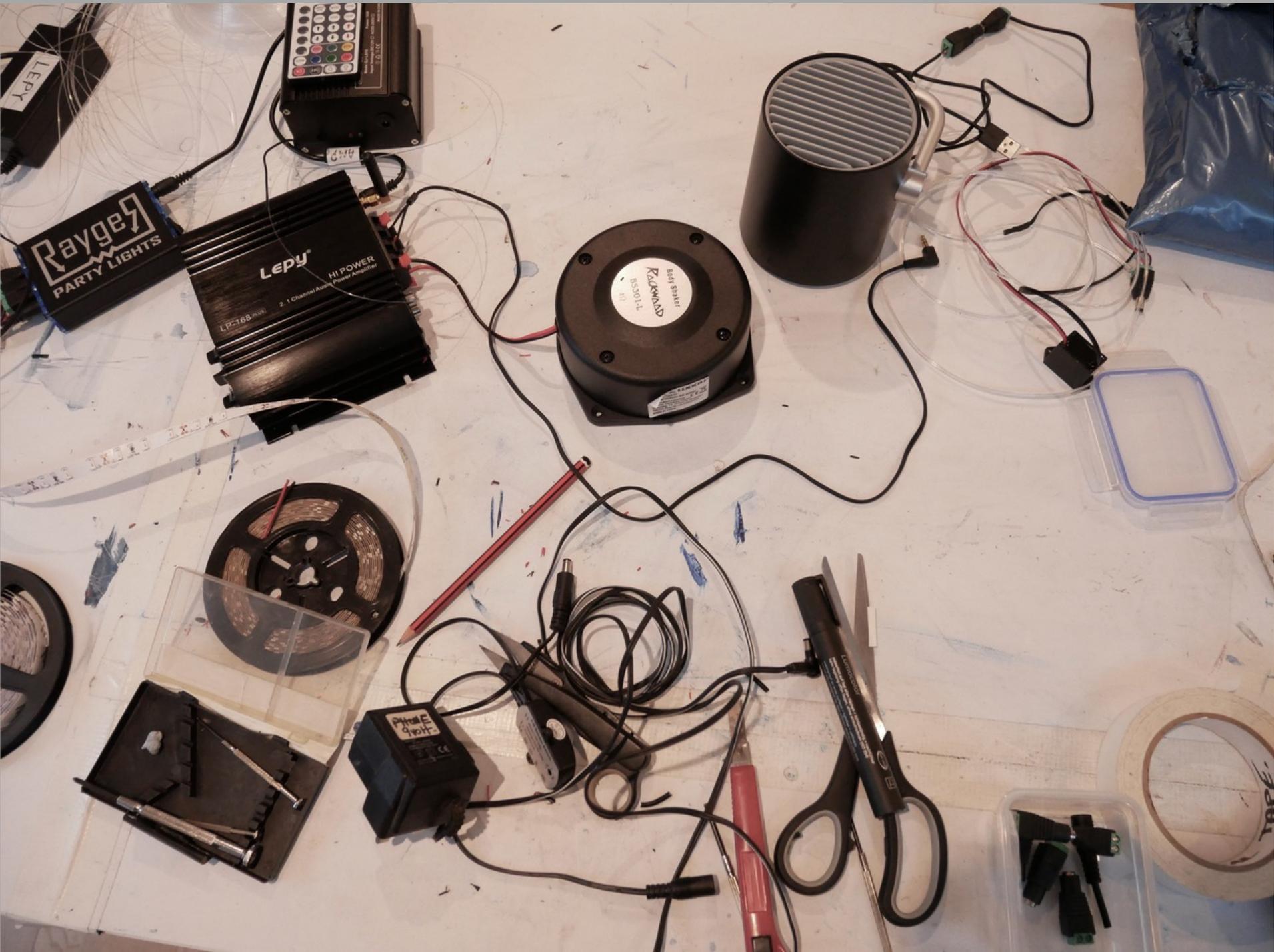












LEPY

Rayge9  
PARTY LIGHTS

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

SOFT SPEAKER  
KAWAID  
55301.1

LED STRIP LIGHTS

LED STRIP LIGHTS

PHASE  
40W

PHASE  
40W

PHASE  
40W



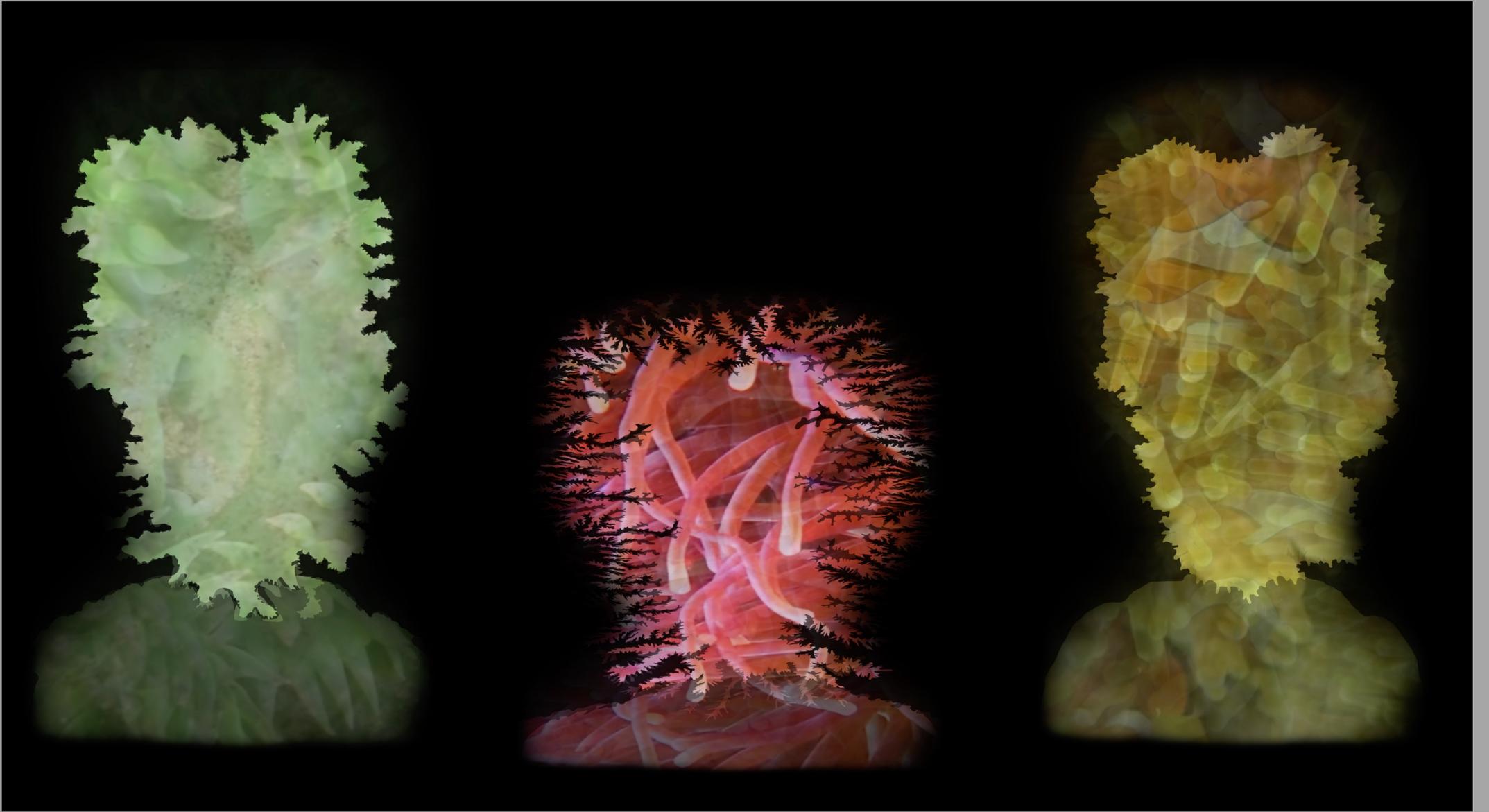


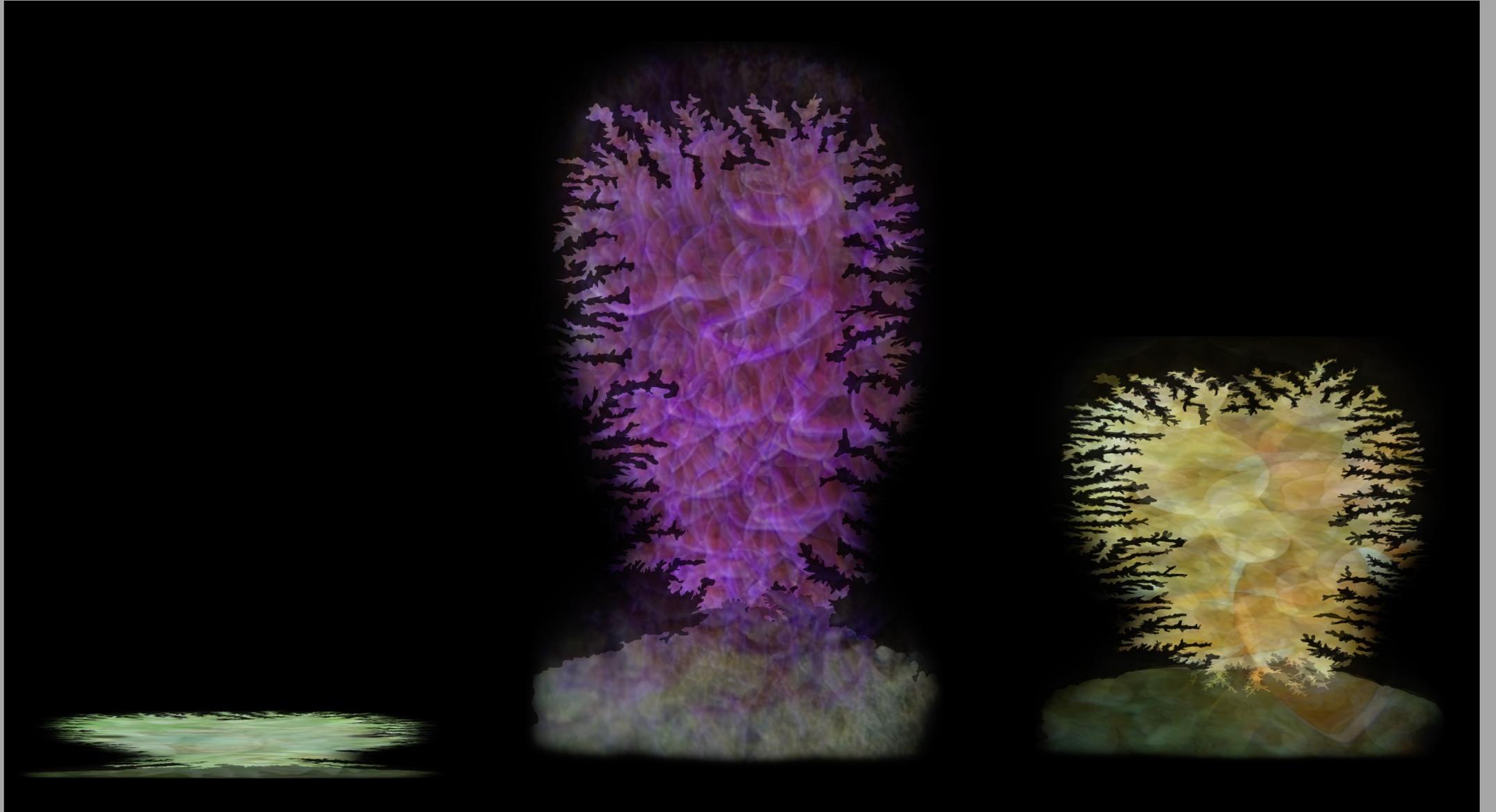




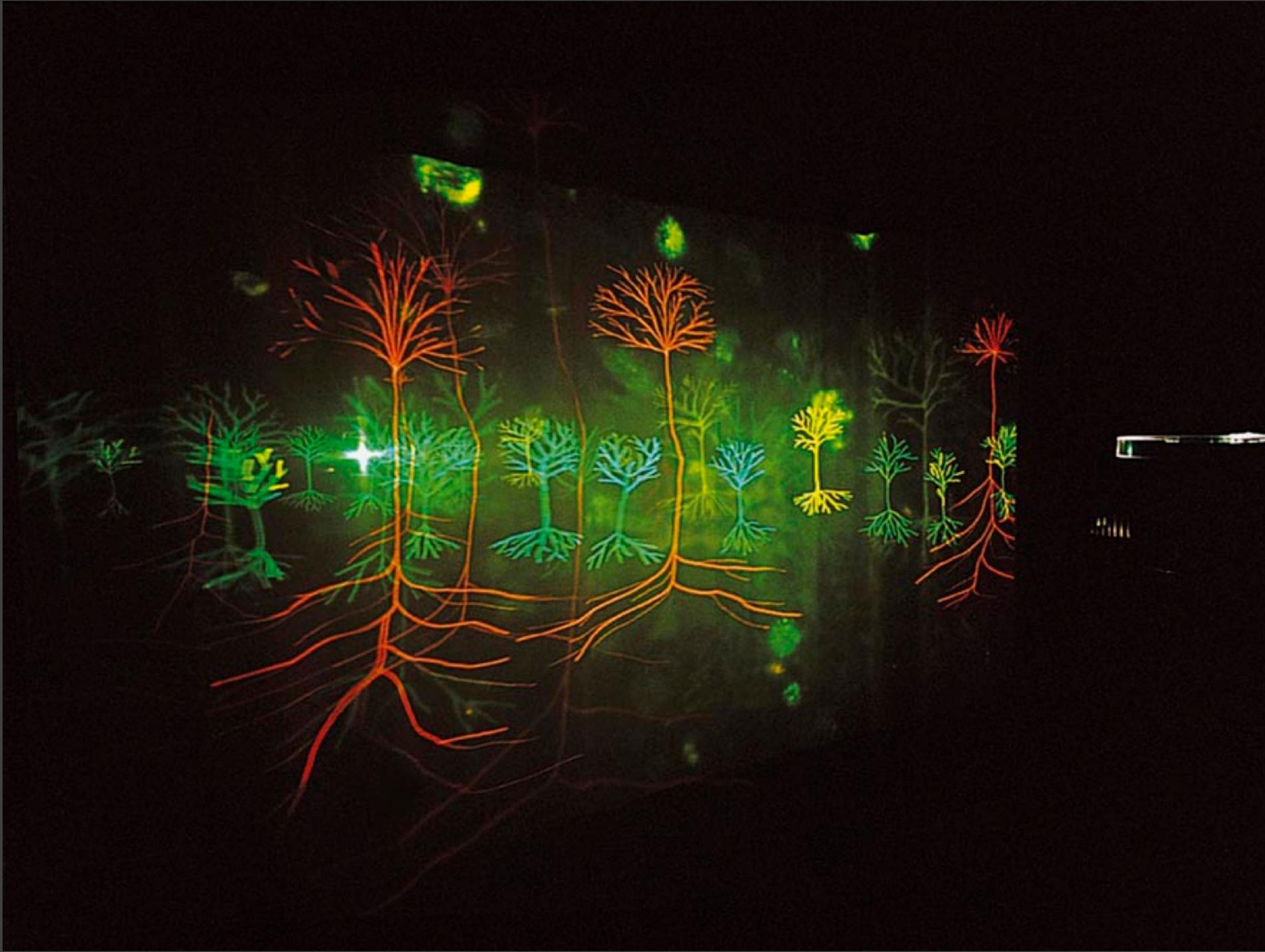


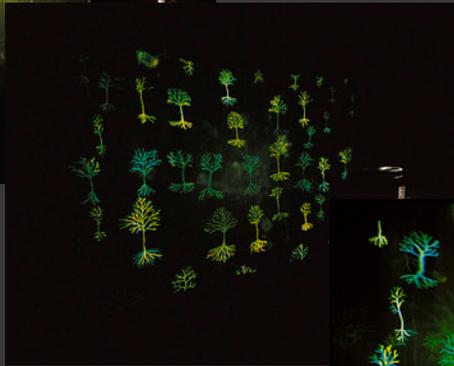
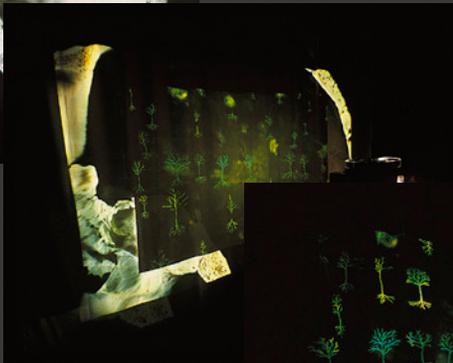
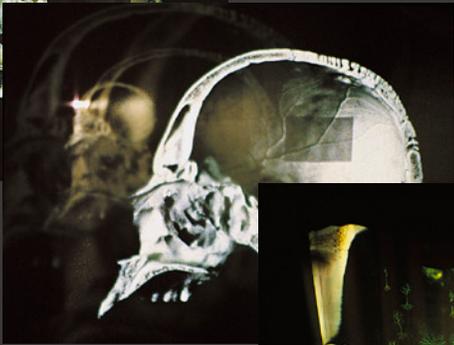
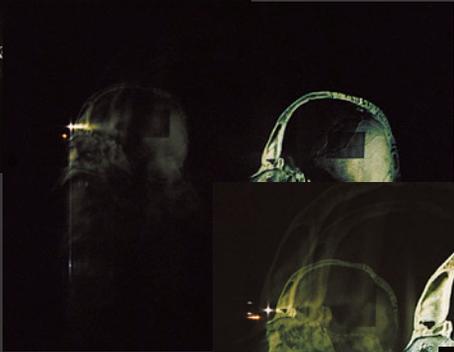


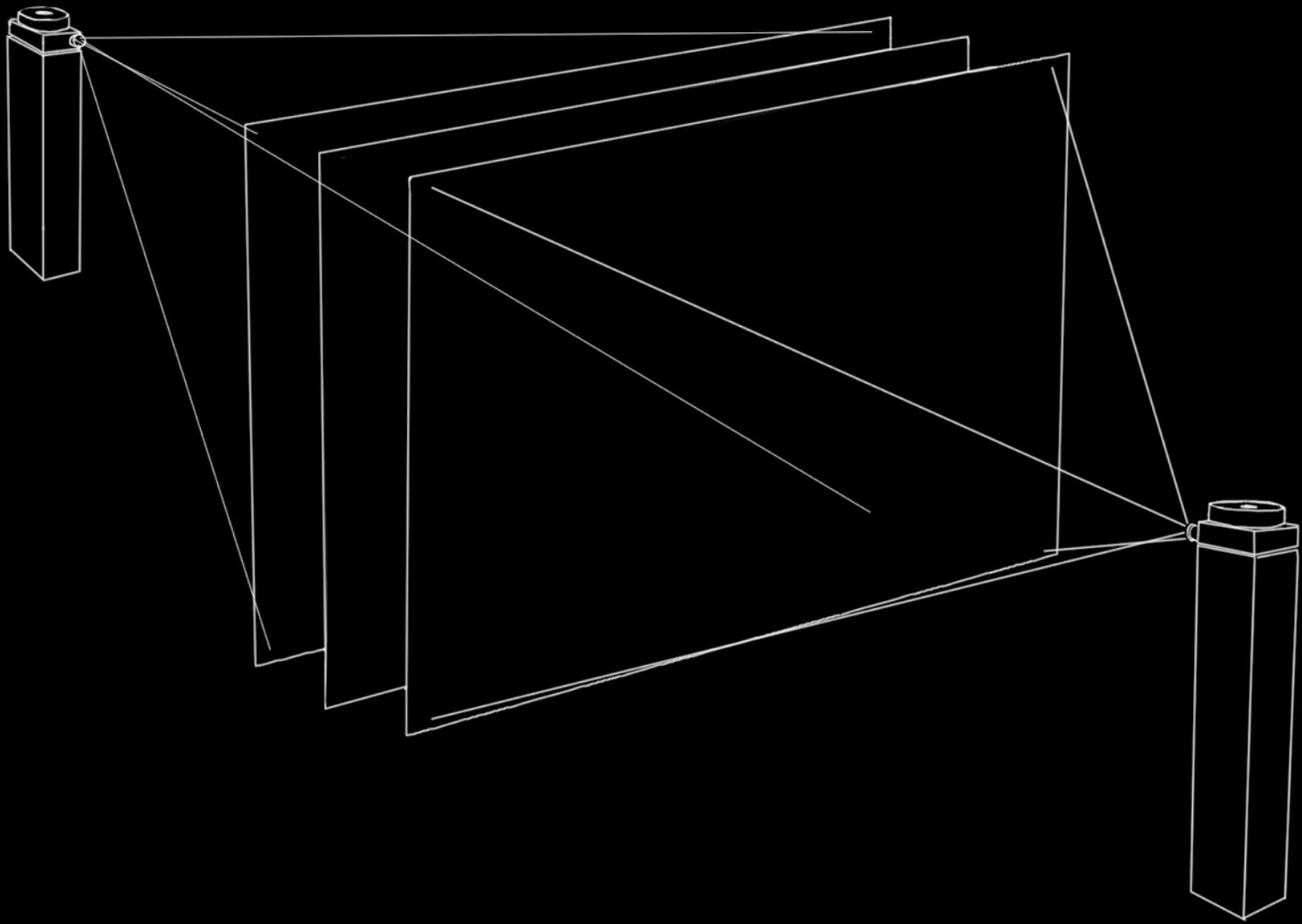


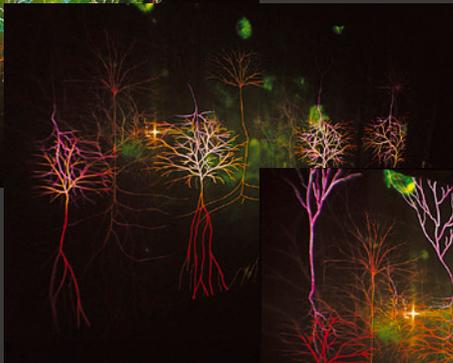
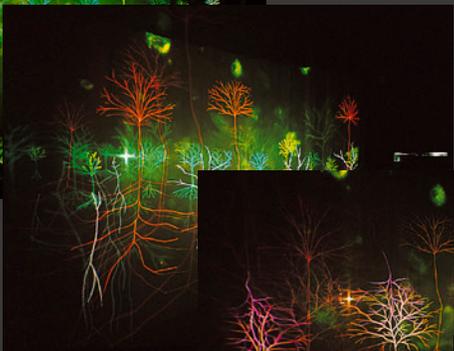
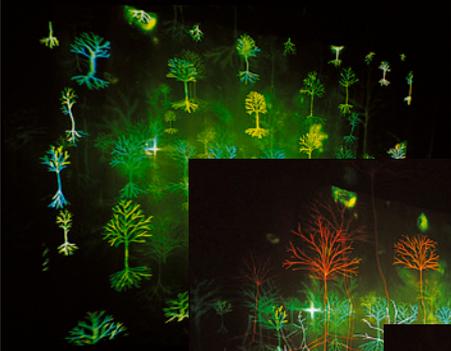


