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Human Biologist

The Concept of Human Biology
The Natural Scienceof the mammalian species Homo Sapiens

For everything we possibly can do, achieve, feel think, imagine, create and dream we need our human body, the biological "vehicle of our soul".

Knowledge about the body's biological operating conditions and limitations is crucial for a healthy, joyful, fulfilling life. Ignoring biological conditions and limitations always hurts. Respecting them allows thriving, granted by the laws of nature.

Human Biology is a logic down-to-earth classical natural science. However, as a science, Human Biology is not taught at school and no degree is offered by present-day academic educational structures. For now, Human biology is an ignored science.

The Quest of Human Biology

Human Biology has a simple, clear, logic, and enormously significant quest:

* What are biologically ideal human life circumstances?
* What is a biologically ideal human lifestyle?
* In what direction does humanity need to steer to get us there?

The History of Human Biology

The scientific search for optimal human life conditions is at least as old as recorded history. It is a major part of ancient Eastern philosophies that in fragments still exist today. The quest for ideal human conditions is reflected in the oldest existing scriptures such as e.g. the Vedas.

The quest for optimal human life conditions was the primary motivator for all science that evolved in the Mediterranean area. Sciences purpose was to gradually replace mystical explanations for the cosmos with detailed knowledge, insight and logical understanding of human existence in order to improve human existence. Human life was regarded as integrated part of the cosmos and understood in context.

Hippocrates' Diversion

In the 5th century BC, Hippocrates split off from natural science and founded a school of applied methodology with the defined purpose to correct and heal individual malfunctions as defined by their symptoms. That school evolved into today’s medicine and healing arts.

The Golden Times of Integrative Natural Science

For another 4 centuries, natural philosophy continued to evolve as integrative human science. The most prominent natural scientists (natural philosophers) of classical ancient Greek were Pythagoras, Socrates, Plato and Aristotle, all active in the 4th century BC.

Aristotle became the educator and life-long advisor of Alexander the great that founded the first center of knowledge – the libraries and academy of Alexandria (Egypt) with the fundamental purpose of collecting contextual knowledge about human life and nature. Everything science did in those times had an imminent direct purpose to proactively increase human quality of life.

Extinction of Human Science

Integrative human sciences suffered a first devastating blow when the libraries of Alexandria were destroyed first by Caesar's and ultimately by Mark Antony's invasions into Egypt during the 1st century BC. Human science lost it's knowledge base and its central forum and academy. Natural philosophers became scattered isolated thinkers that had to re-invent the wheel – a historic loss from that human science has not recovered up to today.

After Caesar's death, the Roman Empire started to collapse. Gradually, political developments within the two major fractions of the former Roman Empire motivated their respective leaders to implement drastic and sophisticated manipulative power techniques. In the 4th century A.D. under Constantine the Great a purposefully transformed manipulative state religion became installed to keep the pieces together. Each of the two fractions of the former empire adjusted the religious dogmas and hierarchy structures to their political needs.

The wisdom of natural philosophy was in clear contradiction to the new manipulative dogmas. Human science became a threat to authoritative power as it was in direct logical conflict with the new credos that became enforced and affect the thinkig of many of us still today.

Consequently, all natural sciences dealing in any form with human beings as subject of interest were officially declared as heretic and became forcefully banned. Natural scientists were systematically prosecuted, imprisoned and killed as agnostic heretics within the reach of the Western-Roman and Byzantine empires.

The final blow these political events caused to humanity's self-understanding was that already acquired great understanding of human nature was forcefully and systematically eradicated and replaced with its antagonist - non-logical dogmatic belief.

One of the new most blinding and self-destructive dogmas that previously had not existed and became imposed from the 4th century A.D, on is the belief in human supremacy as carte-blanche inhabitants of the planet. This devastating dogma took human life ultimately out of its natural context. The belief is obviously widely unchallenged till today – also in scientific circles - despite overwhelmingly contradicting historic and scientific evidence.

Europe dove subsequently into a full millennium battled with wars and famines into a virtually absolute scientific amnesia. Only around the 14th century A.D. (Renaissance) the first isolated attempts to revive some kind of science were made – initially against enormous political and religious resistance (e.g. Galileo Galilei).

Modern Times ...

The total absence of any schooling except for a few privileged individuals lasted till the mid 19th century. In practical terms, higher education became available to the public only with a sufficiently effective transport system in place at the beginning of the 20th century.

Today, a scientific education is subject to a tough selection and high tuition fees that restrict students and make them dependent on economic benefits of their learning. Scientific freedom of students is restricted and scientific research is funded by and mainly serves selective economic interests (not primarily society).

A revival of a contextual human science in modern times has not yet taken place.

After two millennia of ignorance, we are still lacking an ultimately beneficial human science. Let's make sense of science again and bring sciences back into context with human life to the benefit of us all. I call the science that does that Human Biology.

