



It wasn't until recently that I became aware of my complete ignorance about the moon. My knowledge was so limited I actually didn't know how many times the moon goes round the earth each day. I also didn't know if there were any nights in the month in which the moon does not appear. In fact there were lots of things about the moon I really had not bothered to think about. Even though I calculated I had looked at it over 10,000 times in my lifetime I had never really thought about it. So, when I did take the time to think about it in a very casual sort of way, my thoughts turned to the tides, as this was the only fact I was aware of. I thought if the moon can move oceans, which are just made of water, and we as humans are made up of seventy per cent water give or take, it would seem obvious the moon must be having an effect on the water in my body. How, or to what extent, I did not know, it just seemed to be logical that it did.

At the time of thinking about the moon, I did not really care how the moon achieved its effects just that it did. But it was the idea the moon must also be affecting the water in my body that caused me to question some very basic facts about how my body worked. What effect this internal tide had on me was completely unknown at the time, but my general western scientific education instilled in me a belief the moon does nothing. I imagined there were lots of scientific studies that have been done which proved this. But have they? Have studies been done that prove this beyond doubt? Spending time researching this question has in fact caused me to come to quite the opposite conclusion. Lots of studies have been conducted which show there is a direct link to the moon's cycle and the behaviour of animals, plants and humans. The same with the sun but even more surprisingly to me was that it was not just the moon and the sun, but the other planets as well, such as Jupiter and Mars, they all affect the biological behaviour of living organisms.