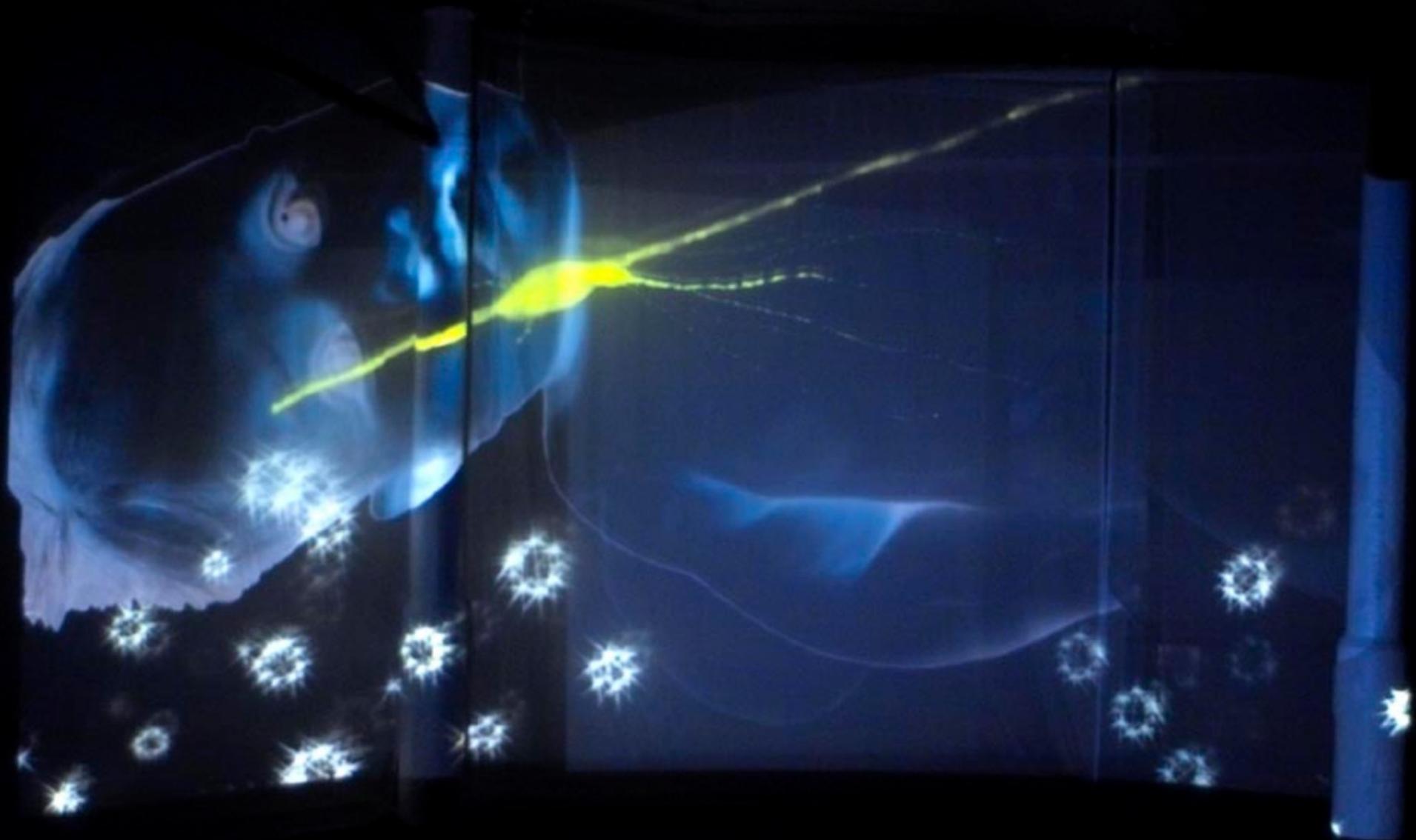
Being Human



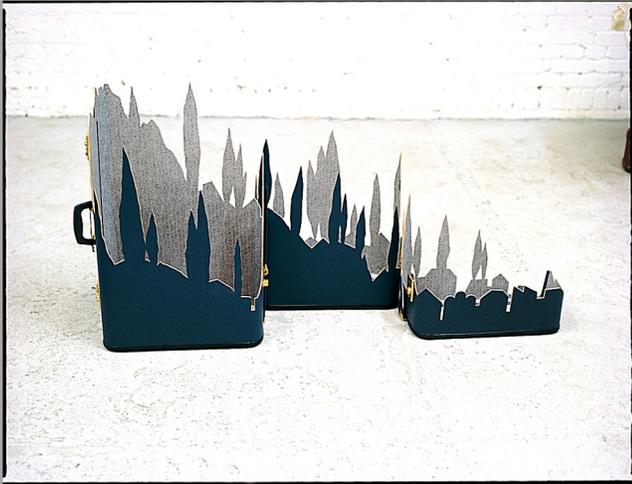


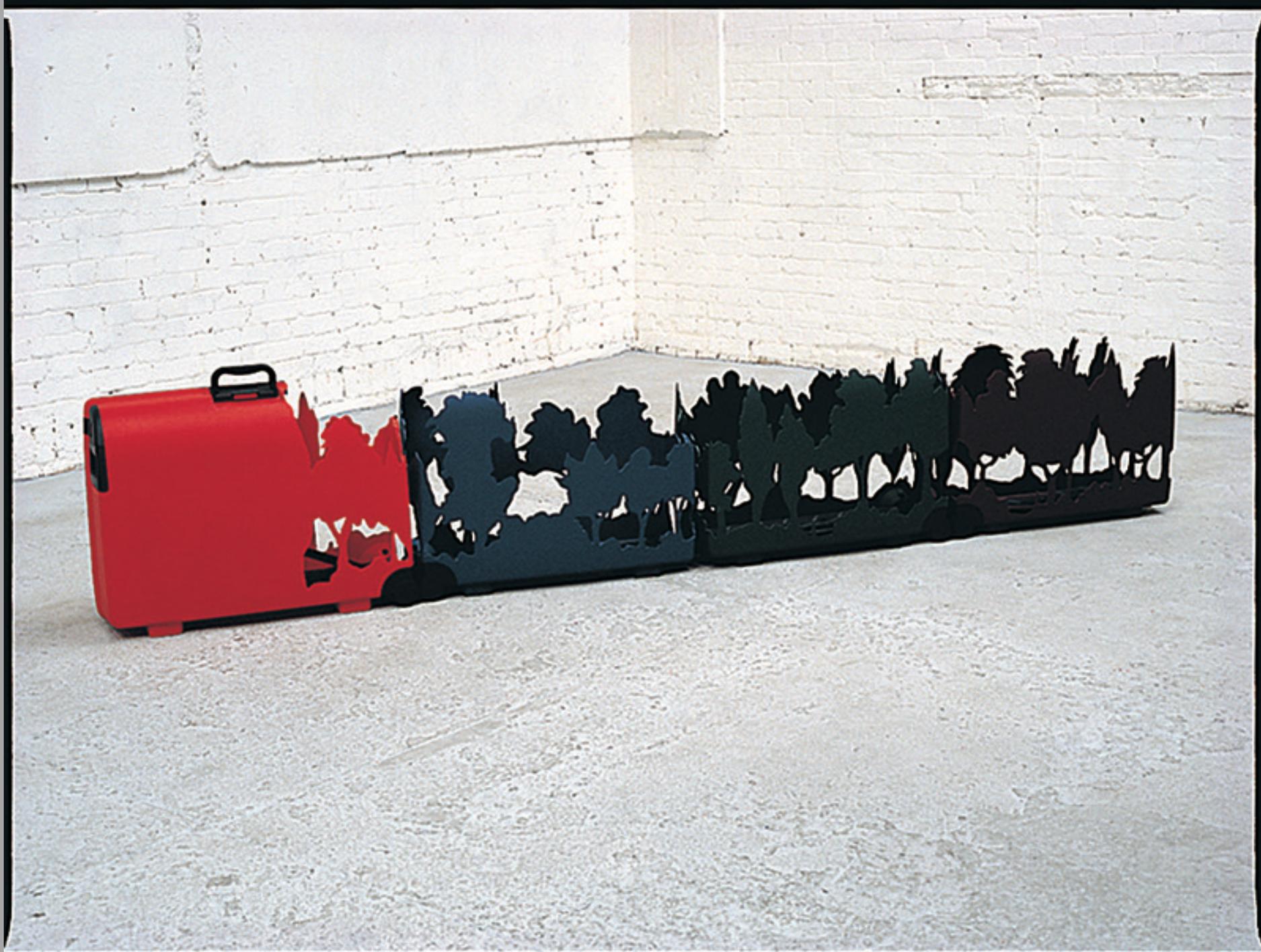




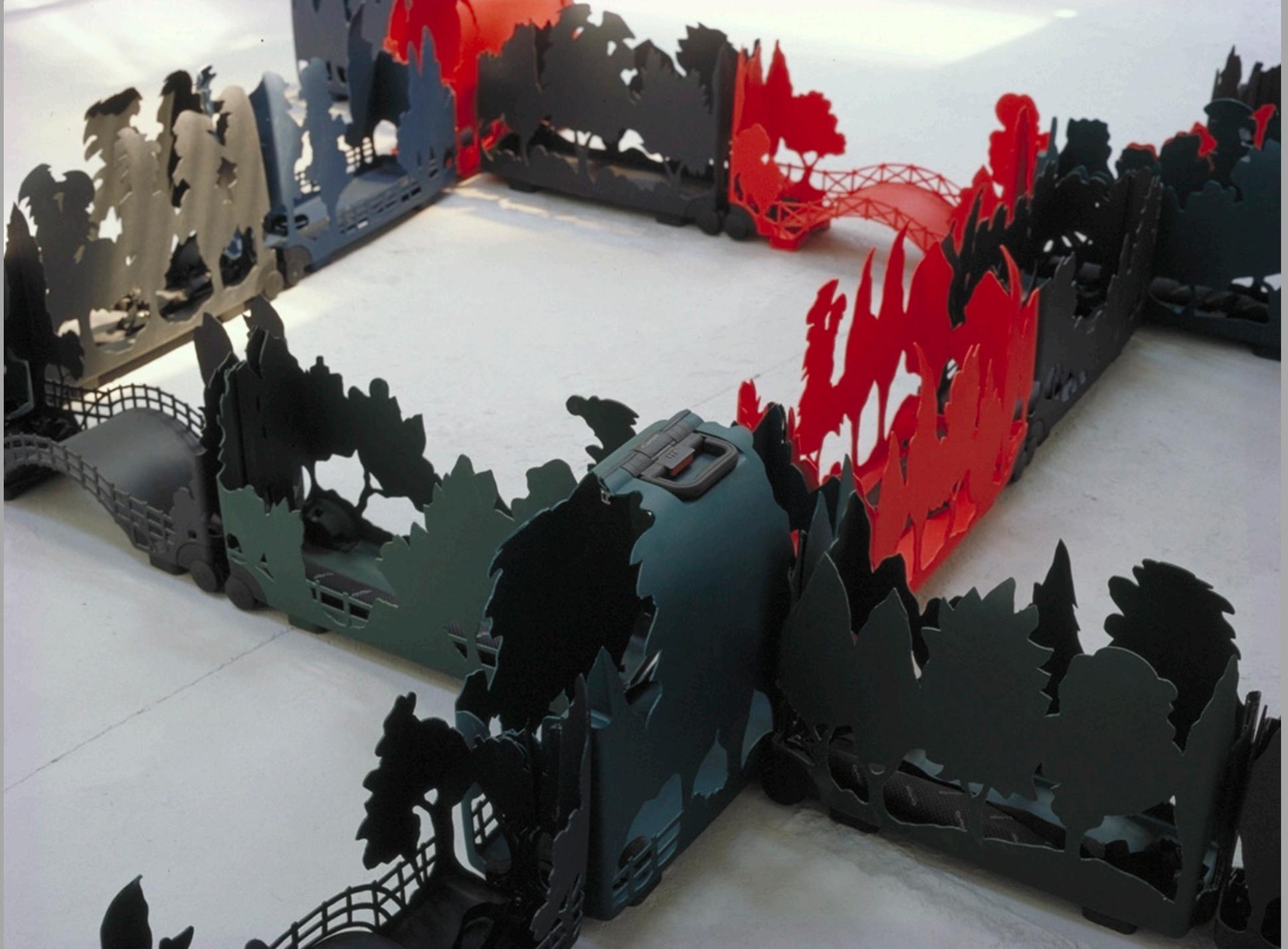






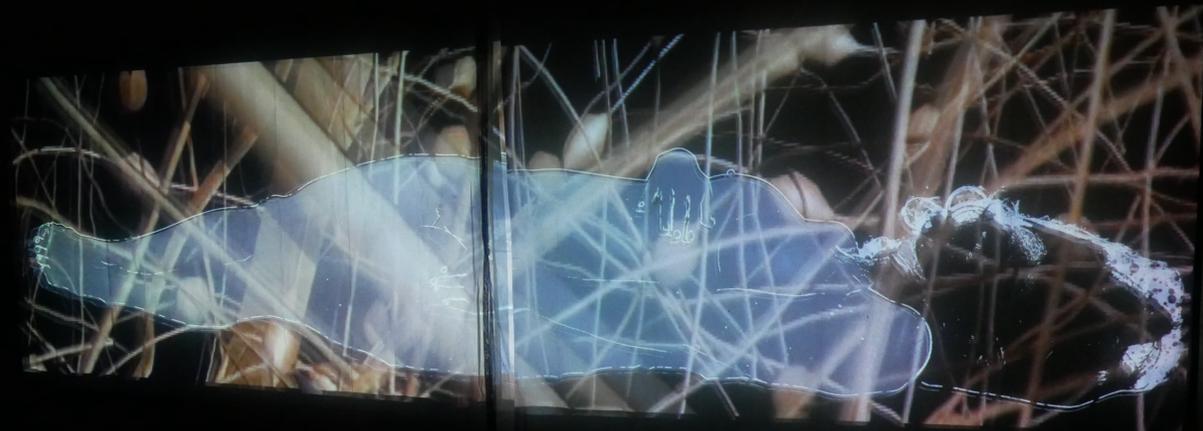
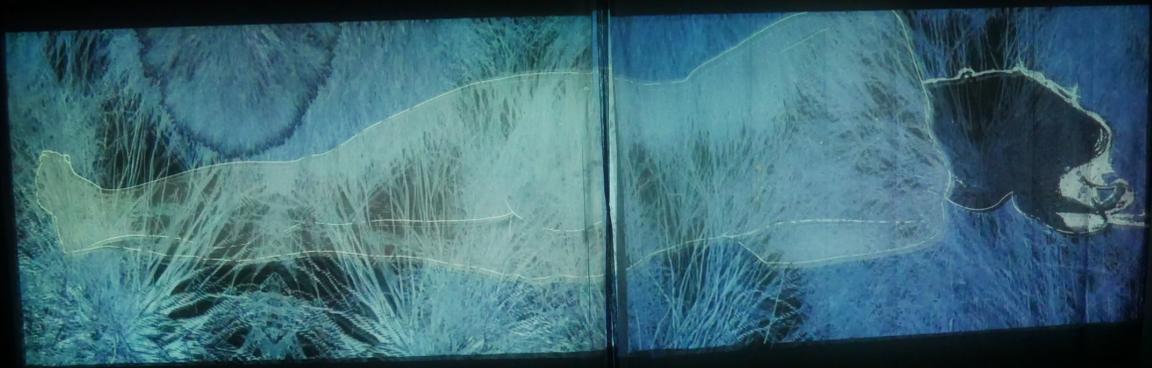