The Purpose of Human Biology

The purpose of Human Biology is to

* Determine ideal human life conditions and an ideal lifestyle based on the human biological blueprint (anatomy and physiology)
*
* Provide information that allows decision makers to set priorities and take effective steps towards creating improved collective and individual life circumstances
*
* Provide insight and practical information to individuals, parents, educators, healers, leaders, planners, politicians, families, communities, societies and humanity as to biological limitations and ideal human life conditions as dictated by the human organism
*
* Determine and provide neutral information about actual benefits and actual consts and unavoidable consequences of human domestication and use of technology with respect to the sustainability of the human species
*
* Detect and provide information about biological causes of society's major issues such as behaviour, social structures, quality of living space, environment, ecology, nutrition, economy etc. in order to allow evolving from present-day strictly symptom oriented reactive strategies to proactive decision-making, education and guidance
*
* Discover and present collective and individual obstacles to wellbeing such as destructive collective dogmas, illogical economic and technological expectations etc. and suggest practicable alternatives and improvements
*
* Suggest efficient means in form of biological life-skills to functionally improve individual wellbeing and to support physical and social reintegration in order to regain sustainability of the species and to permit thriving of future generations

with the ultimate goal to persistently improve individual quality of human life by respecting the contextual biological requirements of the human organism blueprint.

Academic Challenge of Human Biology

Human Biology is one of the most demanding sciences with respect to an individual scientist's intellectual performance. Learning capability alone is insufficient. Human Biology requires an

exceptionally high degree of intellectual insight, interdisciplinary skills, systematic and analytical thinking and understanding.

Scientific findings of human biology may collide with some solidly established historic collective dogmas. Hence, the logic findings of Human Biology may conflict with a scientist's cultural conditioning. Human Biologists may face considerable academic, religious, political and economic opposition.

Some of the most questionable collective (and to a high degree academic) dogmas a human biologist must be able to challenge:

* Belief in unquestionable human superiority and supremacy
*
* Belief that human behavior is subject to conscious control and will power
*
* Belief in a net-benefit and in any net advantage of technology
*
* Belief in sustainability of present-day financial structures and institutions
*
* Belief in an economy that grows to remain healthy

There is no trace of any logic scientific support for any of these beliefs. Contrary, there is considerable solid scientific evidence (laws of nature) that these dogmas may be direct systemic causes for most severe health, economic and ecologic issues humanity faces today.

It is not the goal of Human Biology to provide any comfortable answers. It's goal is to provide logic and useful answers even if they conflict with common believes. If Human Biology is to serve humanity, no present prejudice or dogma regarding homo sapiens and its self-declared glories must be taboo.

A human biologist must be able to detect his/her own conditioning and maintain a strict neutral, non-judgemental, and systematic logic intellectual scientific discipline.

The science faces an additional extraordinary challenge: Human biologists have to deal with the unique situation that their subject of observation no longer exists under natural conditions in sufficiently accessible numbers to allow direct observation that could support and confirm logical conclusions.

It is also quite obvious that the ideal natural (biological) environment for the human species is rapidly disappearing from the planet, the species itself is sees to it.

Bringing science in context with human life requires great courage, persistent scientific consequence and the capability to take the huge mental step from simply collecting knowledge to creating non-judgmental understanding.

Human Biology’s primary tool is unprejudiced consequent logic.

Scientific Method of Human Biology

Scientific Methods in General

The Biologist and Nobel-prizewinner Nikolaas Tinbergen observed that scientist tend to loose track of the purpose why they are doing what they are doing and easily get trapped by their fascination for the object they are studying. They leave it to others to find ways of making sense

and use of their discoveries. Modern research easily becomes self-justifying – research for the sake of research.

Tinbergen defined systematics to assist researchers in any science to remain on track of the answers their research is supposed to deliver.

Since Tinbergen has established scientific research systematics some six decades ago, most modern sciences have split into even more specialized fractions with increasingly longer Greco-Latin names. Each fraction has limited their field of interest even further in order to collect more detailed information. As a result it has become even more difficult for specialized scientists to determine – apart from satisfying their own personal interests – what service their research is supposed to provide humanity with.

In order to describe the method of Human Biology, I feel the need to refine Tinbergen's systematics with a logic guideline as to what method to select to answer a science's quest.

There are three fundamentally different questions a scientist needs to ask to find conclusive and useful answers. The three questions are:

* What happens
*
* How something happens
*
* Why – to what purpose – something happens

To get conclusive answers, each method requires a specific method.

Find answers to the What:

The method is observation. There are many tools that are designed to facilitate observation such as field studies, laboratories, microscopes, telescopes, fMRI, EEG, satellites etc. etc.

However, observation of an object or a process can only reveal neutral information and statistics - information that as such has no intricate value.

