

Antithesis of Evidence

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I am human
Thirsty
Hungry
And Inquisitive!

I want evidence
For existence
For creation
For common sense!

I prefer to seek evidence
For all
For everything
No stone unturned!

What is the goal?
Will my quest create innovations?
Will my quest make life easy?
Will my quest be cost-effective?

I don't know!
If evidence for simplicity
May make
Things complex!

The failure to quit smoking:
Smokers not appreciating
That smoking nicotine involves
Relaxation effect of deep-breathing exercises!

The failure to control obesity:
Eaters not appreciating
That aroma while cooking personal food
Satiates appetite early and prevents overeating!

The failure to move stomach:
Diabetics not appreciating
That chewing on gums initiates
The peristaltic waves through their GI!

The failure of MRI:
Psychiatrists not appreciating
That claustrophobia is a misnomer
For actual poor air velocity/quality inside any
enclosed space!

The failure of life in enclosed spaces:
Residents not appreciating
That the ideal indoor temperature is
65 F around the year!

The failure of lungs in cold weathers:
Patients not appreciating
That hot weathers indoors during half-yearly winters
Shaving half of their survival years!

The failure of fast life:
Runners not appreciating
That their adrenal stores will deplete faster
Leaving body labile and fragile when in non-
stimulating exile!

The failure of rapport:
Health professionals not appreciating
That computers and gadgets can replace human
techniques
Except for the empathetic humane talk and touch!

And I am not sure
If I am anticipating
More evidence to come
Or just perpetrating more common sense!