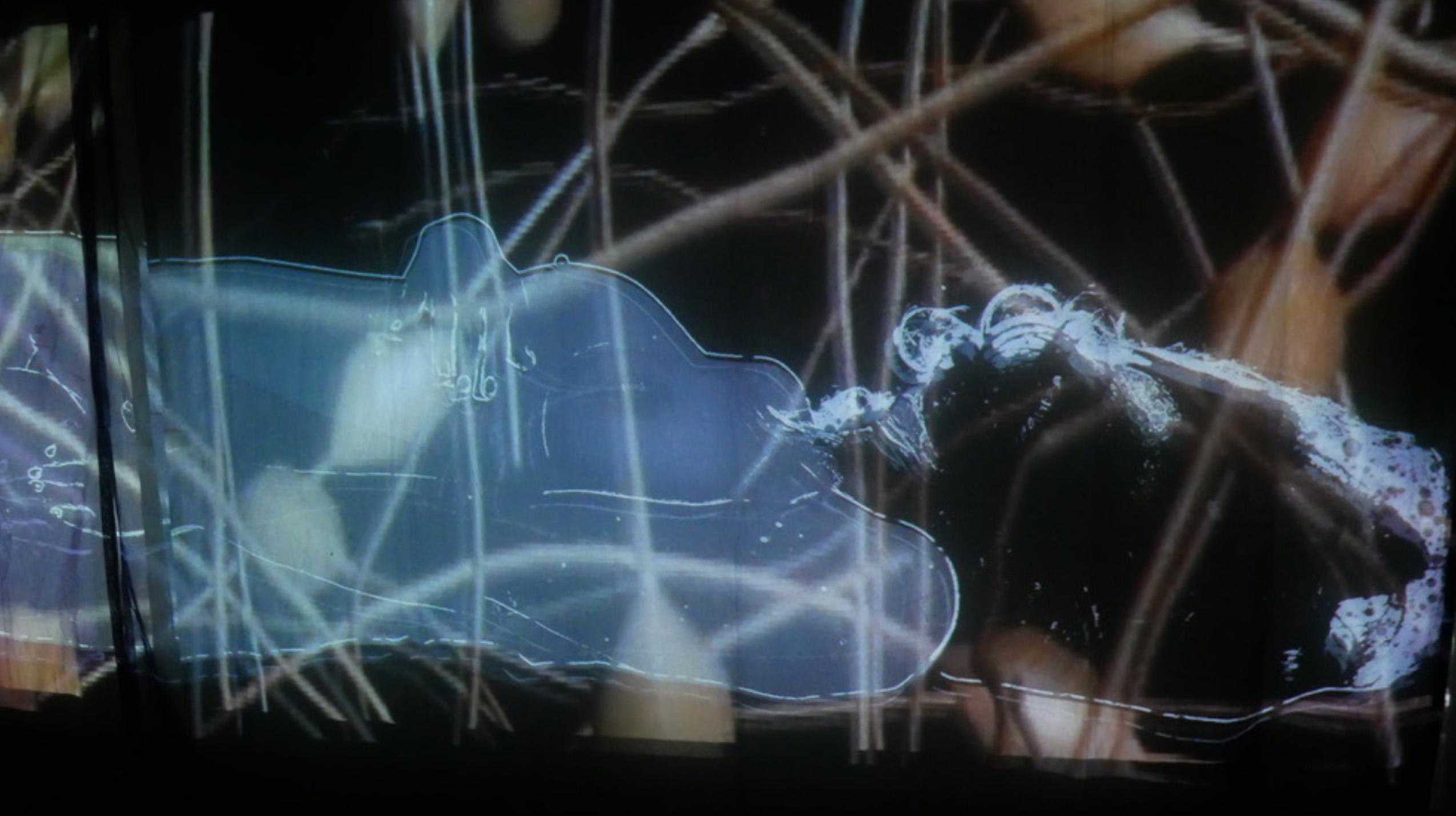
Walk, 1992,  
hand cut suitcases

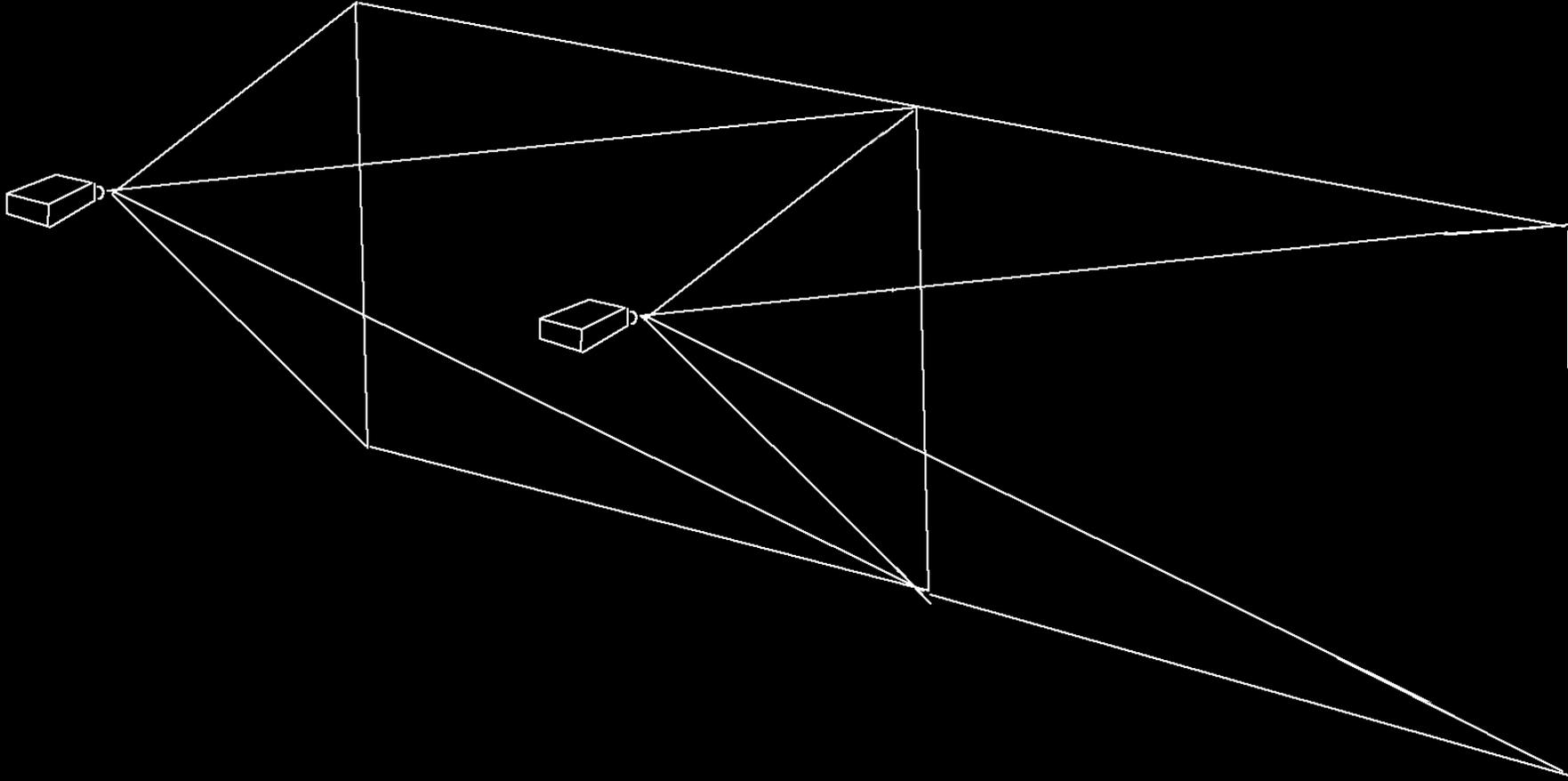


Patchwork, 1992,  
hand cut, suitcases

As Things Come to Pass 2020

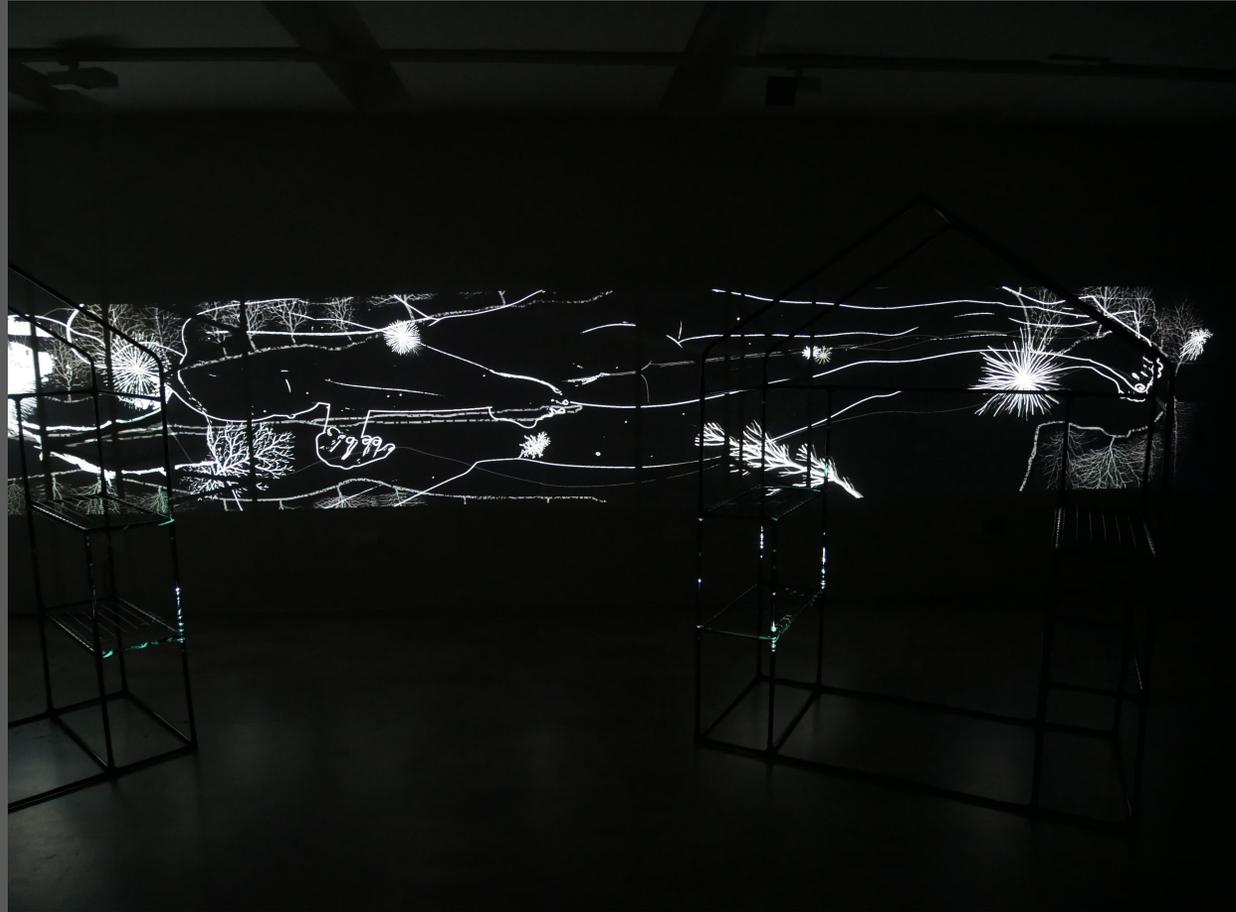
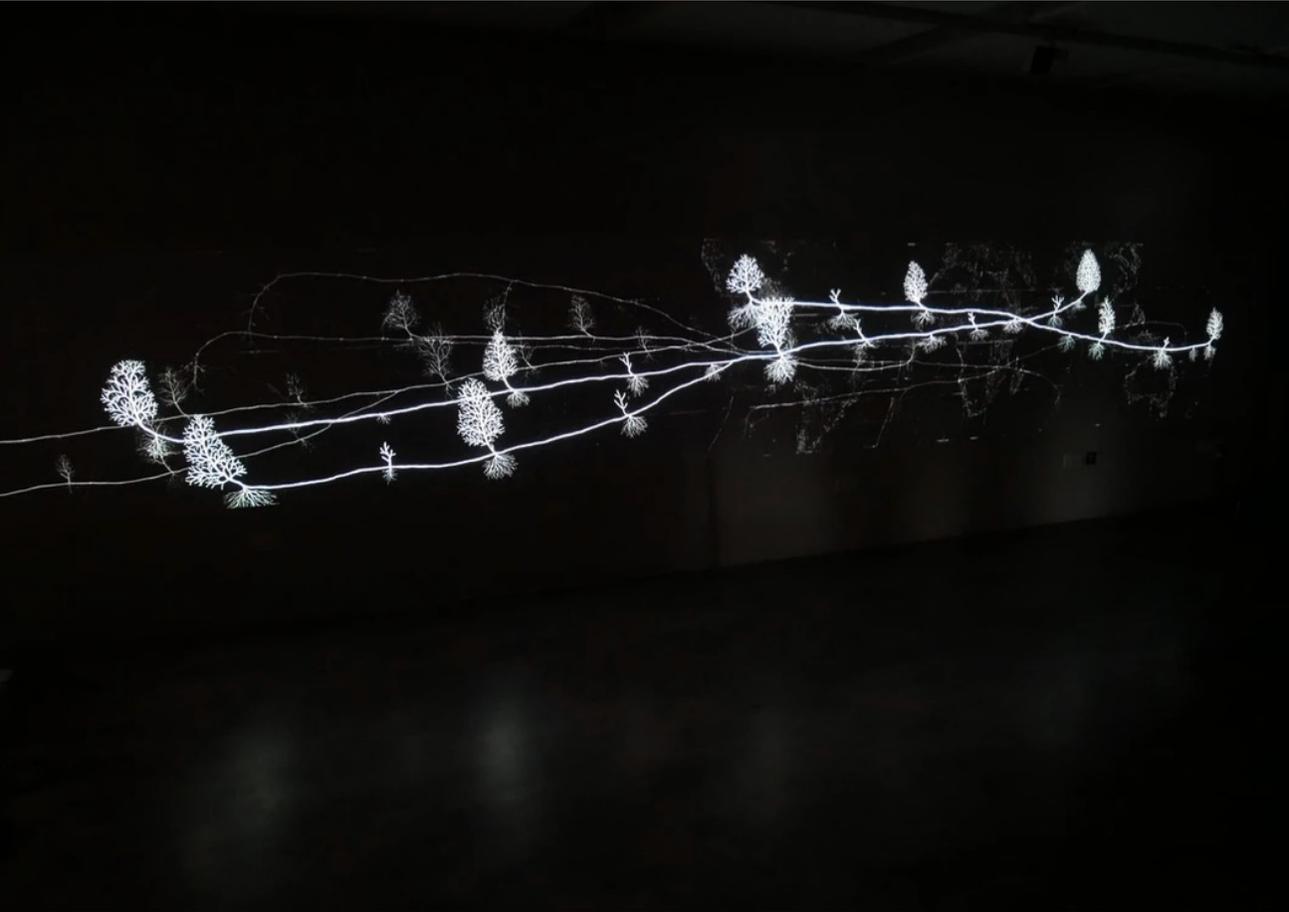


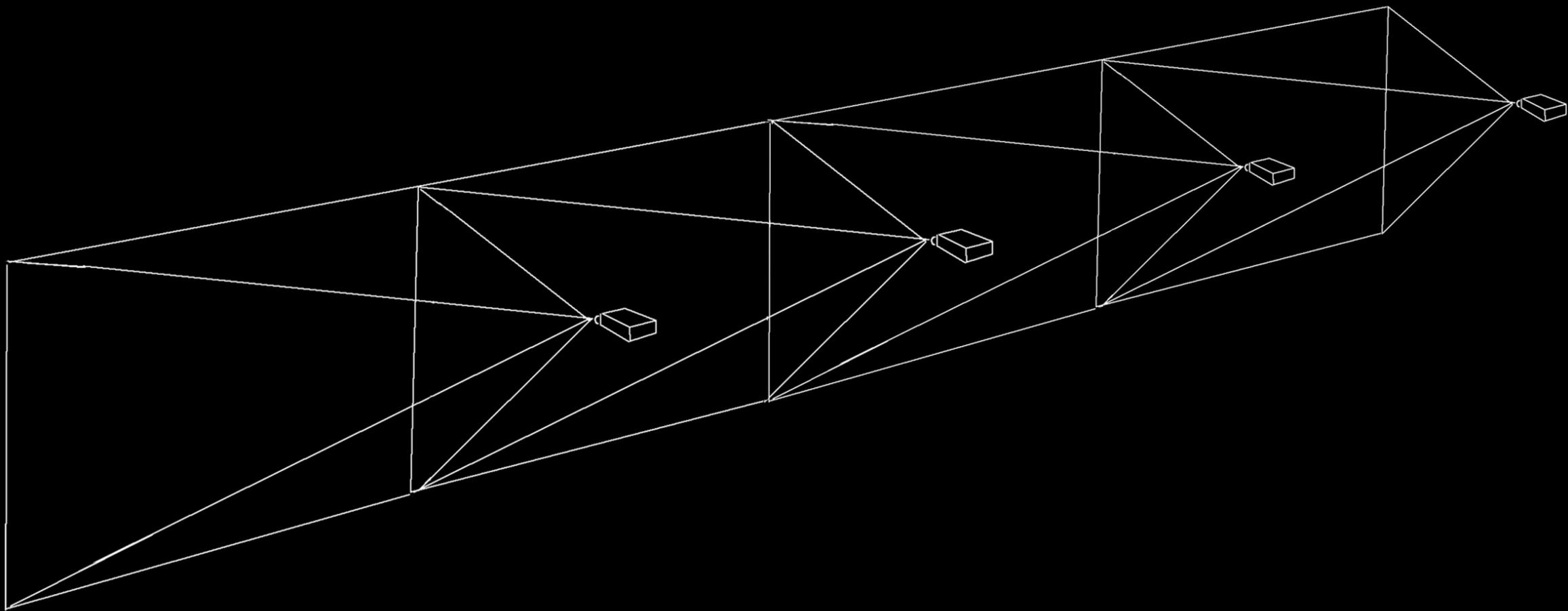


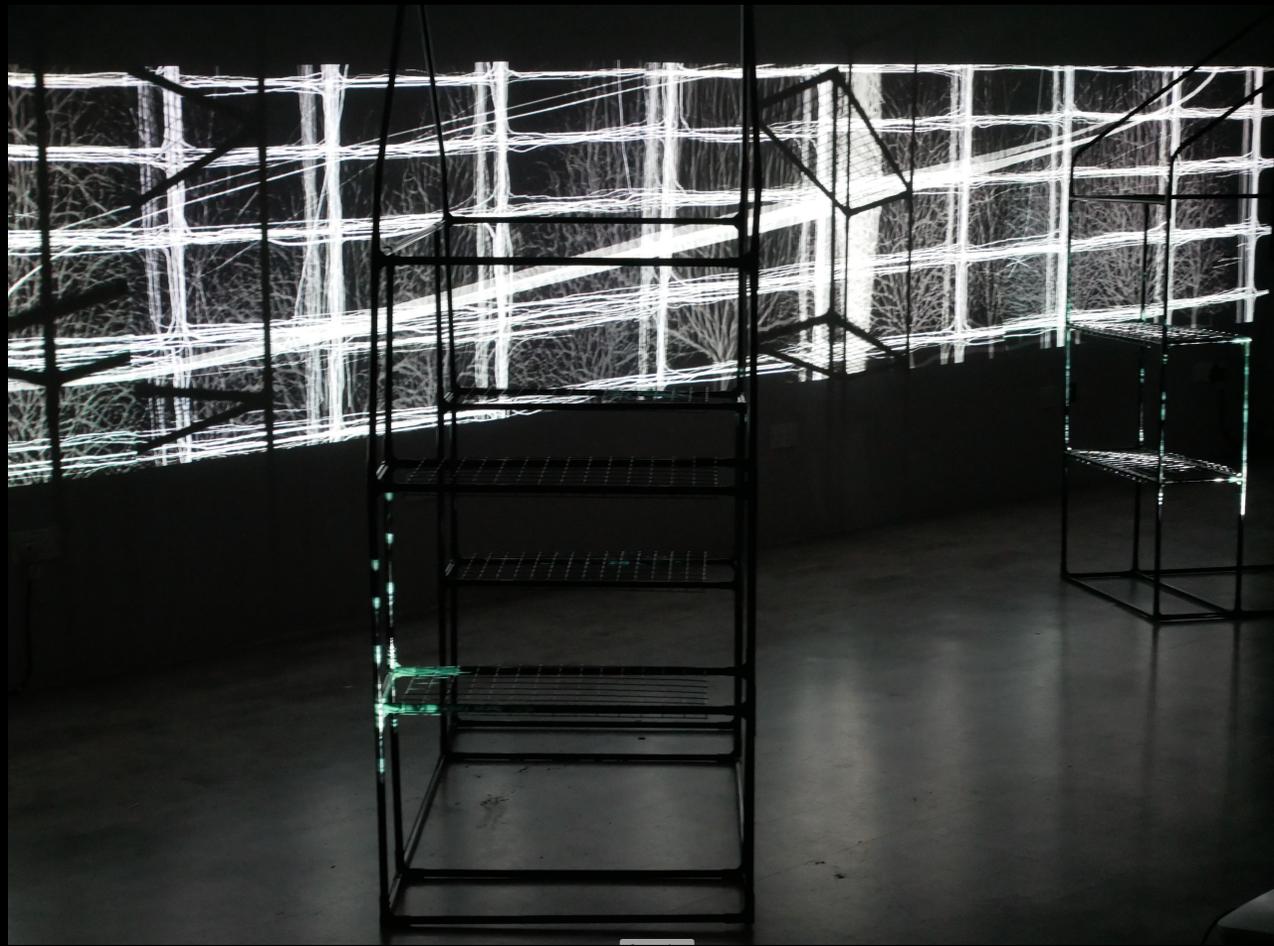
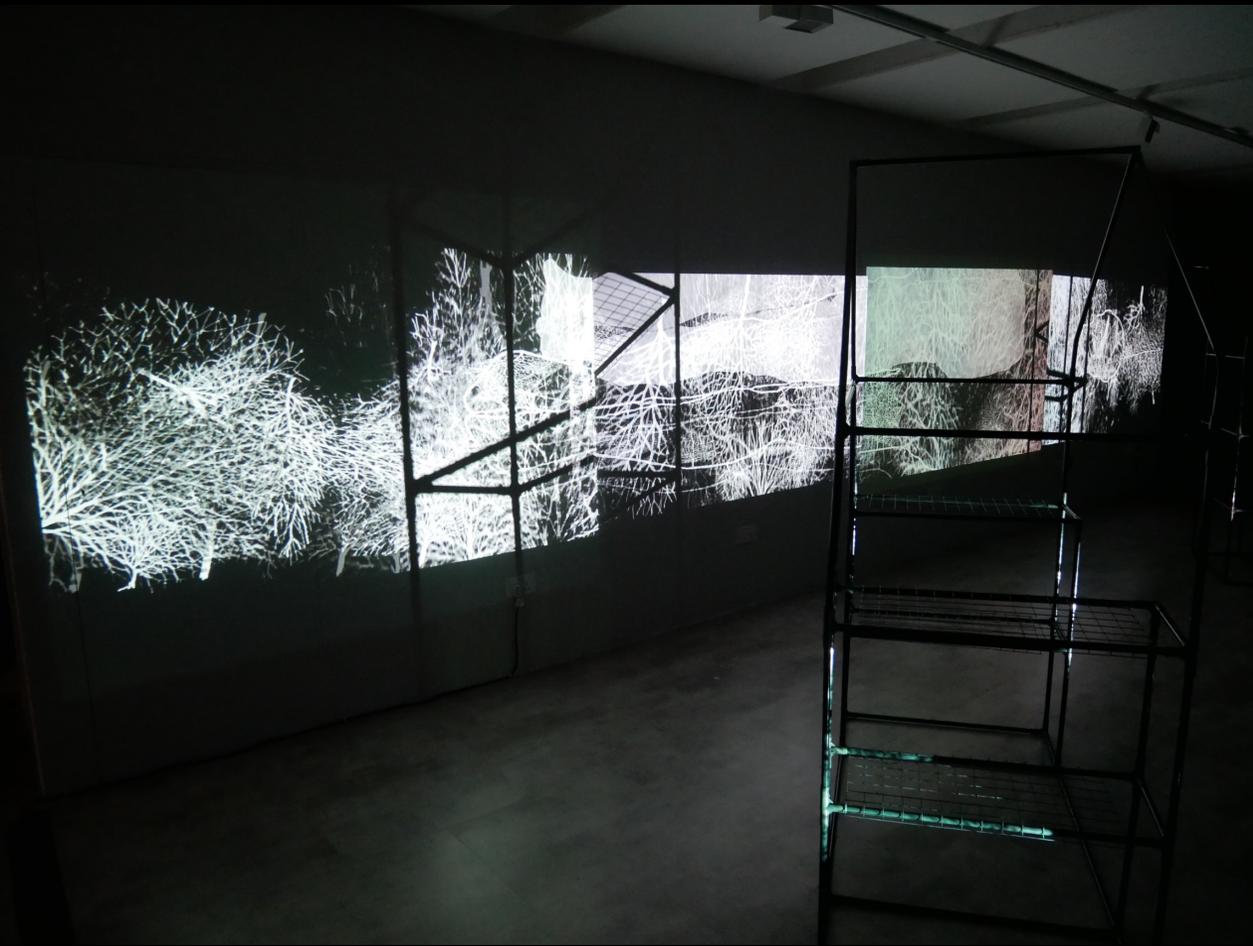