For Human Biology, this type of information is the raw material to work with.

Find answers to the How:

The method is observation again; now focused on an isolated object, process or part of either. Again, the method of observation does not more than acquiring neutral information and statistics. It may allow understanding of mechanics or chemistry of an isolated process - information that as such has no intricate value.

Observation of the How alone does not allow any systemic contextual understanding. However, it is the base for applied methodologies such as medicine or technology. Most of today's scientific efforts are to collect information as to how something happens (see e.g. neurology).

Many scientists confuse the "how" (process) with the "why" (causality and purpose). The confusion causes them to draw prejudiced conclusions (e.g. ADHD, depression, anxiety, etc. become defined as "dysfunctions" or "disorders").

For Human Biology, detailed information about the how something happens is of lesser importance.

Find answers to the Why:

To answer the question why (to what purpose) something happens the method of observation is unsuitable. An entirely different method has to be applied. To find an answers to the question Why requires an intellectual method. This method is academically more demanding than observation and there are no technological tools to assist the process.

The method is drawing unprejudiced non-judgmental logic conclusions from a variety of observed information to acquire systemic contextual understanding.

Human Biology searches for causality, the contextual Why, systemic understanding of human nature.

The Methodology of Human Biology

Human Biology does not need to contribute any additional observations of its own.

An enormous amount of relevant information has already been collected by scientific research (observation) that hasn't been processed yet. Most of this information has been disregarded or ignored because it didn't have any significance for the particular topic of the respective research project.

There is an abundance of sciences that provide answers to What happens and How. Human Biology's task is to process information relevant to human life. The information processing consists of two steps:

First Step:

Collect, filter, evaluate, and logically assess relevant observed interdisciplinary information from segmented life sciences such as

* Zoology
* Botany
* Evolutionary Biology
* Biogeography
* Anthropology
* Paleoanthropology
* Human Ethology
* Ethnology
* Anatomy and Physiology
* Behavioural Science
* Socio-biology
* Genetics
* Epigenetics
* etc.

as well as from earth sciences, theoretical sciences and information records that are not considered to be life sciences but play an essential role in determining any species' ideal life conditions such as

* Physics
* Biochemistry
* Geography
* Climatology
* Electromagnetics
* Palaeontology
* History
* etc.

Second Crucial Step:

Bring the collected information into context with the functionality of the human biological blueprint (anatomy and physiology).

Based on natural laws of physics, biochemistry etc. and the anatomical and physiological blueprint (design) of a human body, Human Biology determines physical, environmental, social, and lifestyle condition under which the human organism by design can interact ideally in order to sustainably operate with minimum physical and mental wear and tear and maximum gain.

The result is a profile of ideal human life conditions – and functional limitations - as dictated by the biological design of a human body.

Today's existing symptom based reactive methods may bring temporary individual relief. However, at best, they can reveal what doesn't work; they cannot logically explain systemic causes and are restricted to remain an eternal "try and error" proceeding.

Human Biology allows explaining what does work based on design of the organism and the laws of nature. It further allows a so far unique proactive choice of direction towards sustainable well-being of individuals and humanity.

To view an example of applied Human Biology:
ASP - AmonRay Sleep Profile

Gratitude to Scientific Contributors

There is a huge intellectual step from knowledge to wisdom. It always requires courage to step outside the box, even only intellectually ...

The word "philosopher" means "seeker of wisdom". Many natural philosophers interested in the nature of mankind have contributed significant insights. Many of their findings have been classified as exotic mental extravagance by mainstream science. One of the reasons may be that there is no established scientific box their ideas would conveniently fit in.

If such a box is needed, lets create it now and call it Human Biolgy. Let us collect, polish and present the fundamentally vital jewels of true life wisdom to the benefit of us all.

I admire and honor these great thinkers and I am deeply grateful for their essential contributions that lead to a greater understanding of human nature, an understanding we urgently need if humanity is to continue.

To name just a few:

* Plato
* Aristotle
* Erasmus von Rotterdam
* Leonardo da Vinci
* Carl von Linné (Linnaeus)
* Jean-Jaques Rousseau
* Alexander von Humboldt
* Charles Darwin
* Gregor Mendel
* Pierre Paul Broca
* Nikolaas Tinbergen
* Konrad Lorenz
* Arthur Koestler
* Irenäus Eibl-Eibesfeldt
* Robert K. Merton
* Eric Berne
* Burrhus Frederic (B. F.) Skinner
* Edward T. Hall
* Gregory Bateson
* Edward Osborne Wilson
* Frederik Vester
* Desmond Morris
* John Grinder
* Hans Selye
* Thomas Harris
* Joseph O'Connor
* John Seymour
* David Attenborough
*
* and many more.
* With admiration and gratitude to all, especially also to those I did not mention here,

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