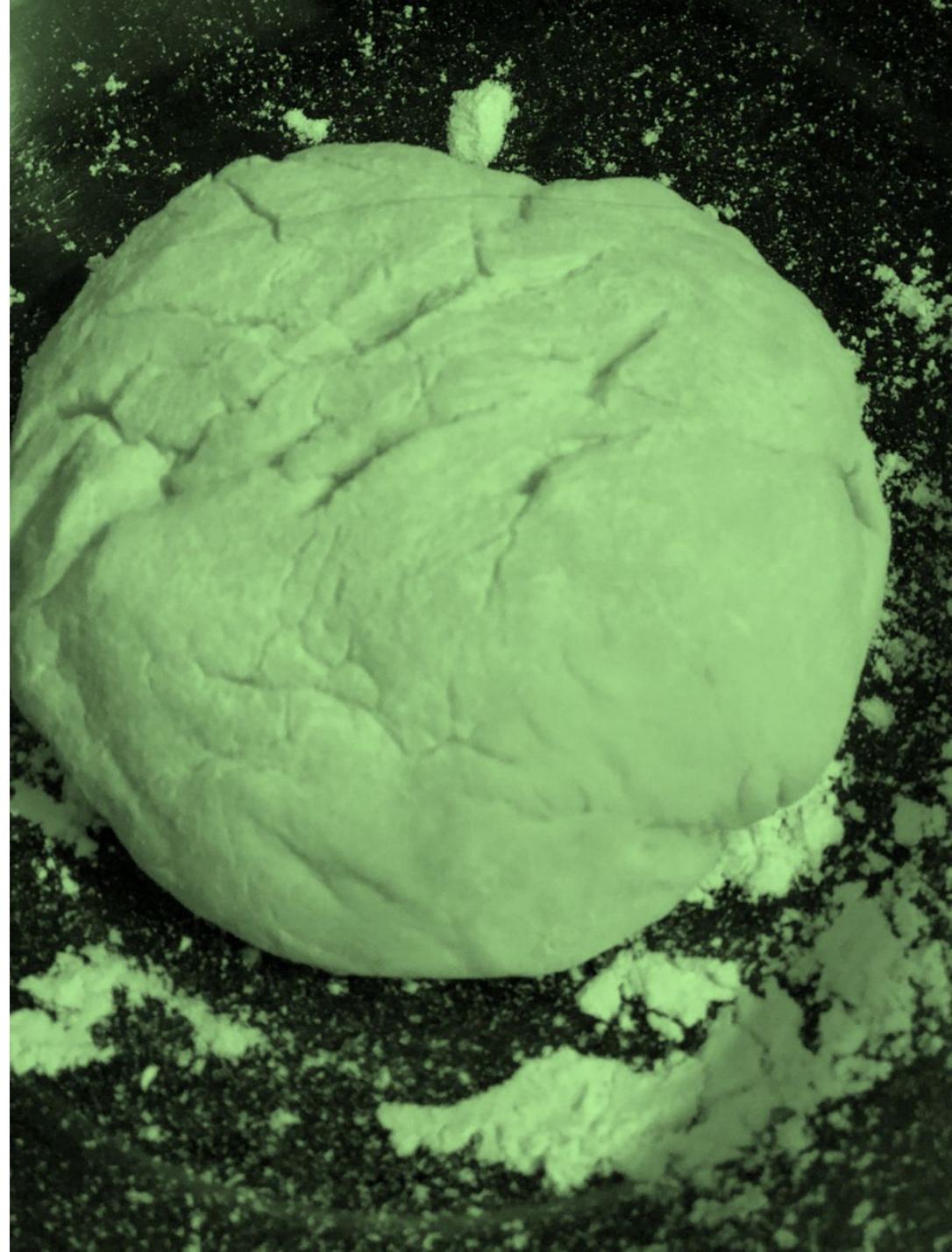


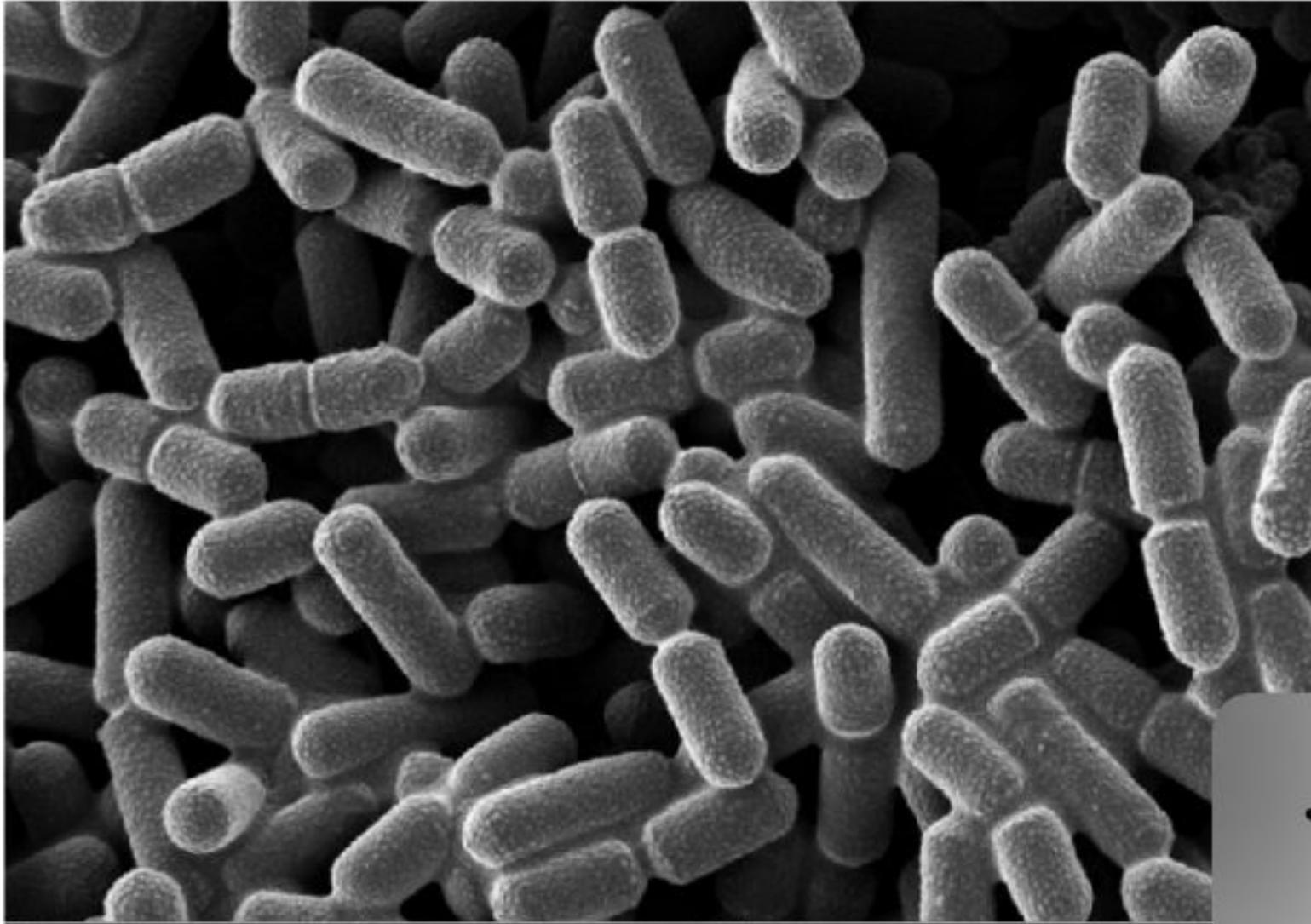
# PSYCHOBREAD

TELL ME THE LACTOBACILLUS YOU HAVE IN  
YOUR SALIVA, AND I'LL TELL WHO YOU ARE

A PROJECT BY CLARISSA RIBEIRO

2020





Mag = 30.00 K X 1 µm WD = 3.3 mm EHT = 2.00 kV Signal A = InLens Contrast = 26.5% Date 13 Dec 2012 Time 10:00:00  
SUPRA 55VP 31 01 Noise Reduction = Line Int. Done Brightness = 49.1% Chamber Status = Pur

There is mounting evidence that the spectrum of microbial species living in the mouth is, both in diversity and in composition, a close representation of the microbiome inhabiting the gastric fluid and gut. Considering our digesting system fellow microbiome regulates behavior, guess what can happen when we exchange molecular information by sharing a bread we baked using our own saliva? Can the remaining molecular information in dead bacteria such as lactobacillus still influence behavior? Well, some renowned researchers are starting proving that the answer is yes! So, the workshop I'm leading will invite us all to bake our **psychobreads** using samples of our salivary microbiome for the fermentation process.