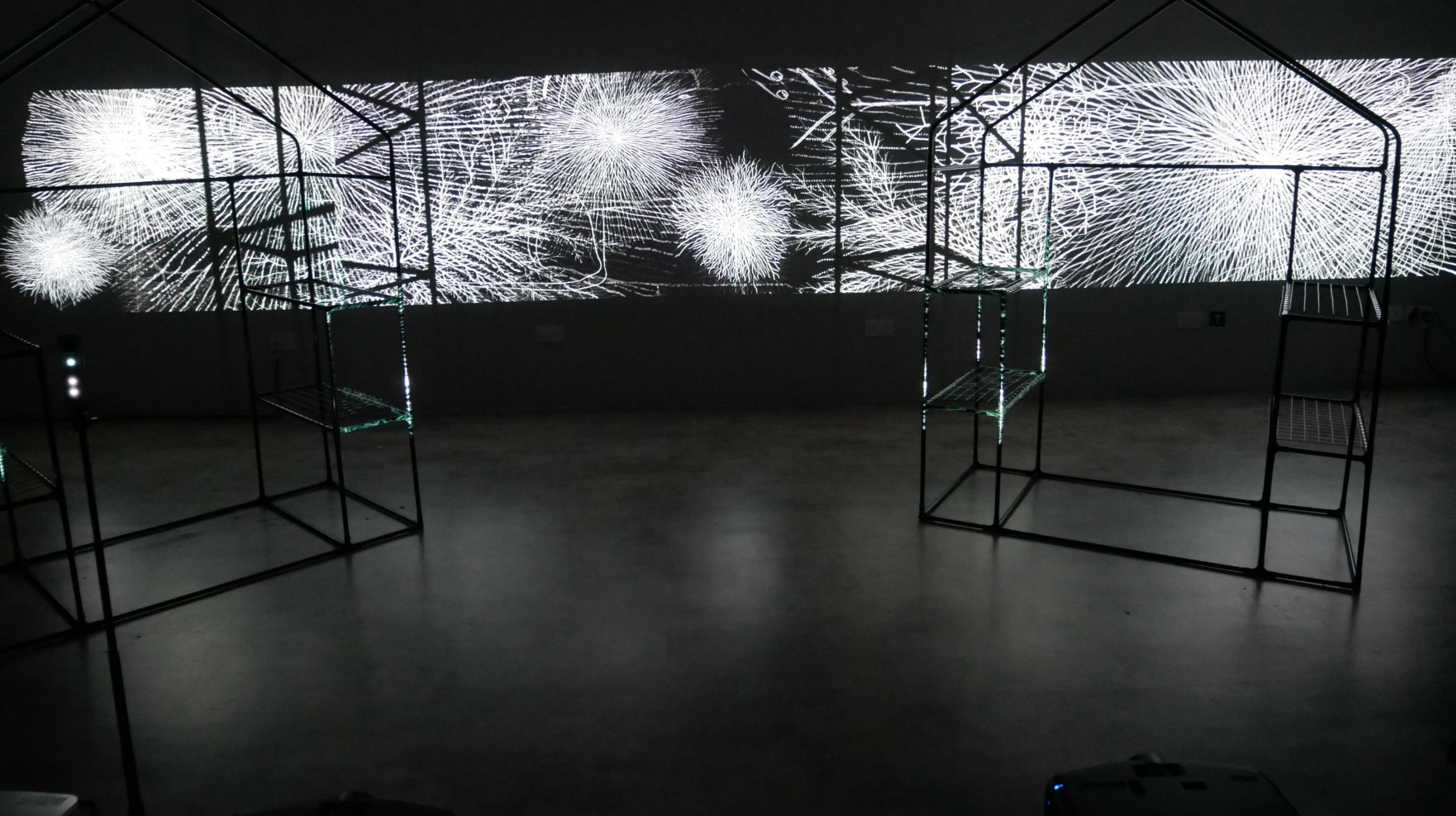


Here There and Everywhere 2020



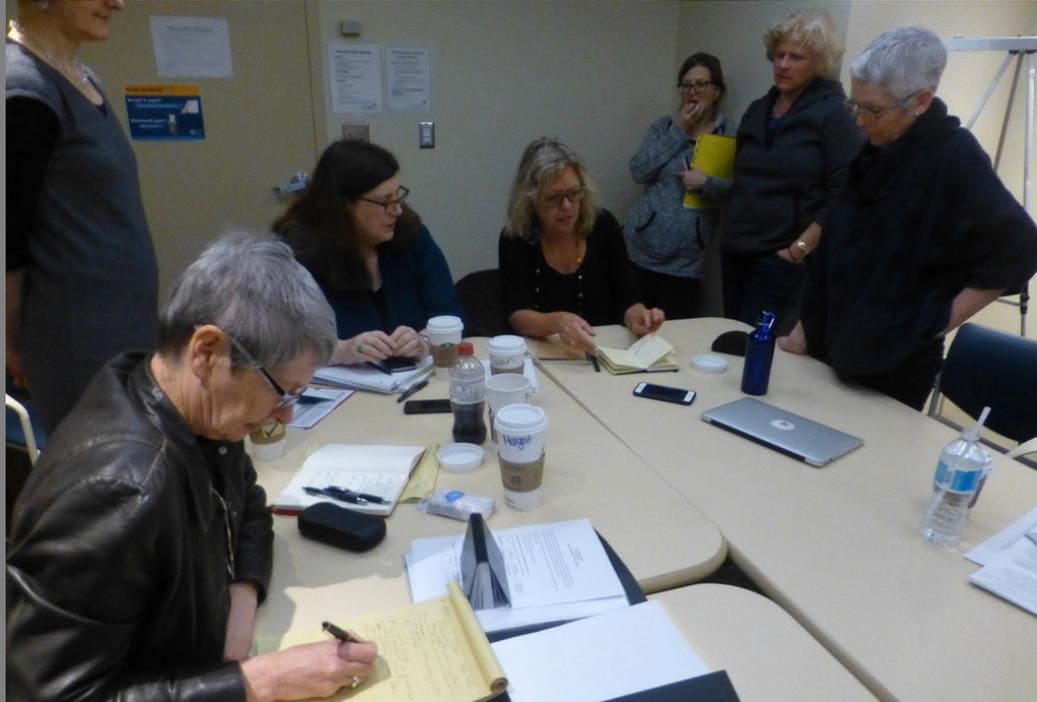






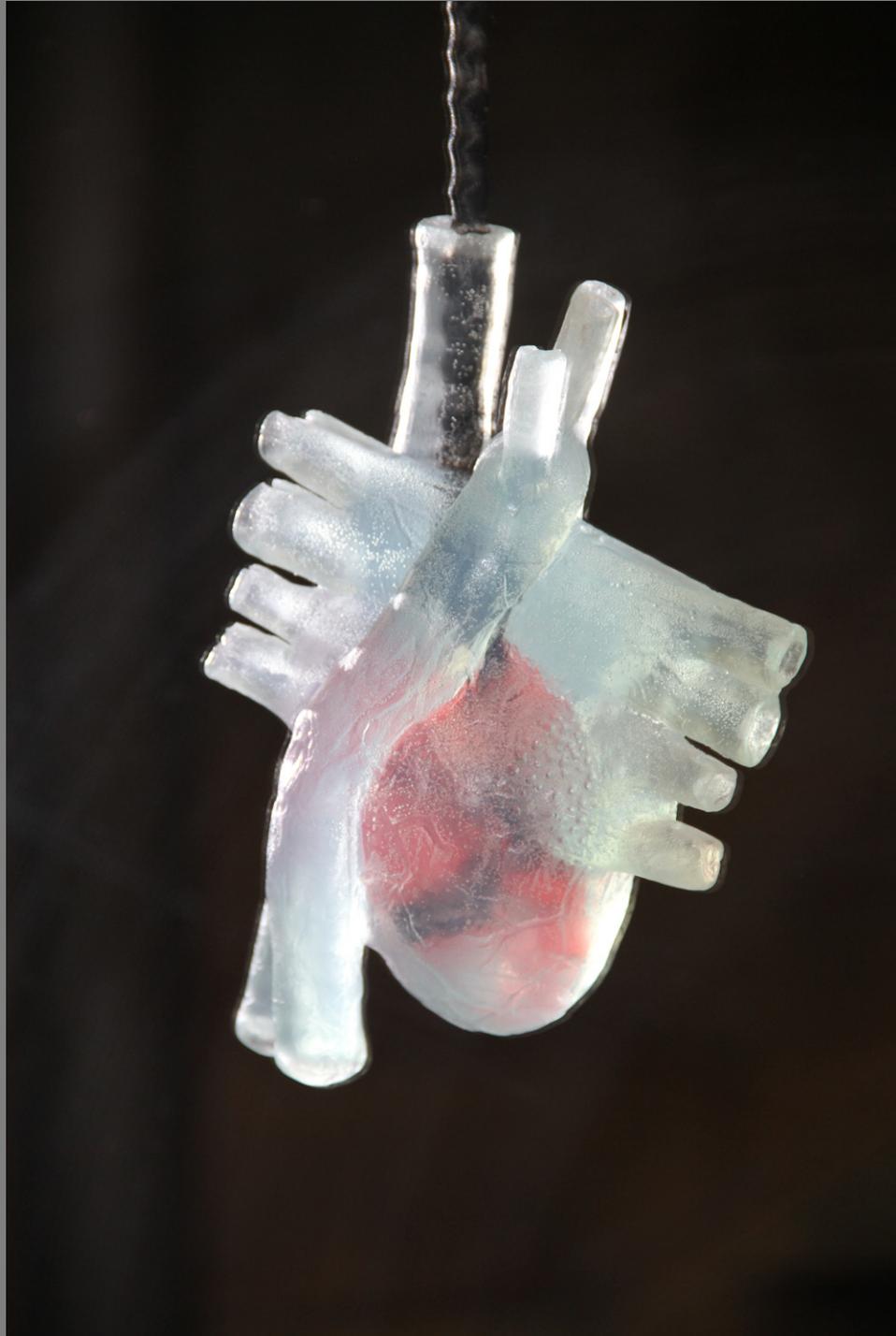
# HYBRID BODIES

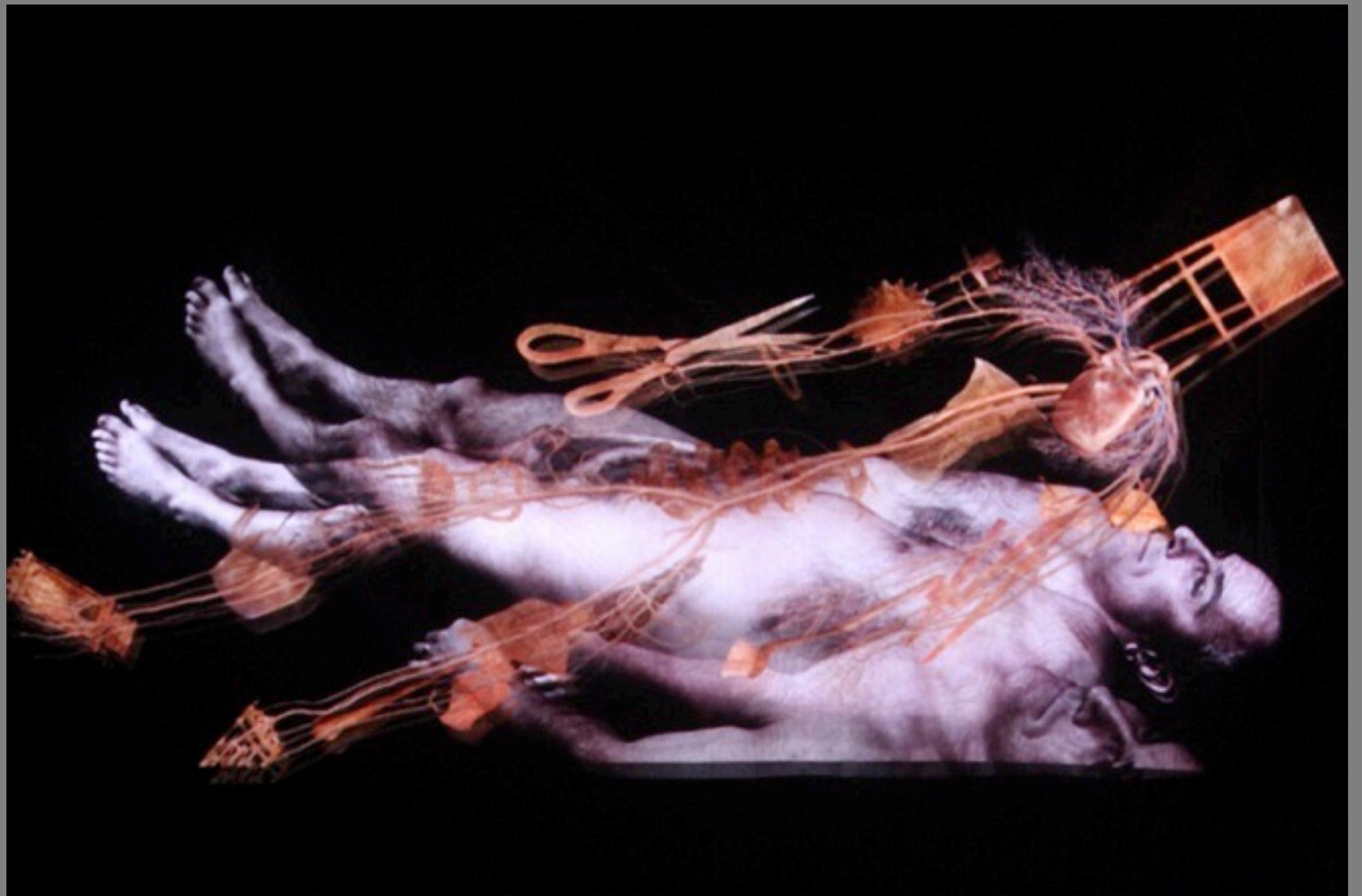
heart transplant project 2008 - 2018







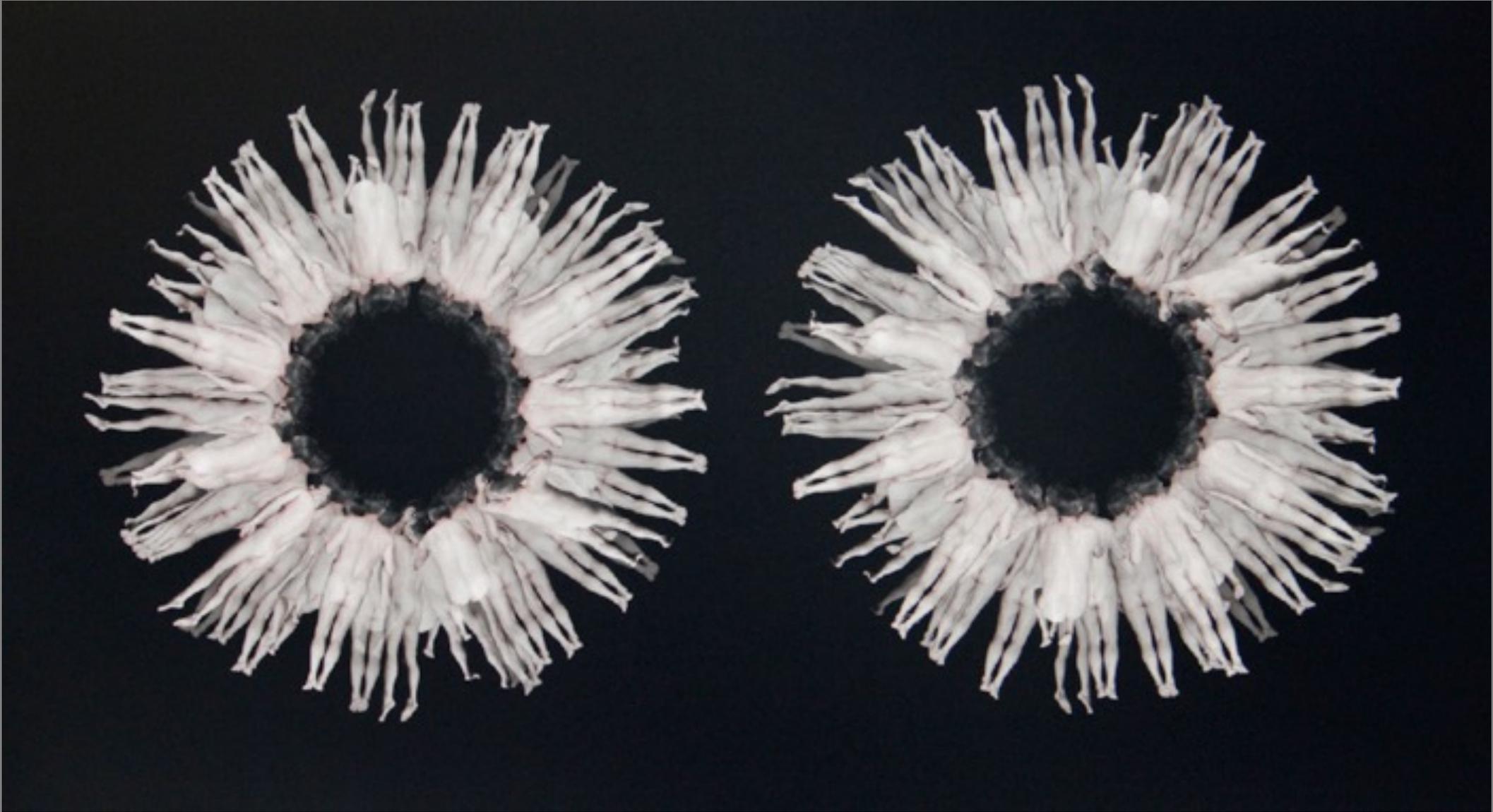


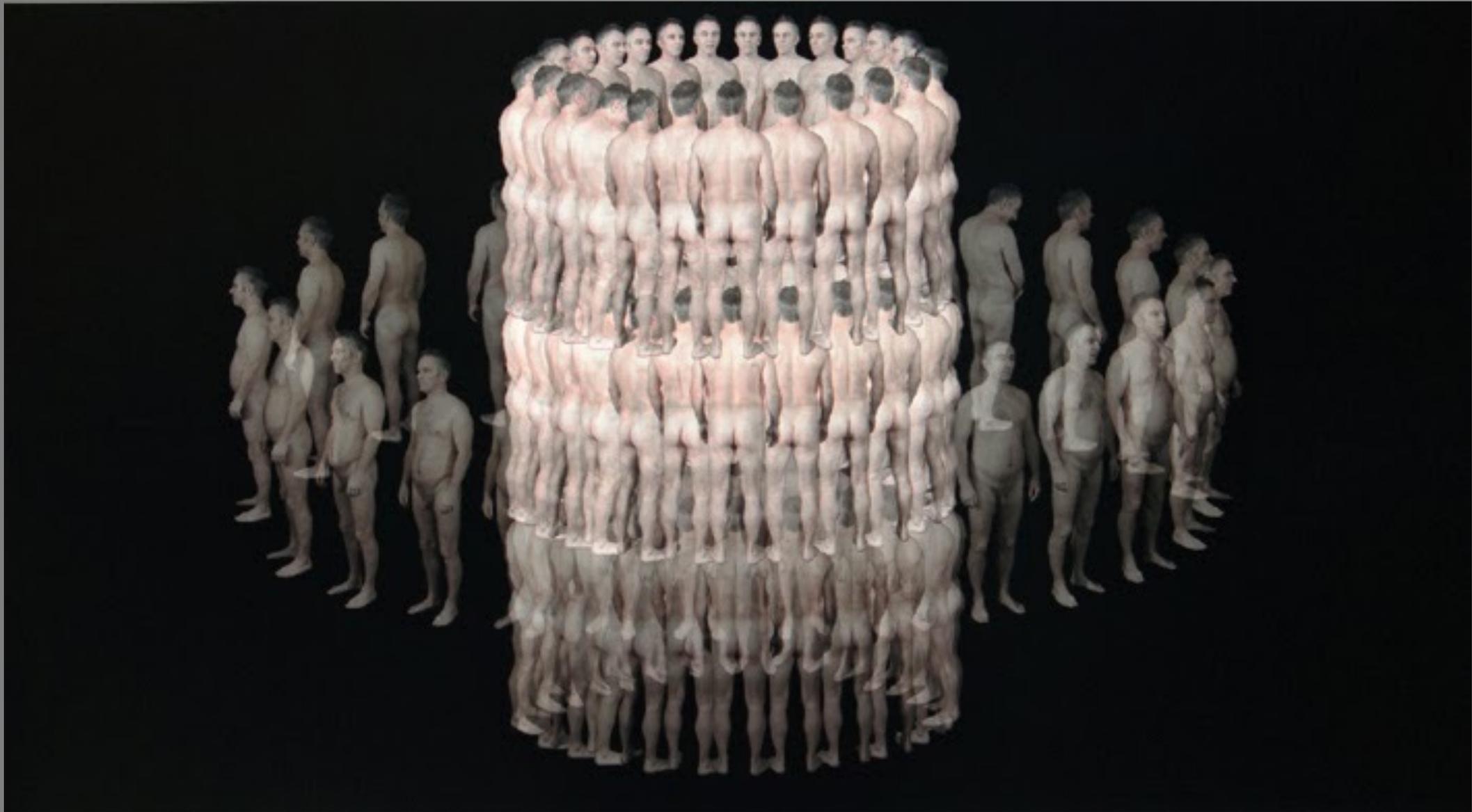










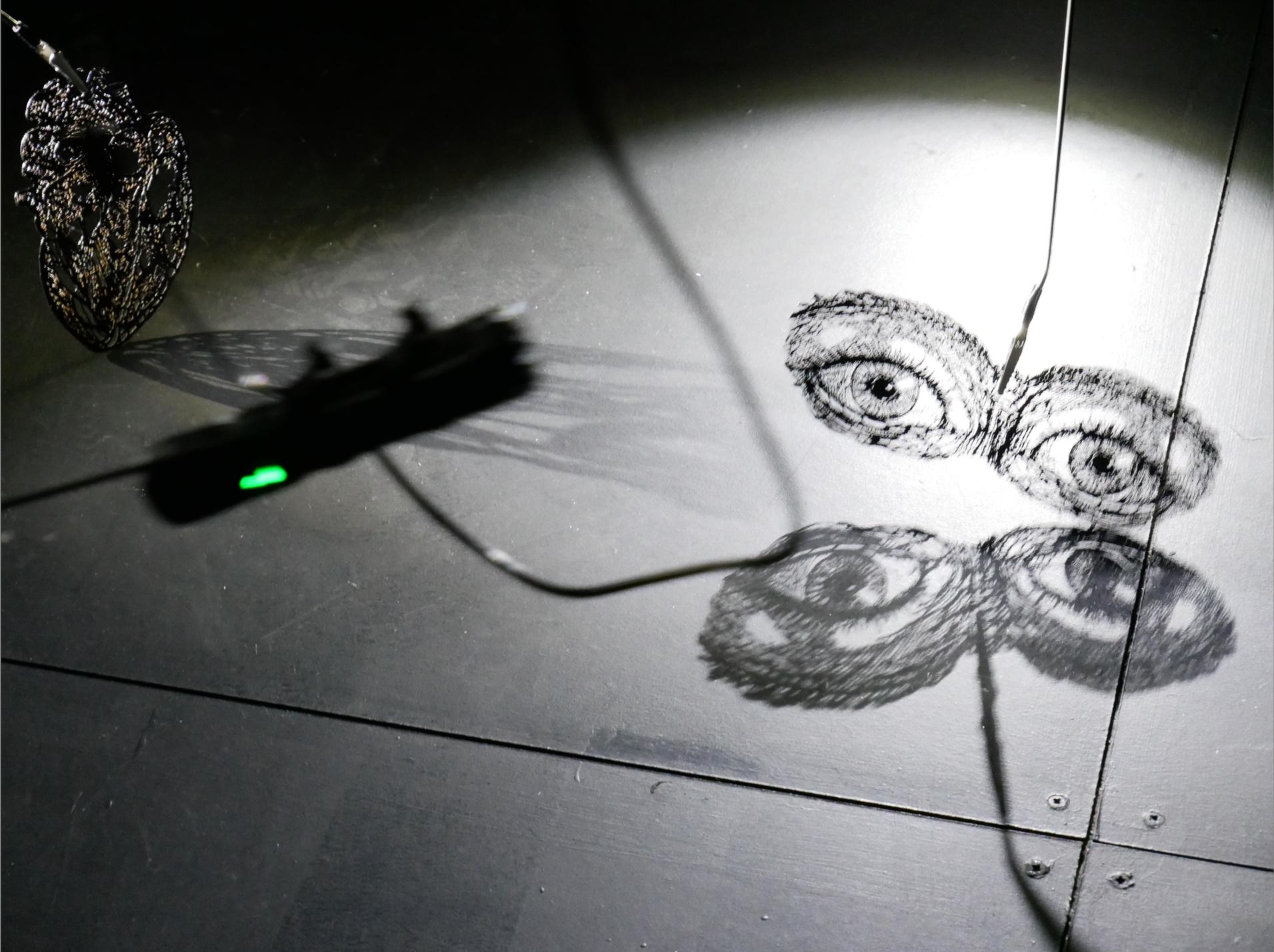






