

Naväge v. Nose Picking

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cc: Naväge

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Our culture frowns on nose picking as a bad habit. Being seen picking one's nose carries deep stigma.

But I've come to peace about this in recent years with the following realization. Breathing through the nose is important. Having a clear passageway makes this much easier. Buggars impede the passageway. The index finger fits well into the nose and is able to remove buggars readily. Monkeys do this unimpeded — for good, healthy reasons.

I realize how stigmatized this is, and now I'm going to take this one more level deep. Eating buggars is also something baked into us as an instinct — also demonstrated by monkeys.

I have a hypothesis that there is an immunological reason for this. The nose and throat capture incoming pathogens in the phlegm, which also partially neutralizes the pathogens. The process of ingesting the buggars then presents the pathogens to the immune system (e.g. via the tonsils, which serve as an incoming pathogen screener) to launch immunity to the pathogens.

The Naväge (product), water-based substitute for what nature provides as an ef-

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Efficient, readily-available, effective solution; has many disadvantages — just for the sake of bypassing the social stigma. It wastes water, requires cleaning. Last I heard, we're still in a mega drought and should conserve water. An exception might be for those who use Navage for allergy relief.

I still pick my nose in private, because of the stigma, but I no longer am beat up by undeserved shame.

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