## I – RESTRAIN YOUR DNA. WHY?

First of all, you are the genetic heir of the hunter-gatherers.	After a million years of trial and error, natural selection has produced the descriptive information of the perfect hunter- gatherer. In less than fifty thousand years, this 'being' has appropriated the entire living world. The cataclysm is the result of the reciprocal evolution of bipedal primate DNA information and a wealth of technical information - weapons, tools and procedures. What worked so well ten thousand years ago is now outdated, even disabling, both individually and collectively.
You probably keep active, within you, some genes of a farmer.	In less than ten millennia, hunting and gathering have been driven out from its predominant position by agriculture. In other words, the 'farmer' genetic information has supplanted the 'hunter' genetic information. The result has been a demographic explosion of the species, i.e. of DNA. The natural selection of technical information has been multiplied accordingly. This solid genetic-technical assembly has changed the earth's landscape. It is now insufficient – if not disadvantageous – for the population.
You may have them in you, always ready, warrior genes.	It is not by chance that war has been the general rule for the last few millennia. The production and accumulation of agricultural wealth is in practice limitless; it is what ecology calls virgin ecological niches. These accumulations remain beyond the reach of the animal world. A specialised human exploitation was therefore inevitable. The act of war is essential to the new human condition; it arranges and aggregates genes useful to the profile of a Man of War. But the time is ripe for techno-science and its applications: triumphal arches and medals belong to the past. In other words, any innate inclination towards clear-cut solutions is worth limiting.