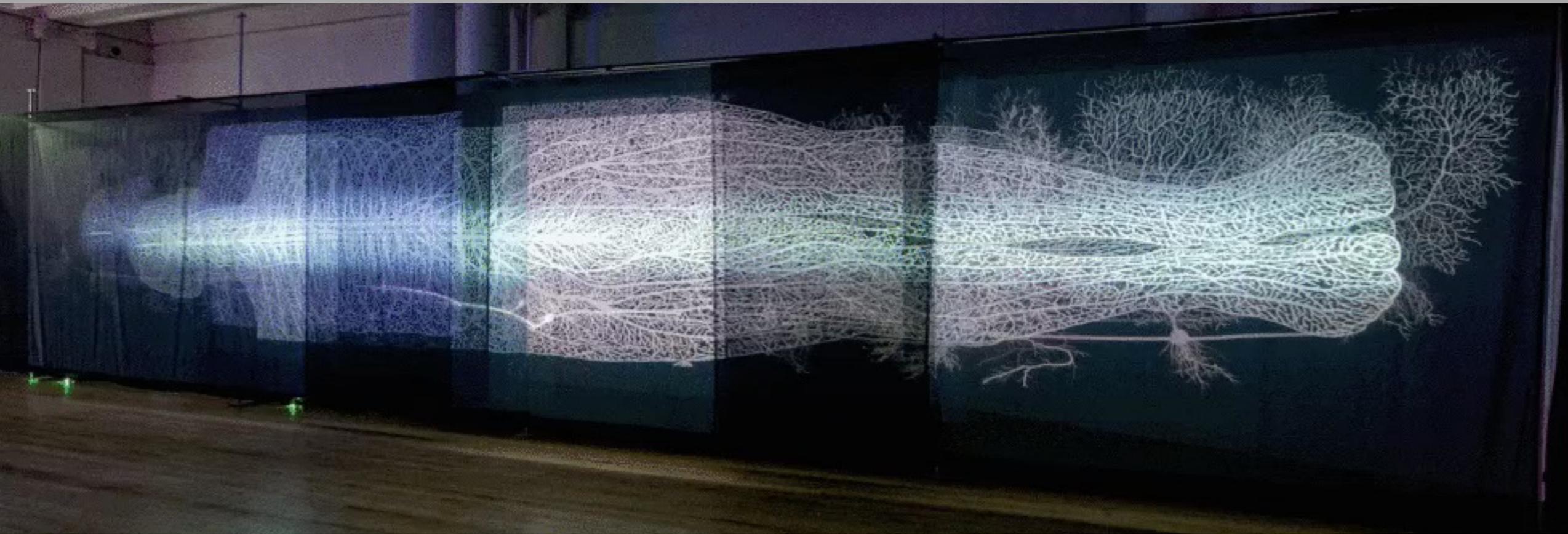


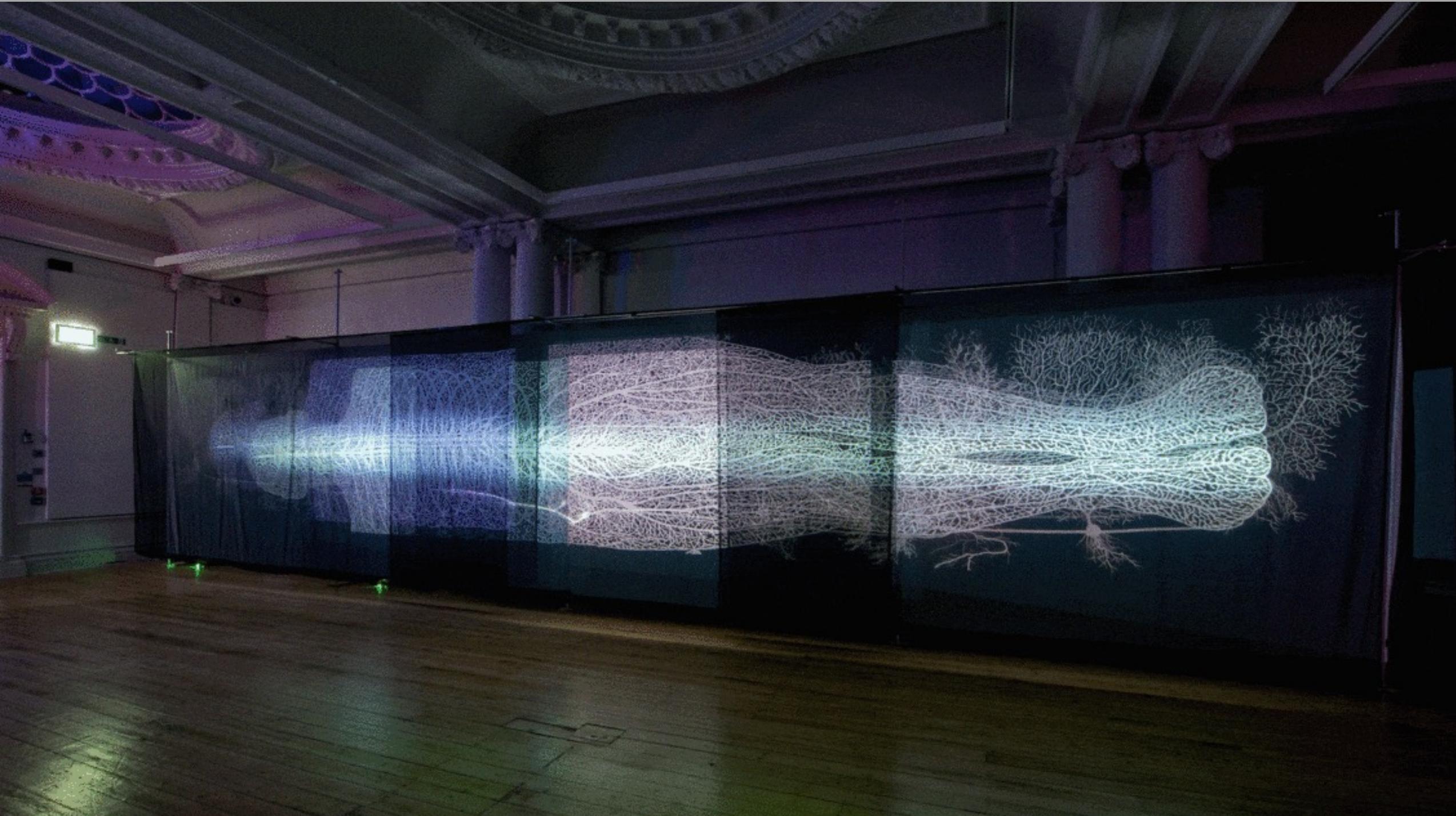


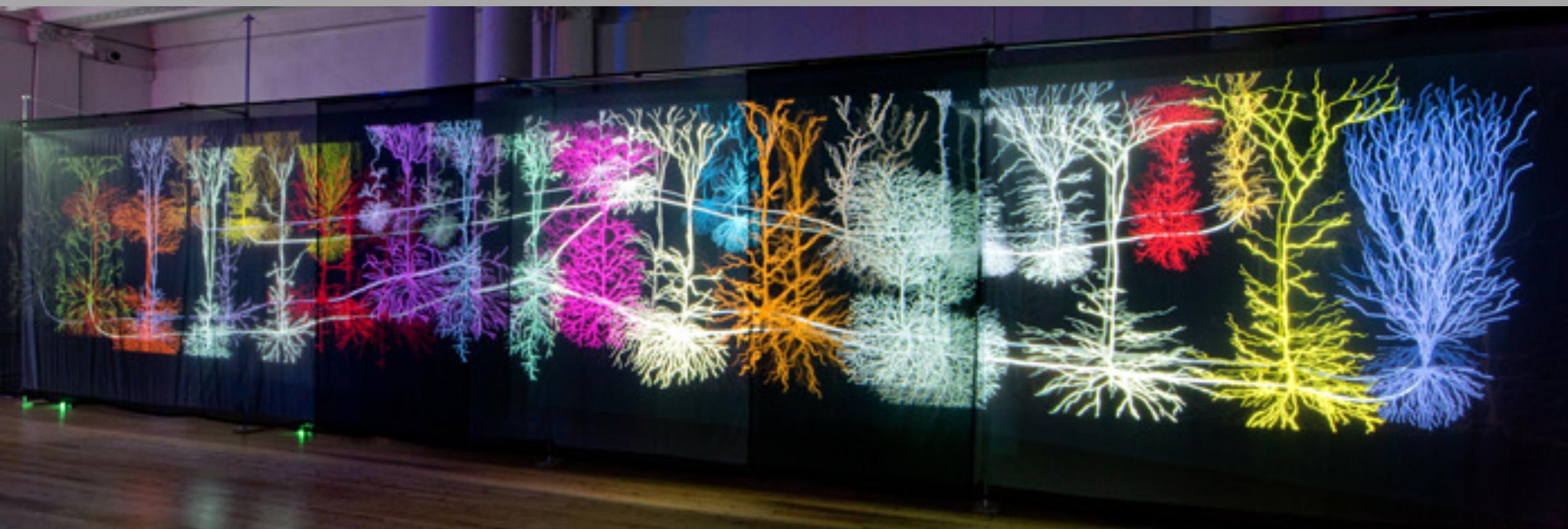


# Illuminating the Self

2020

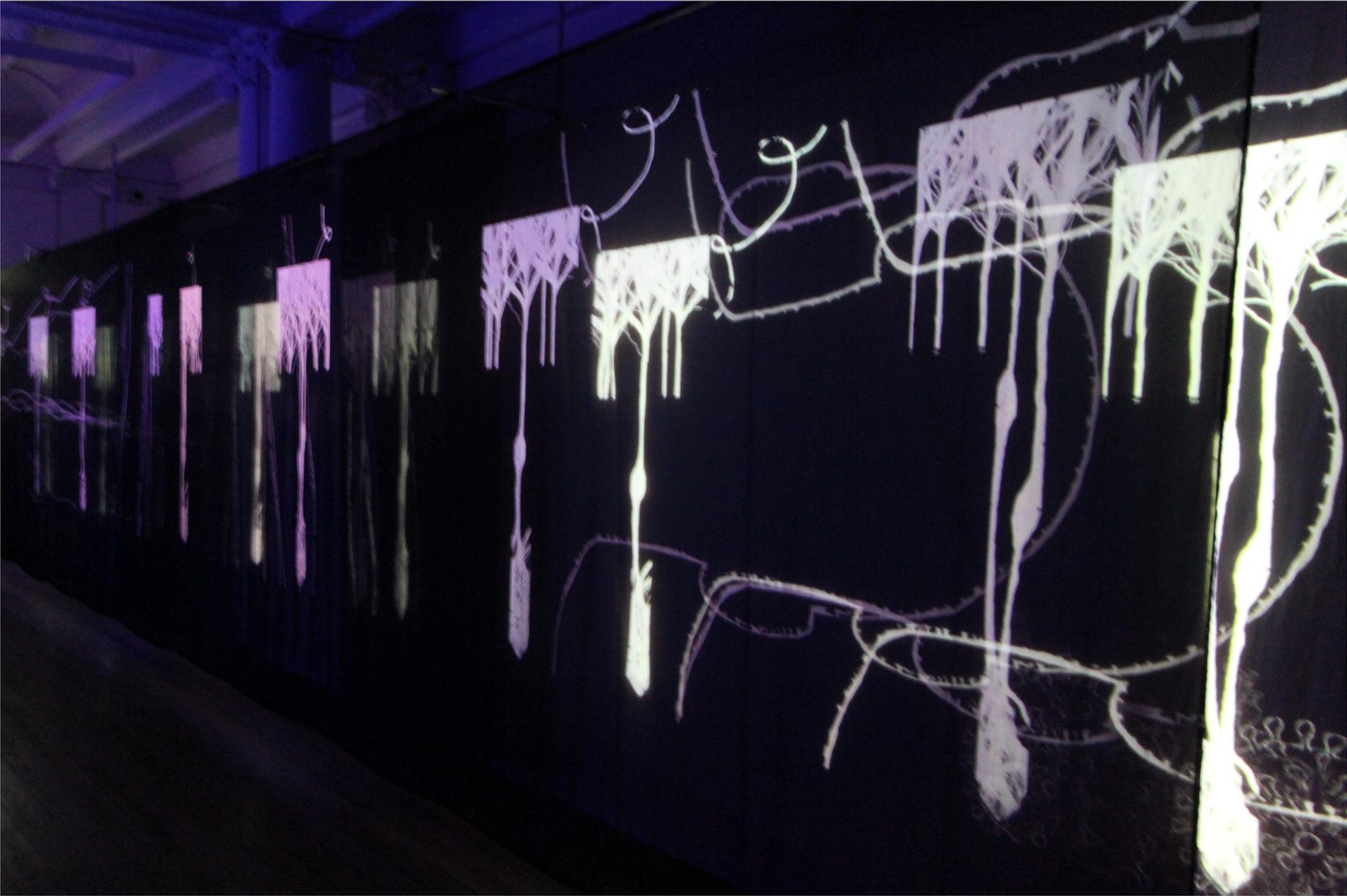








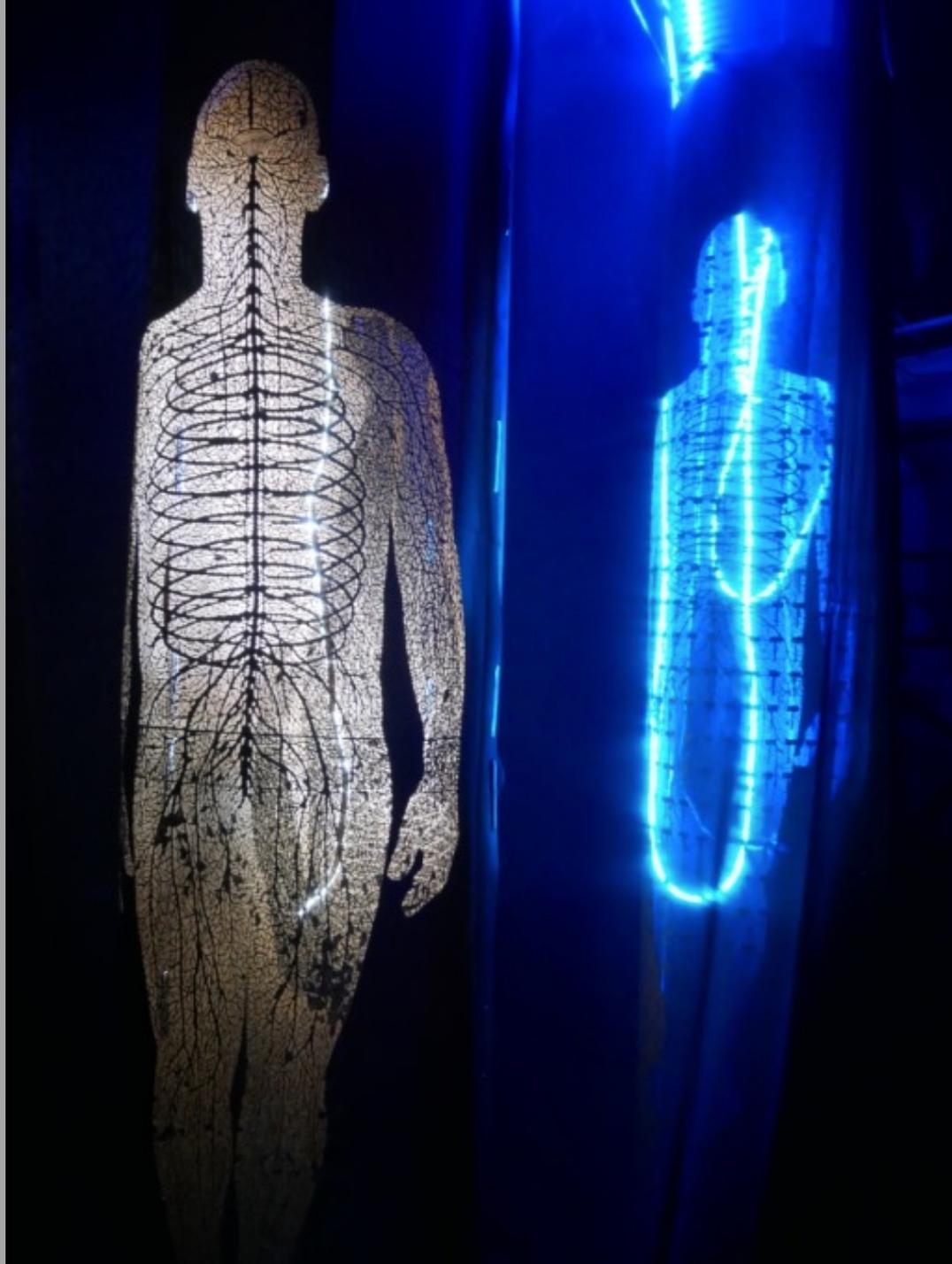
Still from **Blue Matter** 2019 (installation view, gif animation), 28 min four channel HD video, on black voile screen, size variable