Hi guys, my name is Clarissa Ribeiro, I'm an artist and researcher based in Brazil, and together with the Art|Sci team I'll be leading a workshop in which we will invite you to exchange your salivary microbiome molecular information by sharing a bread or **psychobread** baked using your own saliva. Can the remaining molecular information in dead bacteria such as lactobacillus still influence animals behavior? Well, some researchers are starting proving that the answer is yes! Get ready!

# PSYCHOBREAD RECIPE

## *Ingredients:*

Flour 1 cup

Water, ½ cup

Honey, a spoon

Mix the honey with your saliva shewing for 2 minutes and spit in a bowl

## *Instructions:*

Add a bit of honey with your saliva in a bowl

Add some water to ½ cup of flour in a bowl and stir

Add more flour if the mixture is too wet

Add more water if the mixture is too dry

Distractedly continue to mix while singing until everything comes together and the mixture is no longer sticky

Shape the dough and place on a baking sheet

Place dough into a hot oven and bake until golden brown

Alternatively you can flatten the dough and bake in a pan

Now you are ready to share your PSYCHOBREAD and influence your family and friends behavior! Enjoy!

[https://www.instagram.com/p/CACB5jQI9t6/?utm\\_source=ig\\_web\\_copy\\_link](https://www.instagram.com/p/CACB5jQI9t6/?utm_source=ig_web_copy_link)



# PSYCHOBREAD RECIPE