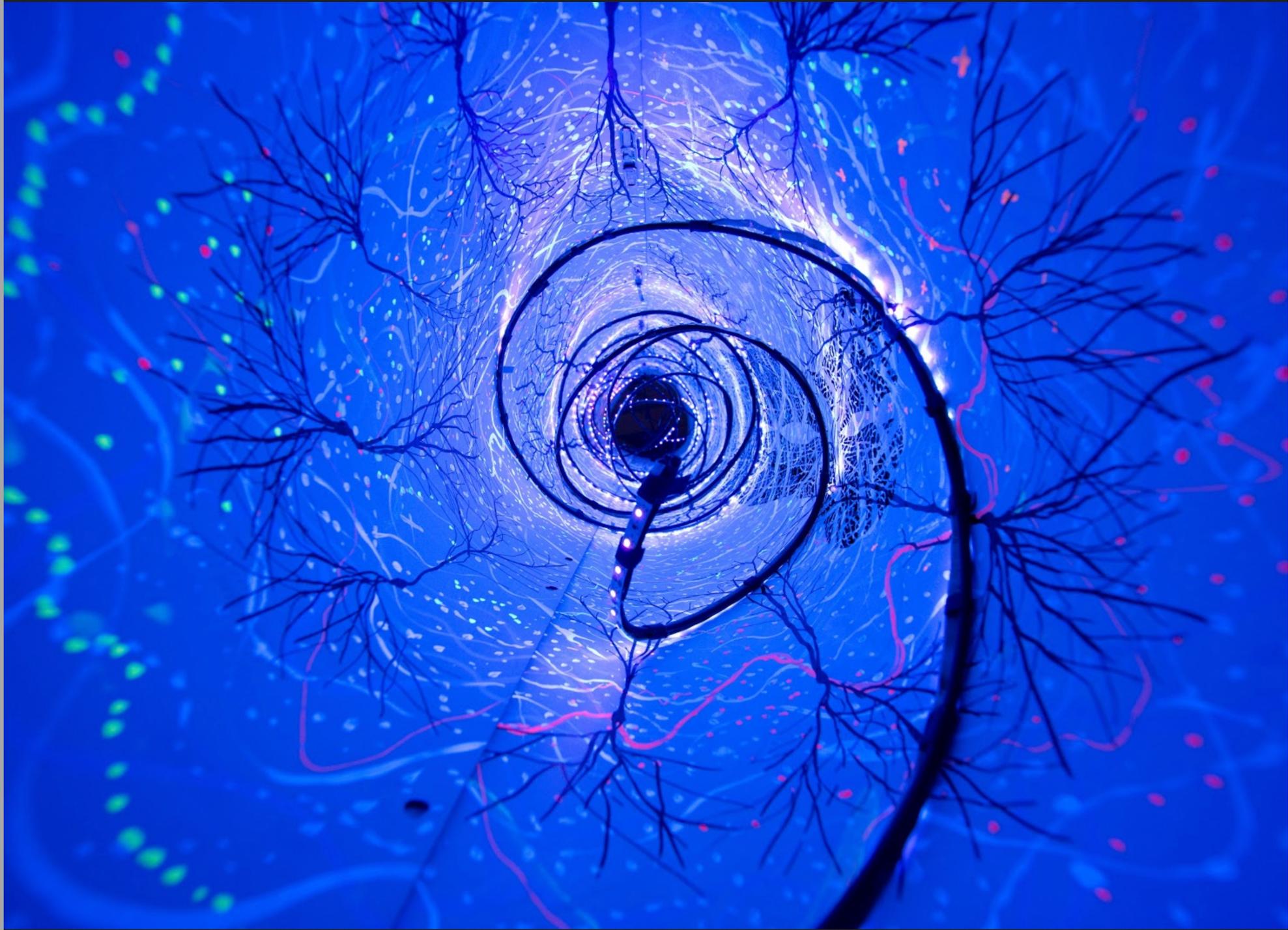






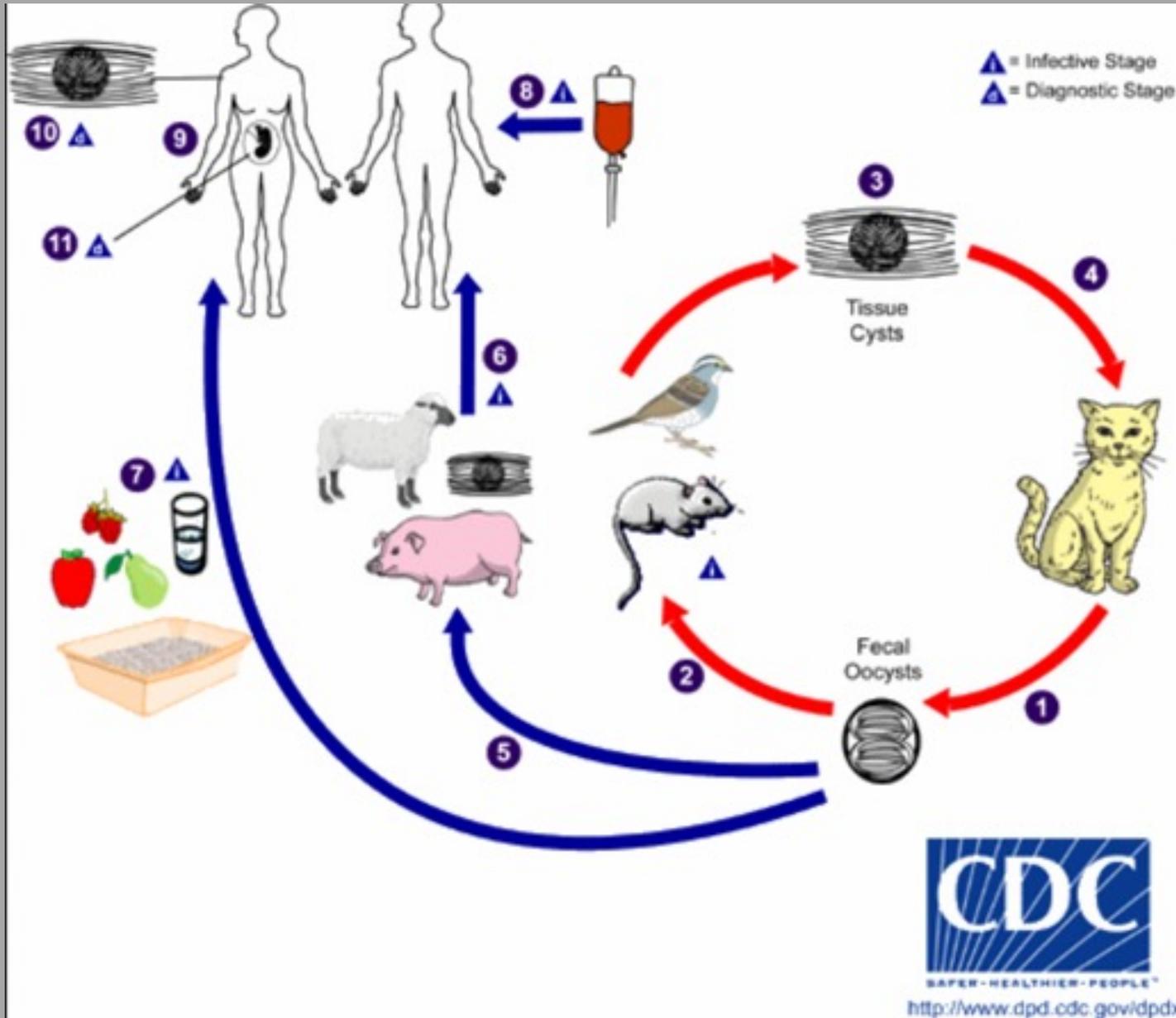








MICROBIAL MIX



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**

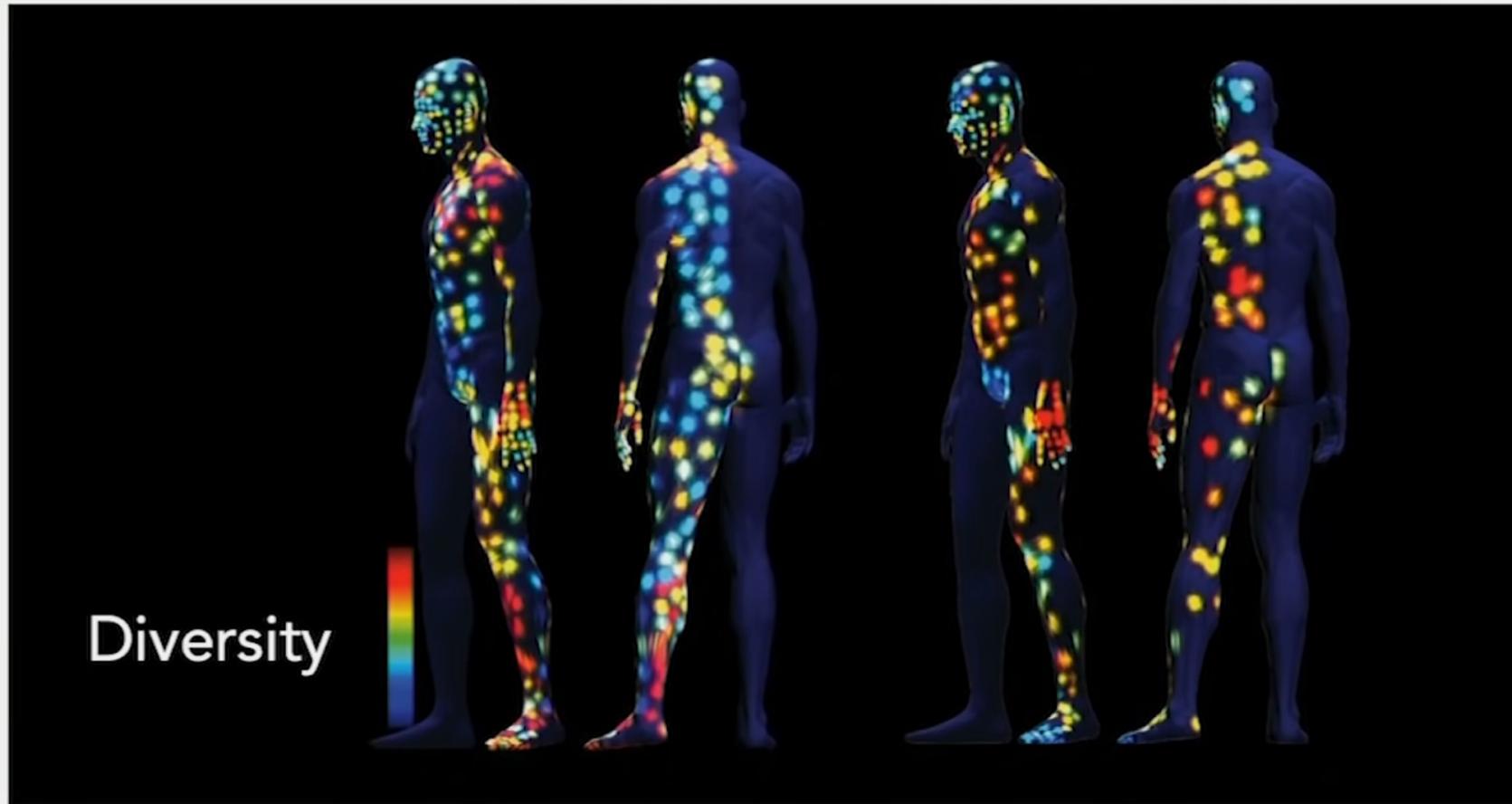
**The link between D3, B Vitamins and Poor Sleep.**



# Humans are Superorganisms

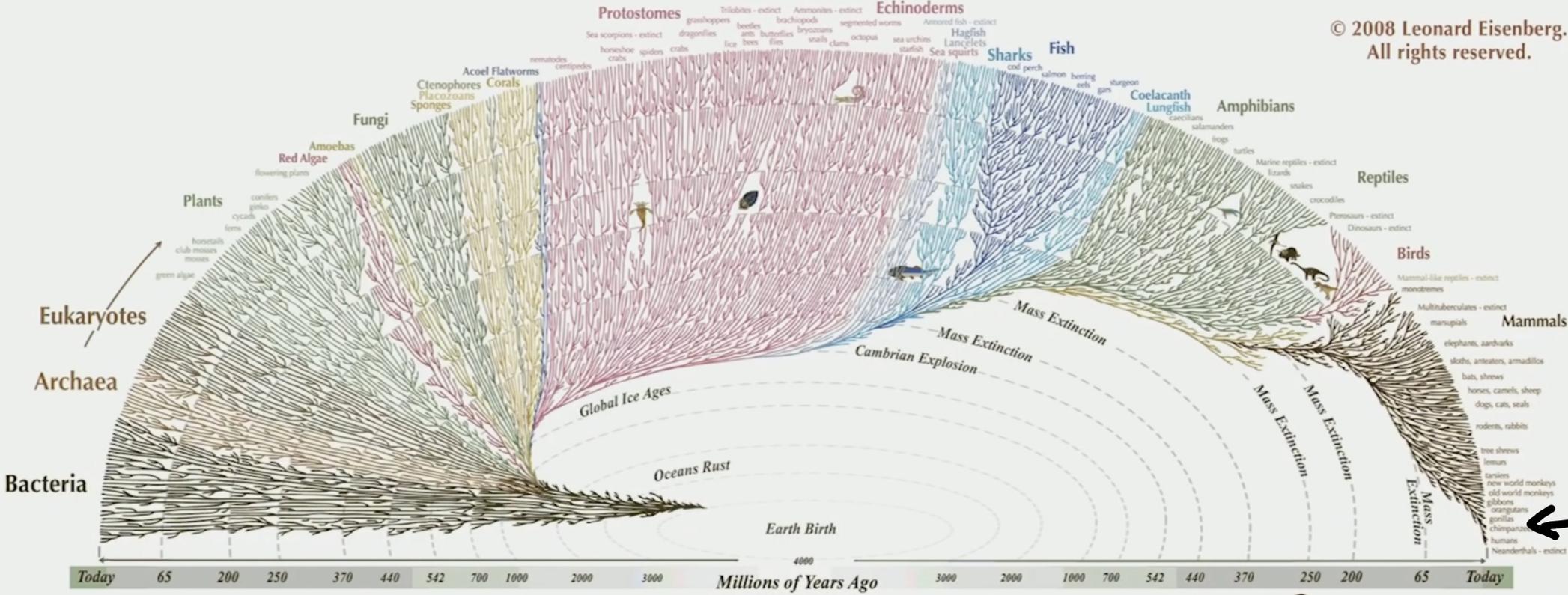
Microbial

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*).

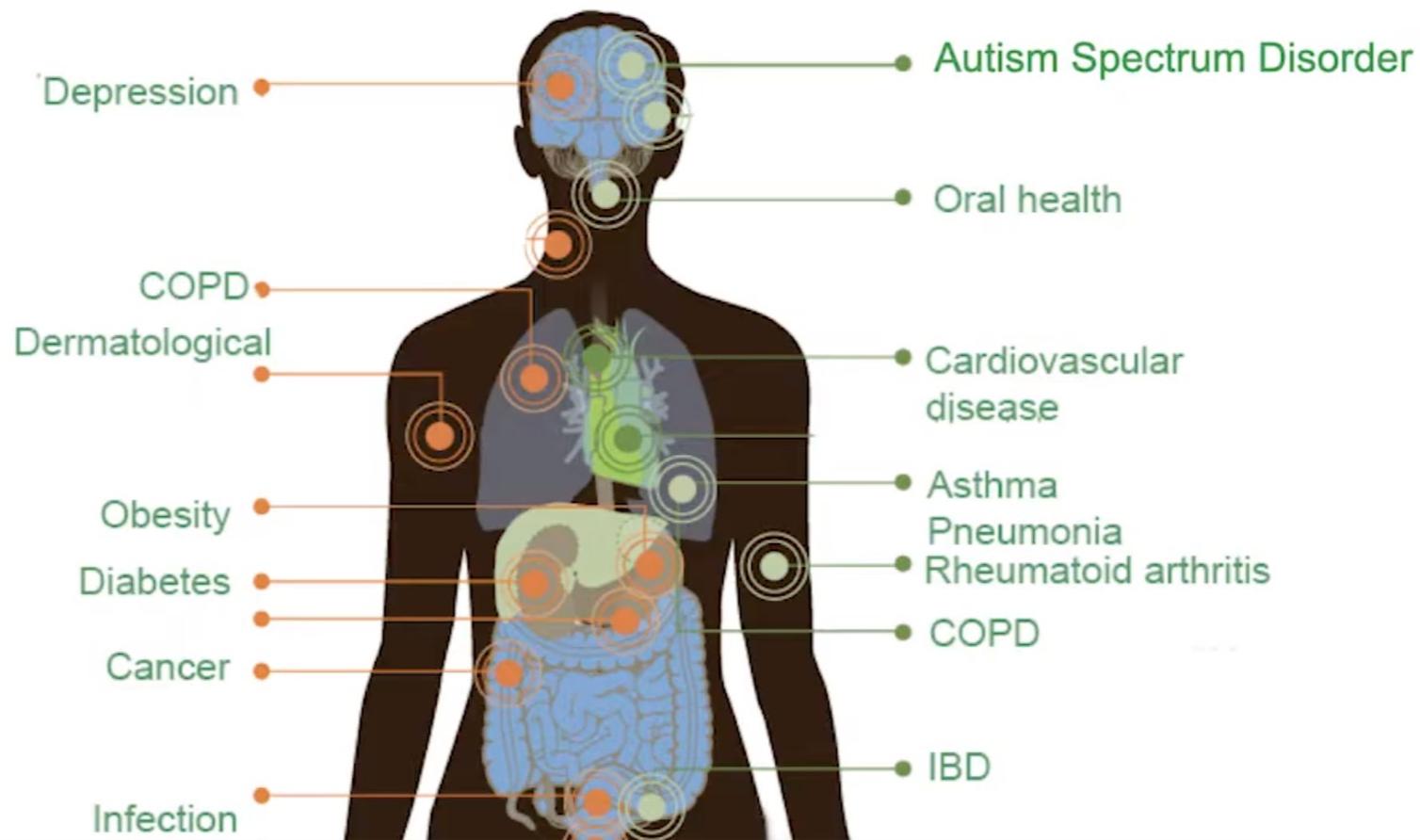
But when we exit via the birth canal, *we're bathed in vaginal microbes*.

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*

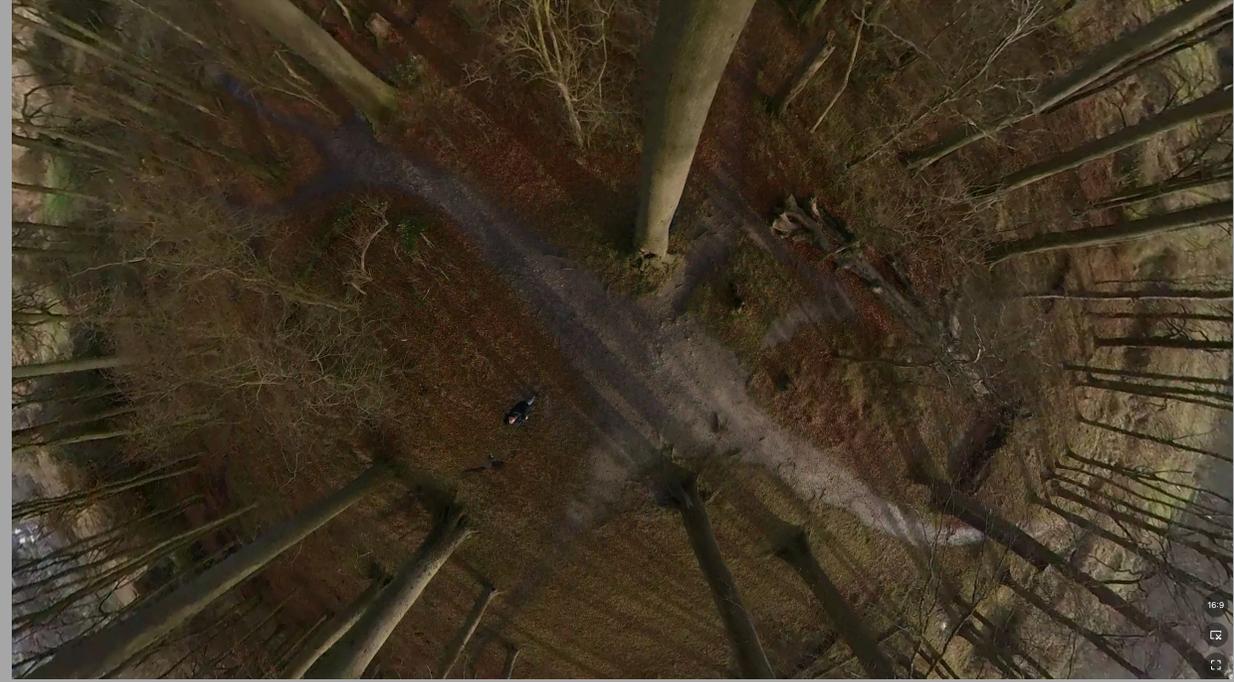








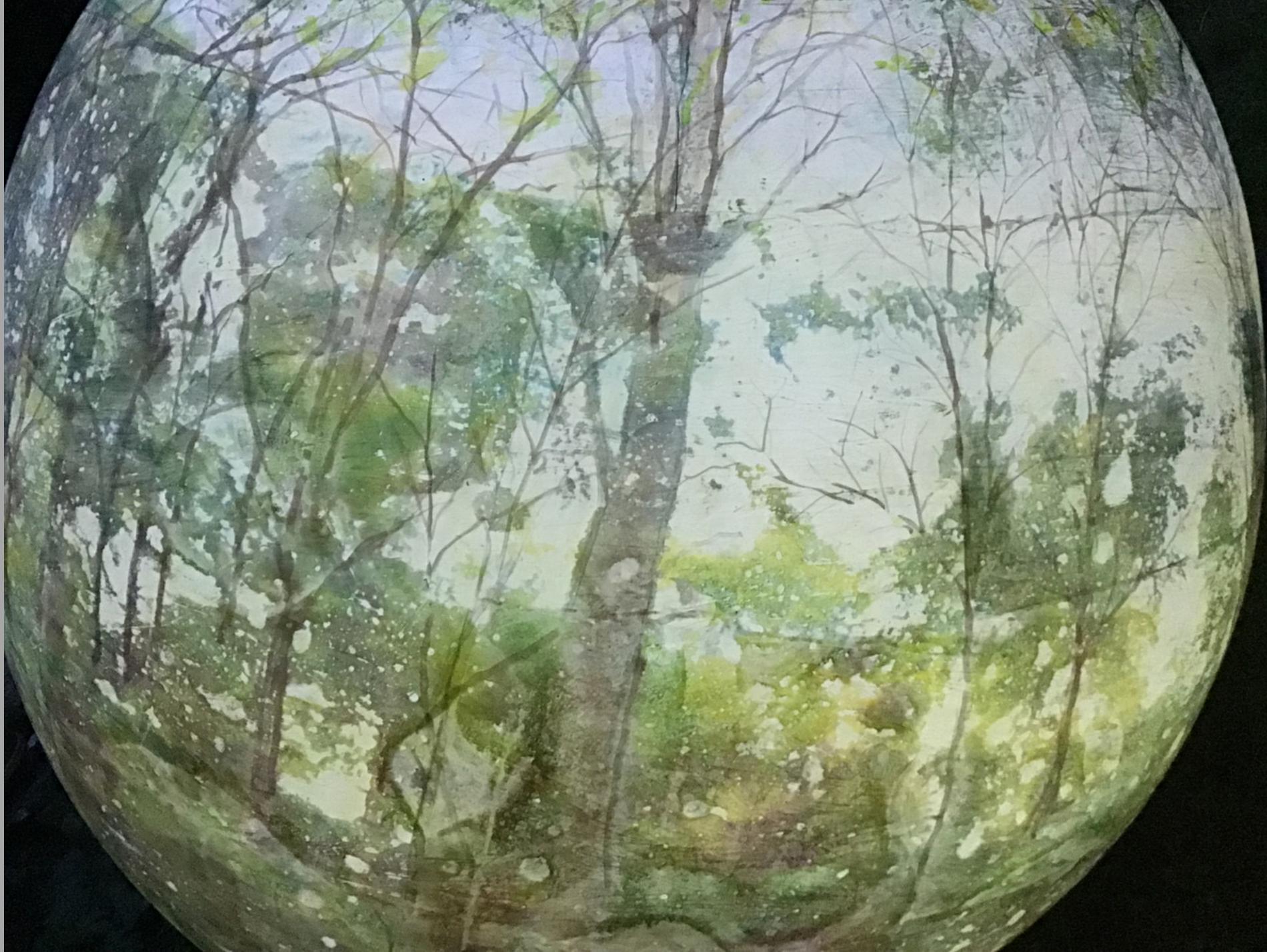












In situ, outdoors, Season for Season,  
2021, meteorological balloon, print  
and painting



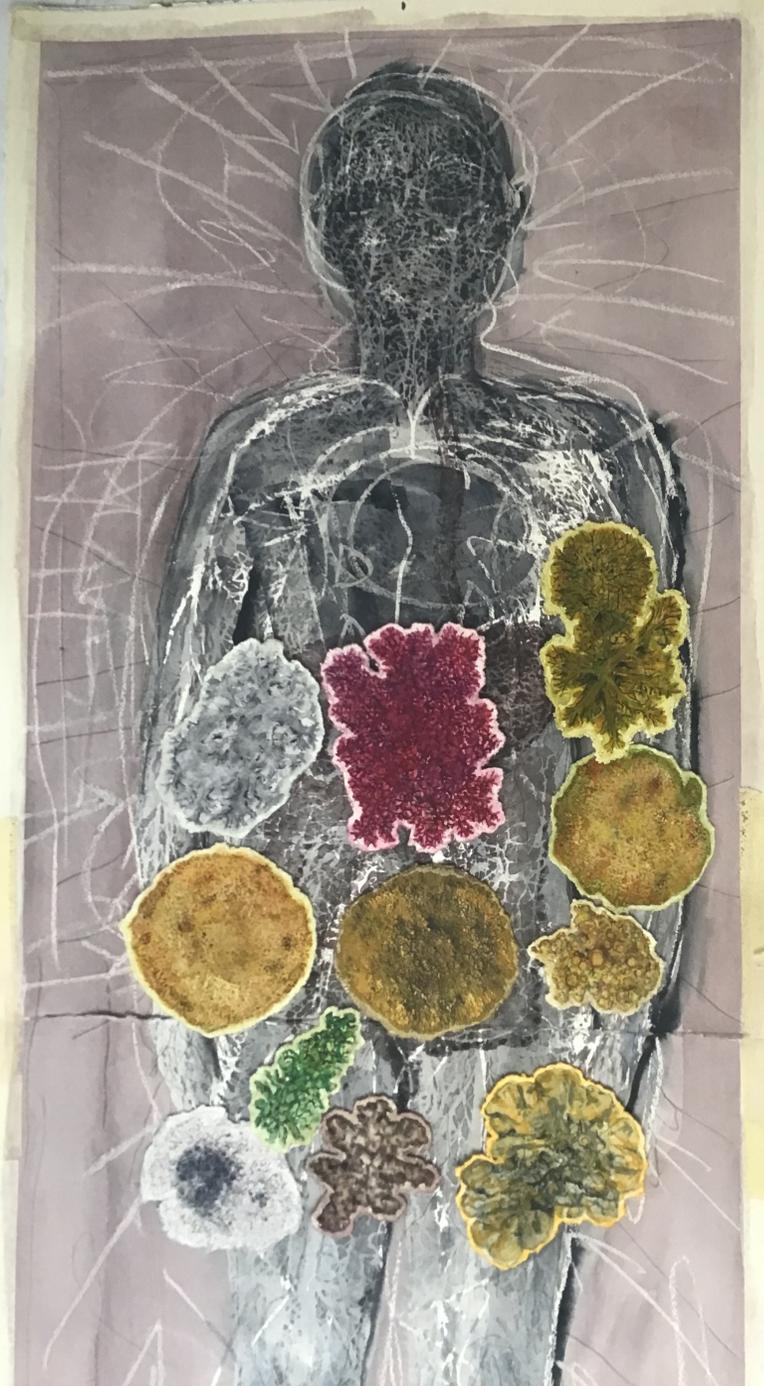
Hands on making  
*and*  
thinking through making



ANDREA CARNIC - 2000 DECEMBER 2022

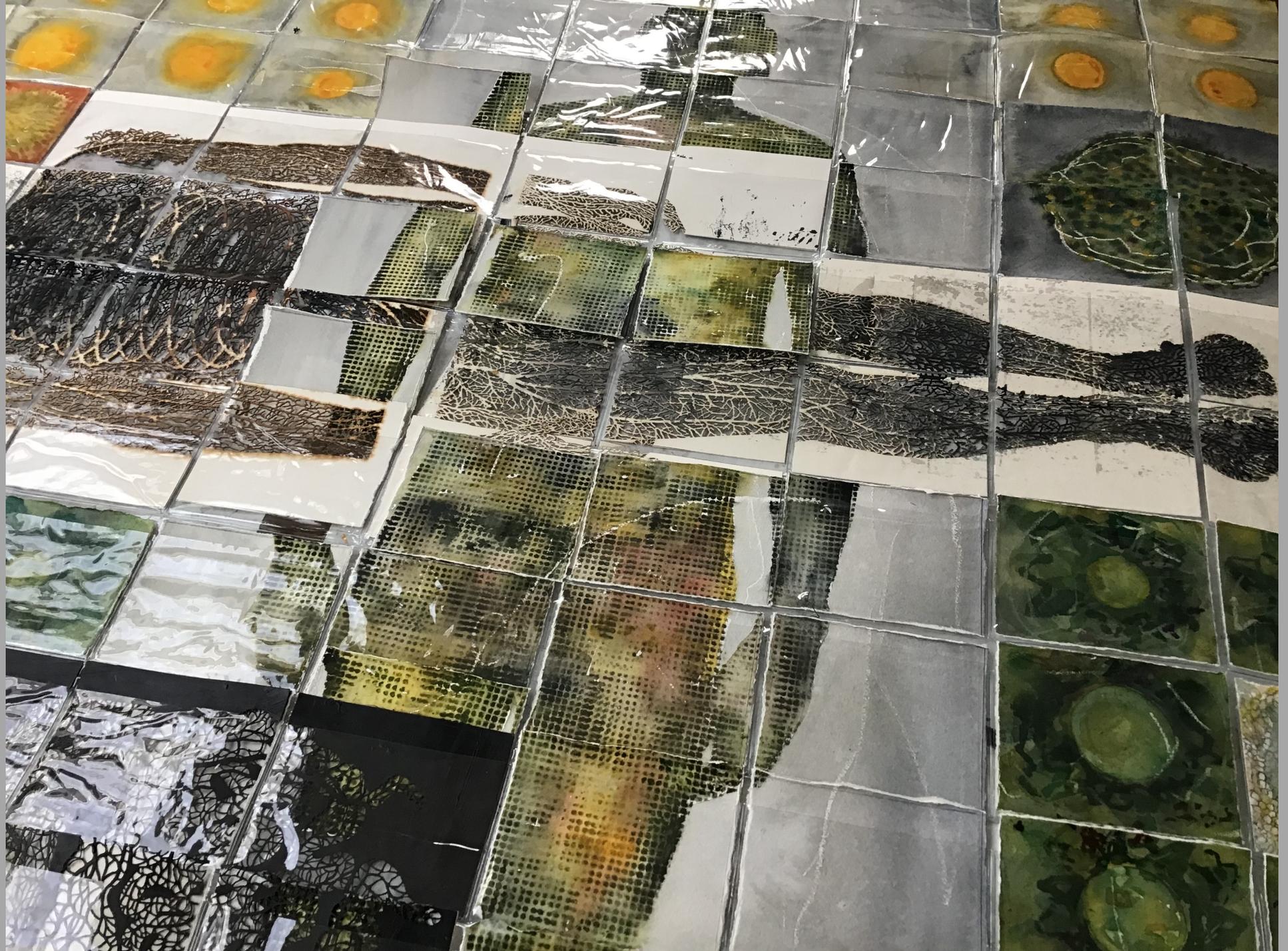


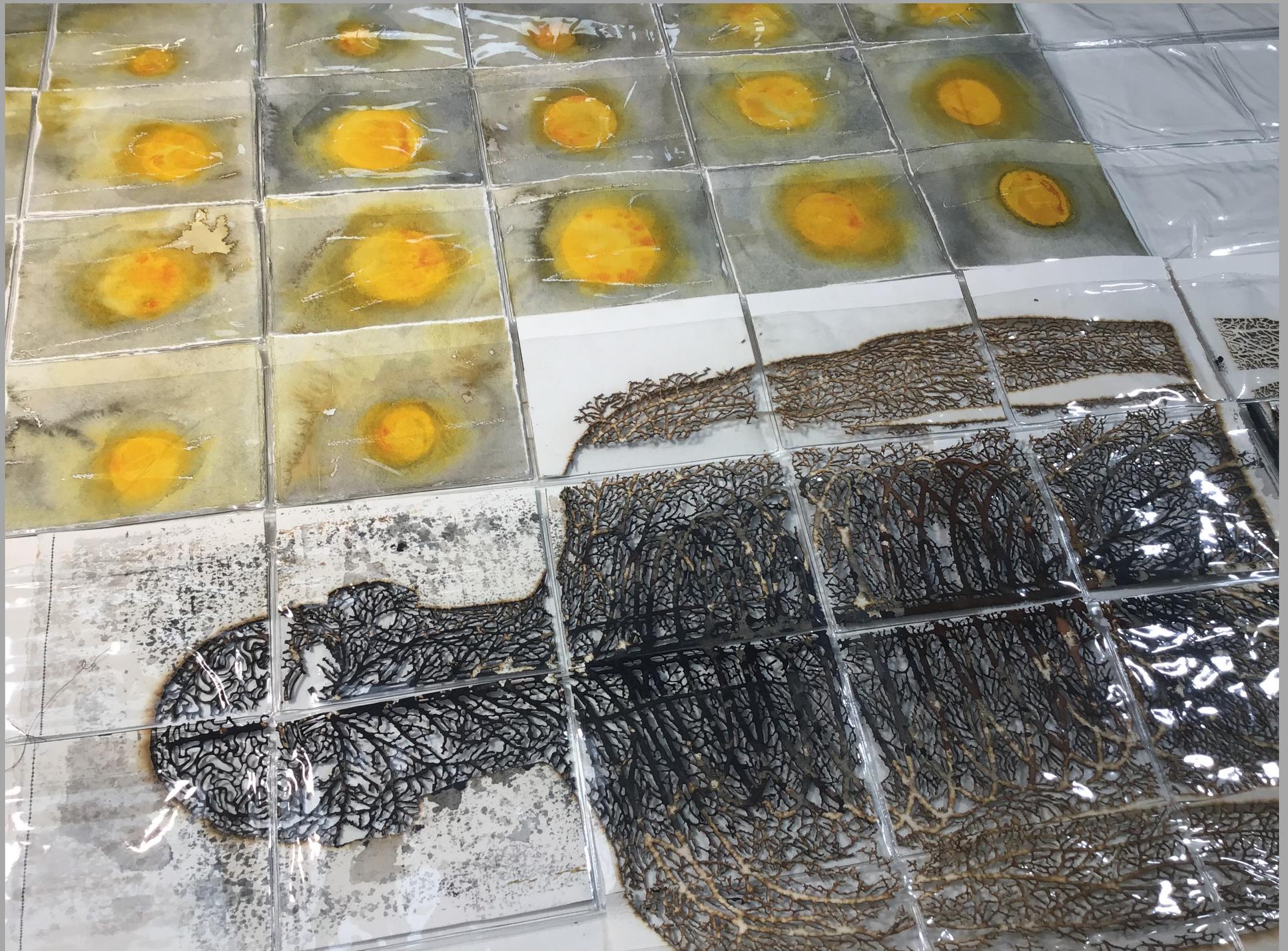
ANDREU CARNÍE 12° Decembre 2012 ↑



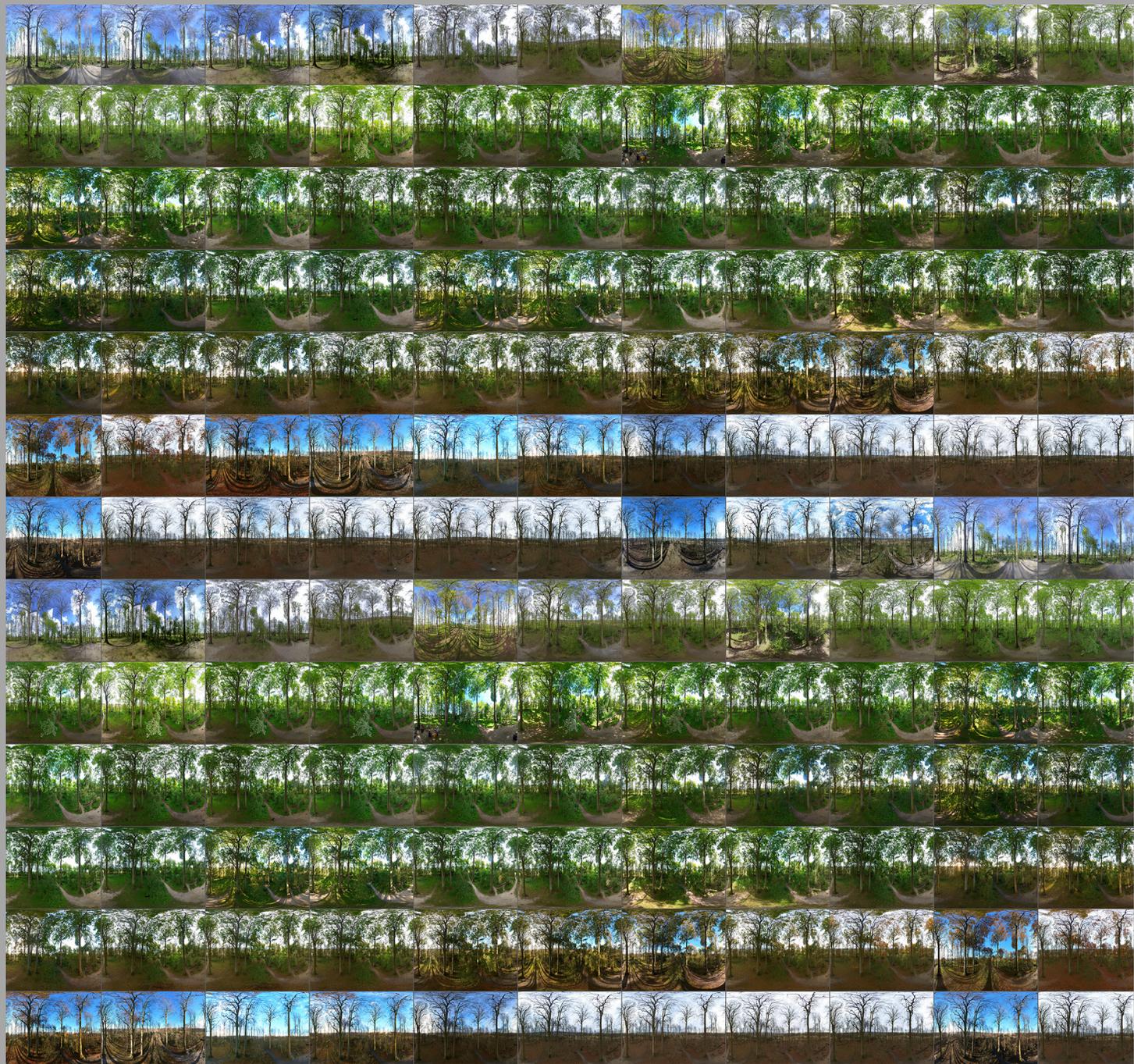
















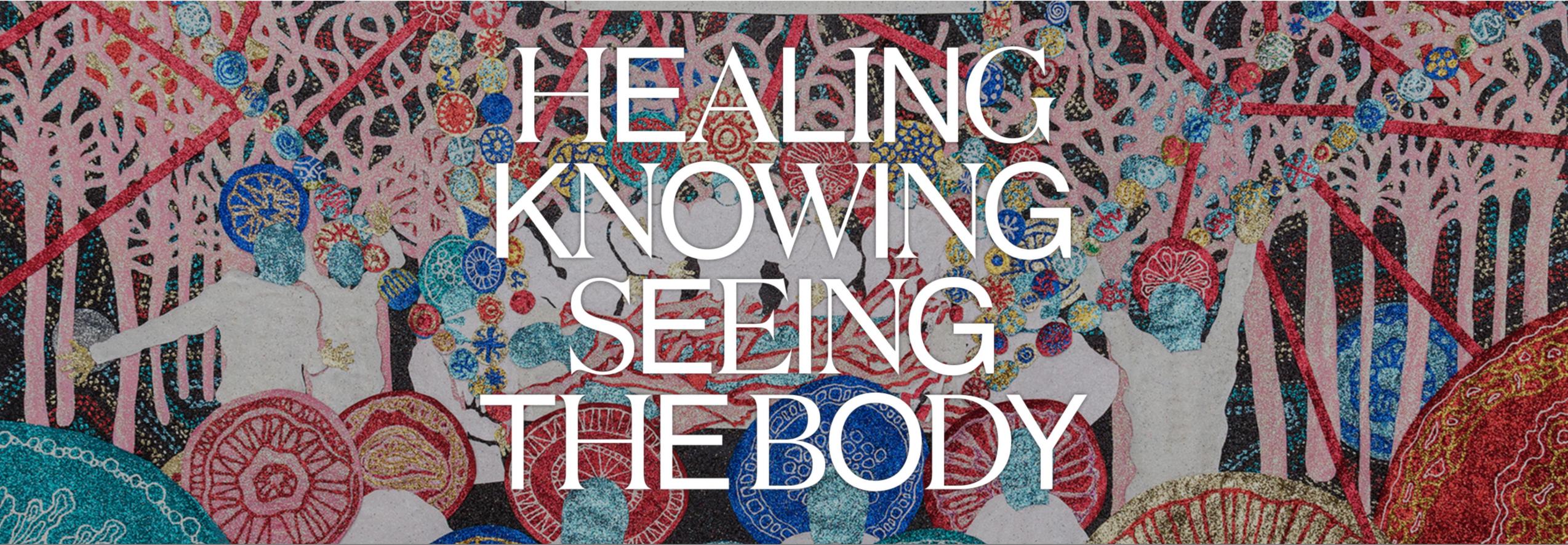
# A Shared Practice

**Junctures of a Haphazard Kind 2021**

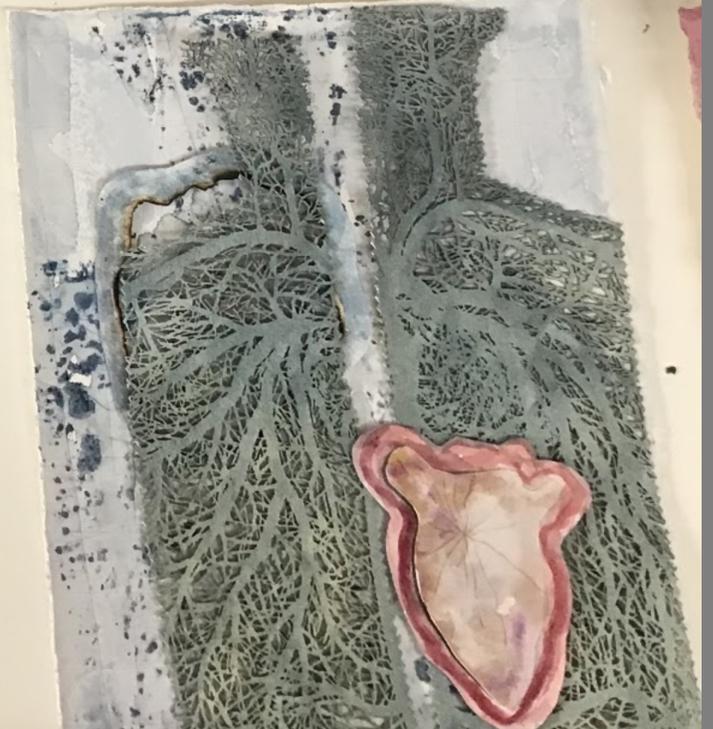
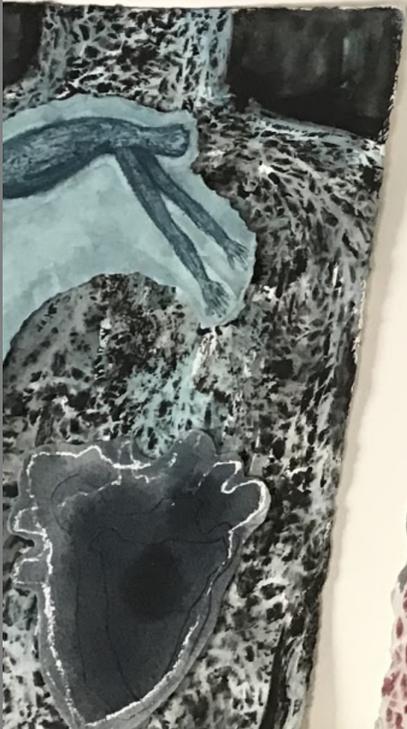
*For the Spencer Museum of Art Kansas*



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

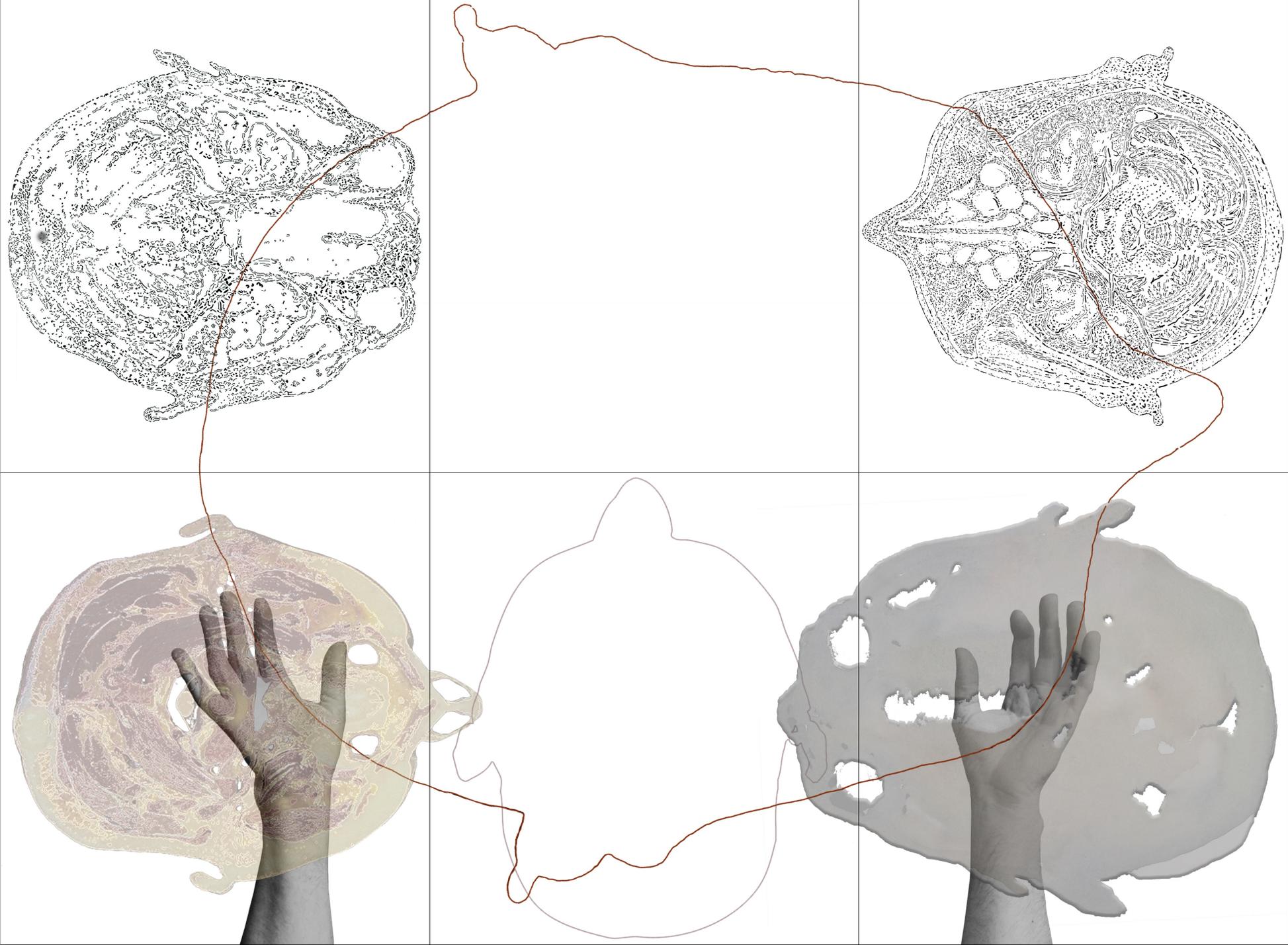
ಅನಿರೀತ. ಅನಂತ. ಅಚಿಂತ್ಯ.

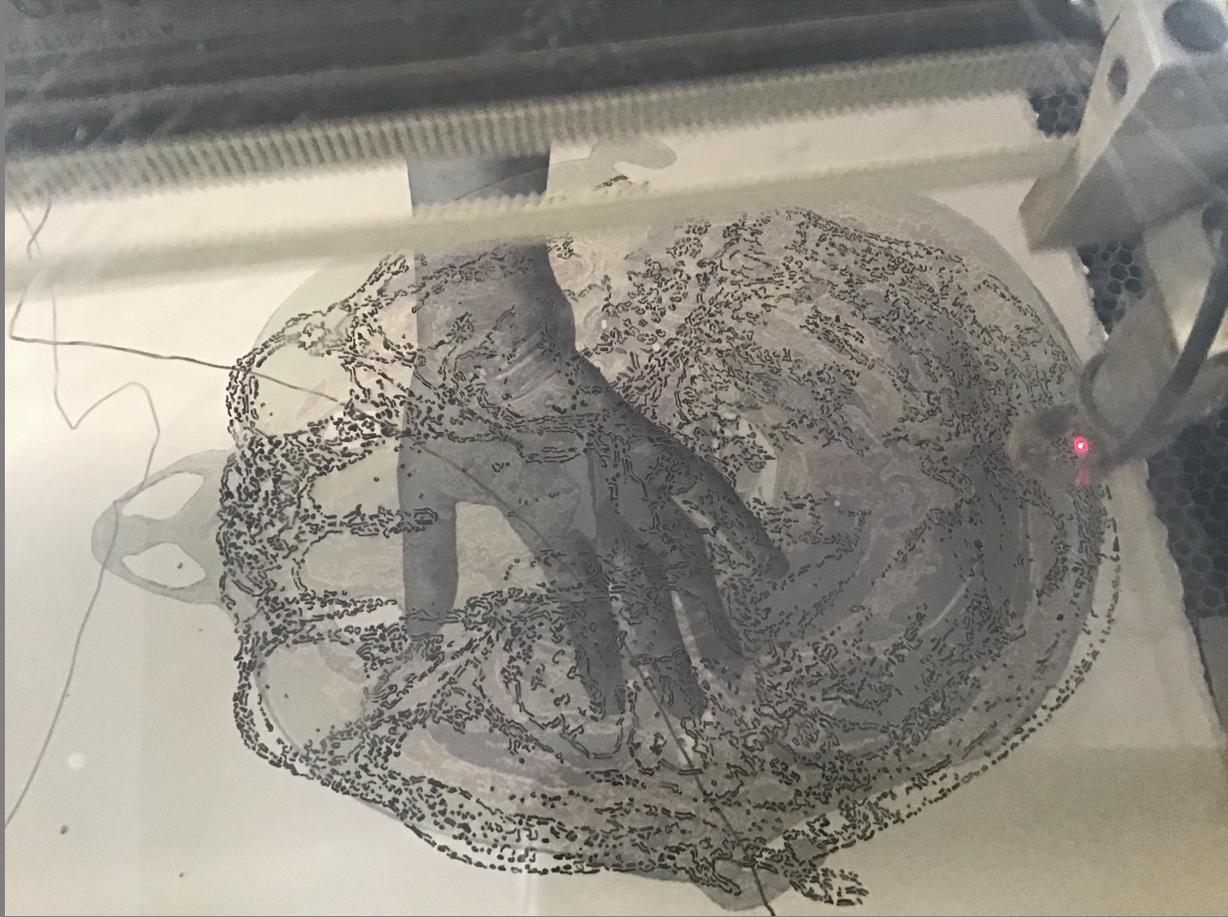
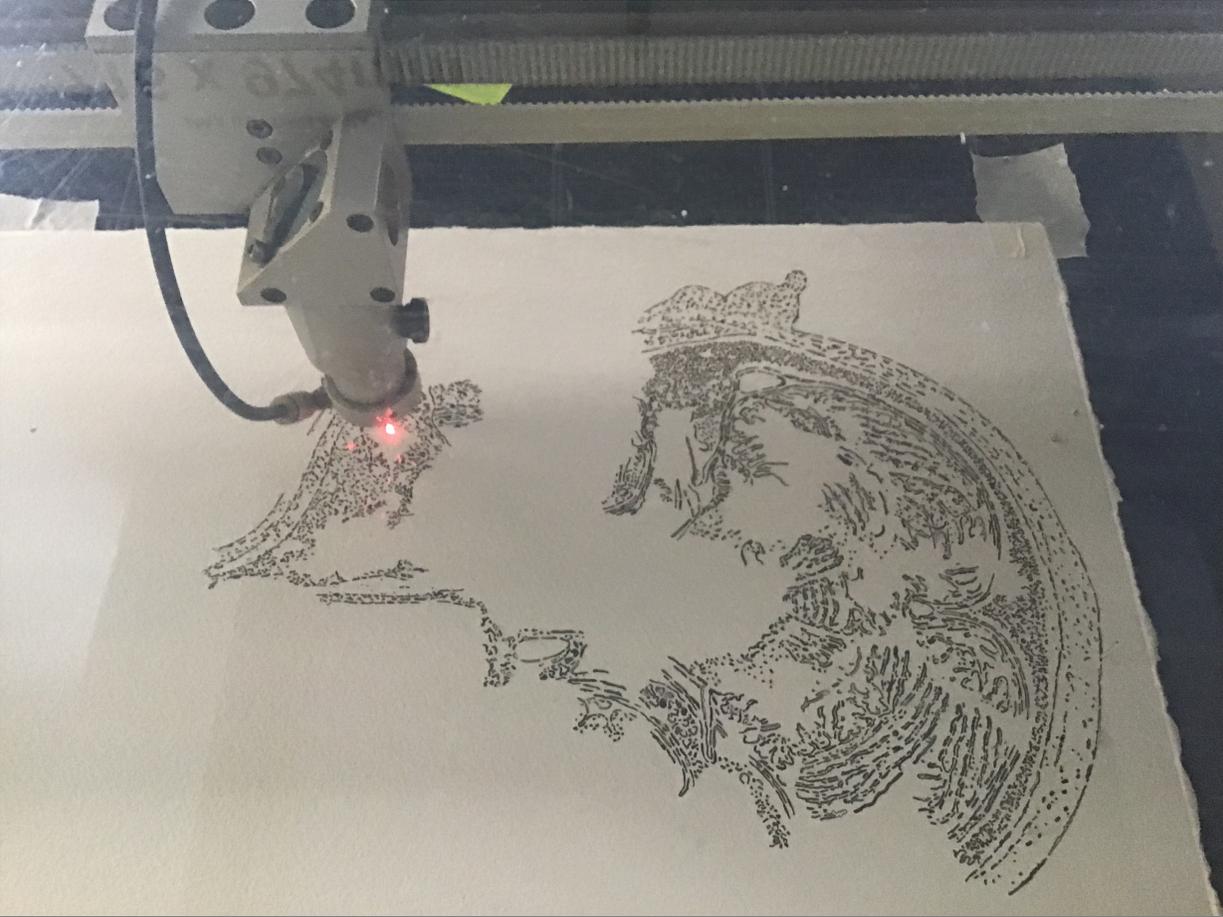
Our online exhibition-season will bring together philosophers, neuroscientists, artists, psychologists, filmmakers, sociologists, writers, and performers to explore the complexities of the human mind.

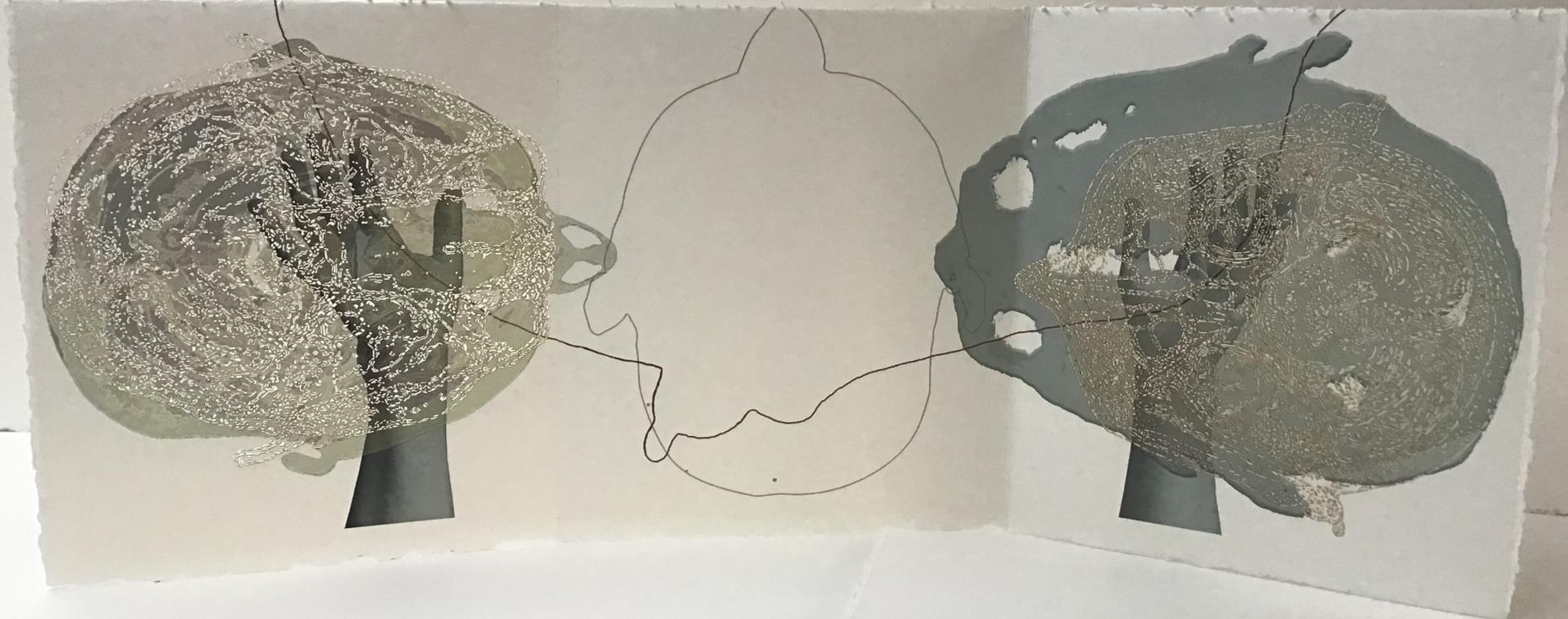
EXHIBITS | LECTURES | MASTERCLASSES | WORKSHOPS | FILMS | PERFORMANCES

REGISTER NOW

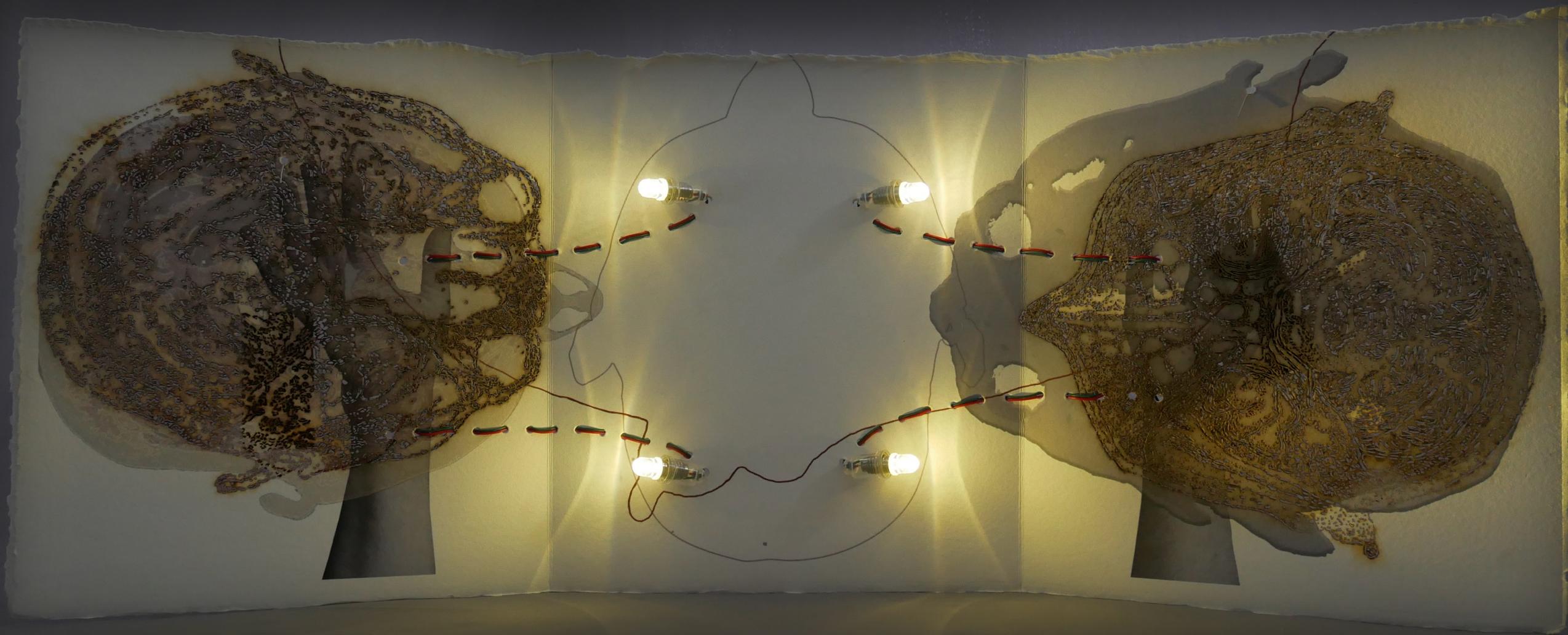




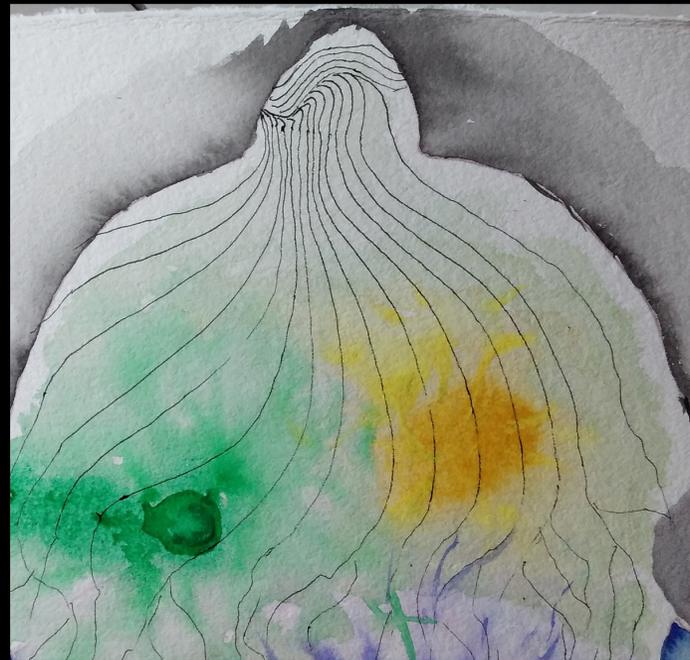




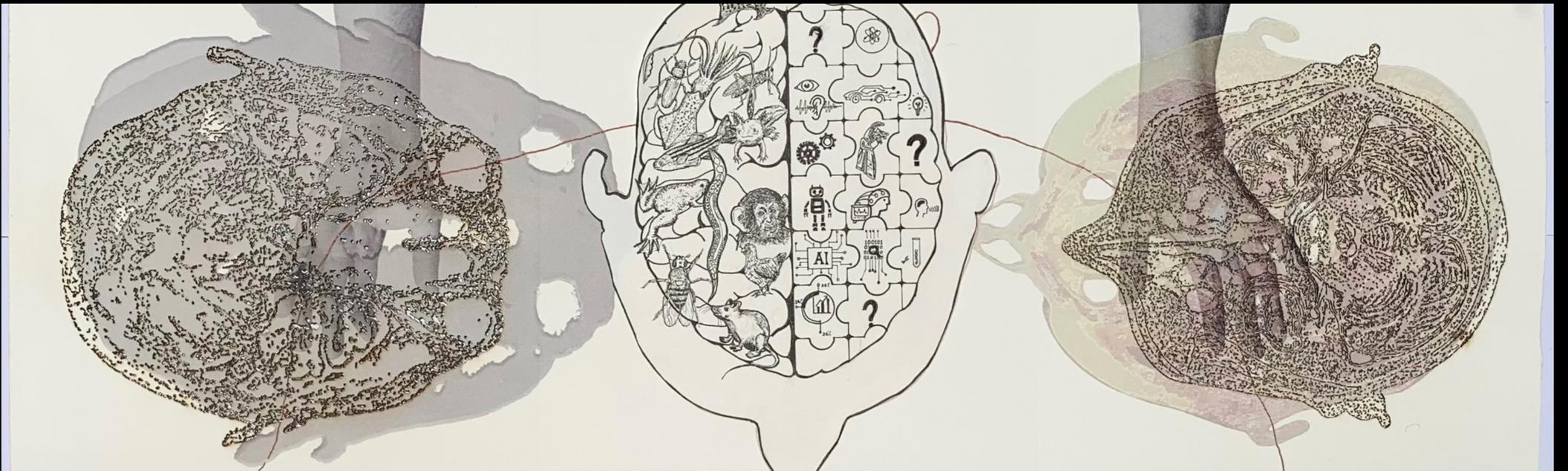




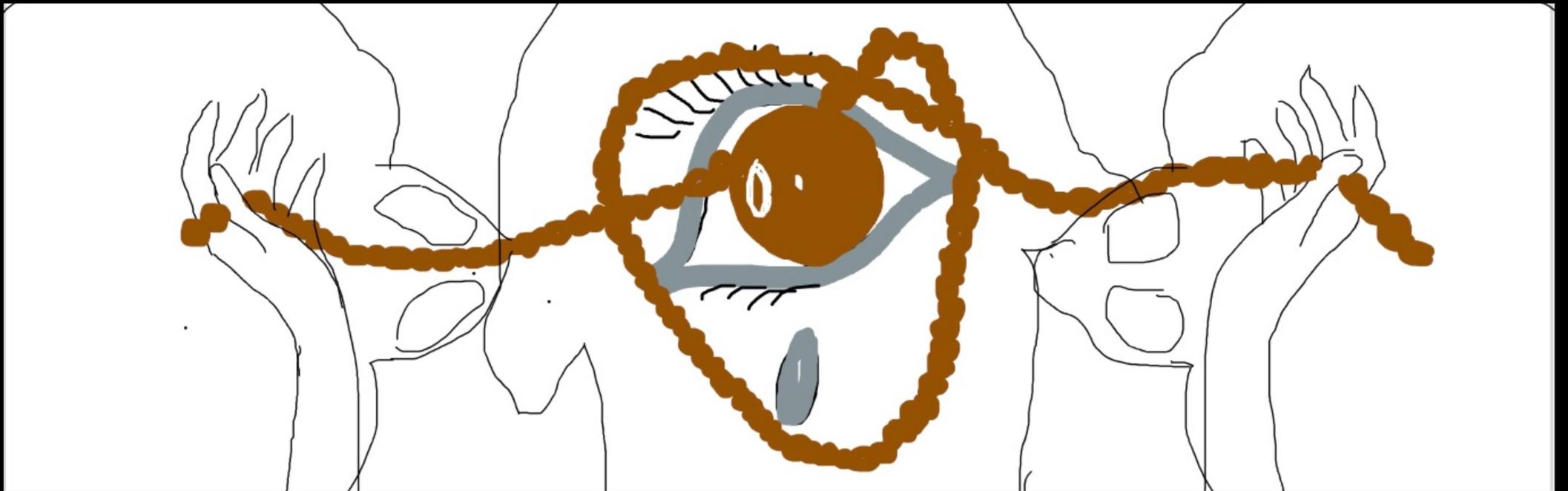




Jonak Das



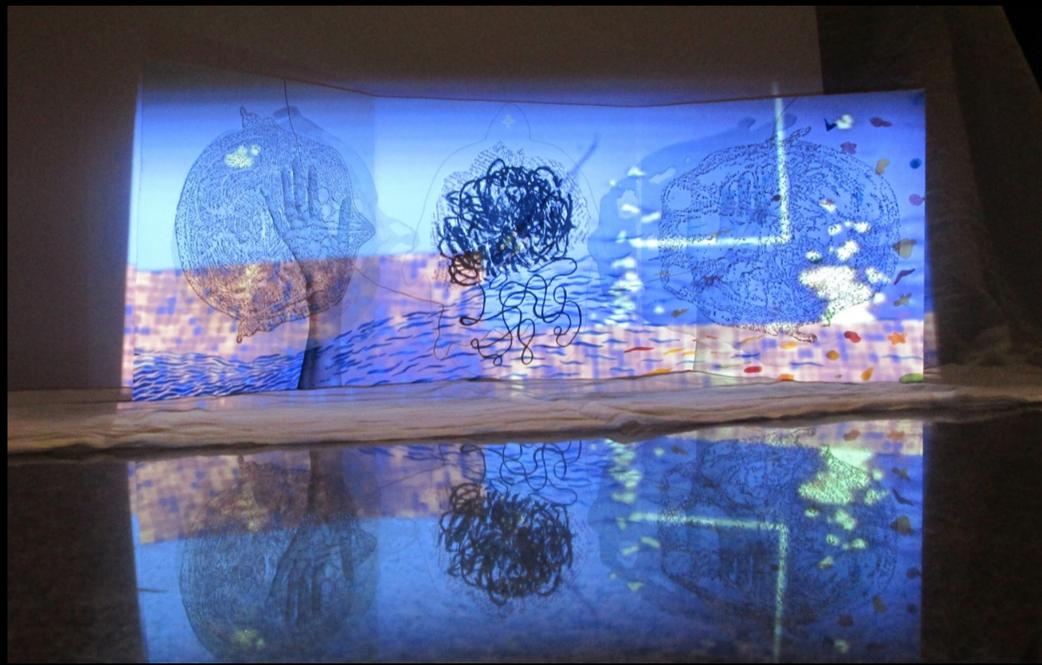
Kavita Babu, Siju Surendran, Kamal Kishore



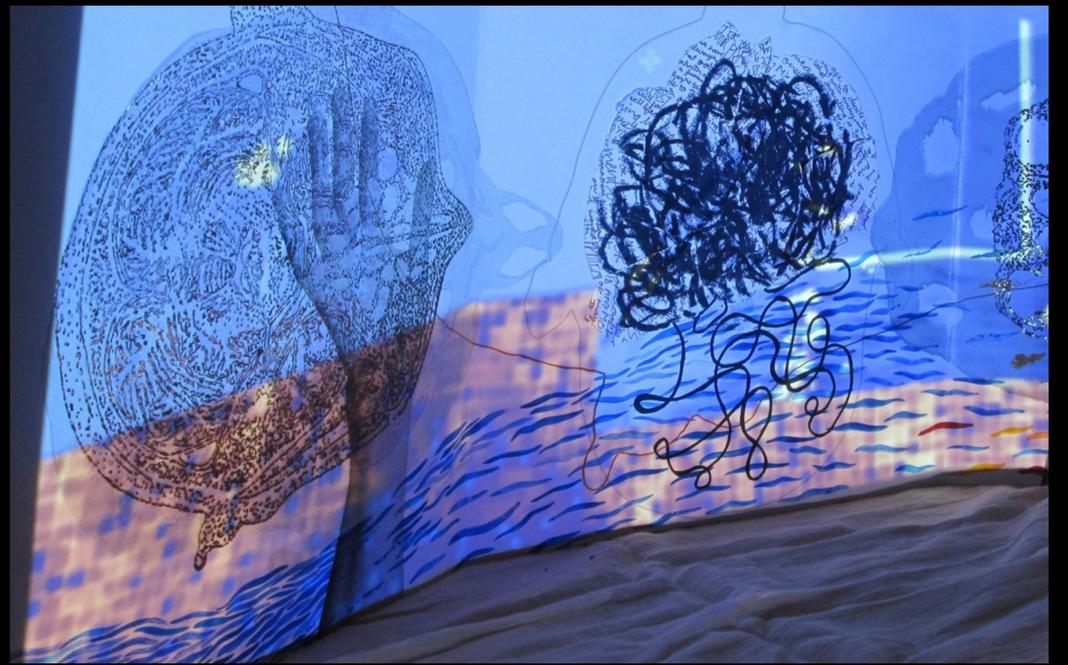
Hiyaa Ghosh



Hyash Tanmoy



Deepika Nandan



Dheeraj Kumar









[www.andrewcarnie.uk](http://www.andrewcarnie.uk)

