



ÁSKUNNR®
GUNNARSKÓLINN

KYNSDÆMI GENDER BIOLOGY



KYNSDÆMI: GENDER BIOLOGY IN COMBAT

THERE IS NO **EQUALITY BETWEEN GENDERS IN BIOLOGY**. MILLIONS OF YEARS OF **EVOLUTION** HAVE MADE **MALES AND FEMALES** BETTER SUITED FOR **DIFFERENT ROLES AND ACTIVITIES**. WHEN IT COMES TO THE **ESSENTIAL CHARACTERISTICS OF A WARRIOR**, **FEMALES ARE CLEARLY UNSUITABLE FOR COMBAT** AND AT A **STAGGERING DISADVANTAGE** WHEN **FACING MEN**.

ESSENTIAL CHARACTERISTICS	FEMALES	MALES
MUSCLE STRENGTH	35% LESS MUSCLE MASS IN UPPER BODY 25% LESS MUSCLE MASS IN LOWER BODY	40% MORE MUSCLE MASS IN UPPER BODY 33% MORE MUSCLE MASS IN LOWER BODY
SKELETAL STRENGTH	SOFTER AND WEAKER BONES. WEAKER TENDONS AND LIGAMENTS INCREASES INJURIES	DENSER AND STRONGER BONES. STRONGER TENDONS AND LIGAMENTS MINIMIZES INJURIES
BLUNT FORCE/IMPACT RESISTANCE	WEAKER FACIAL BONE STRUCTURE WEAKER BONES INCREASES INJURIES	STRONGER FACIAL BONE STRUCTURE STRONGER BONES MINIMIZES INJURIES
AGGRESSIVITY	NO HYPOTHALMIC PITUITARY TESTICULAR AXIS: 12 TIMES LESS TESTOSTERONE LACK AGGRESSIVITY	HYPOTHALMIC PITUITARY TESTICULAR AXIS: 12 TIMES MORE TESTOSTERONE CAN DEMONSTRATE HIGH AGGRESSIVITY
WOUND HEALING	LOWER BLOOD RED CELL COUNT LOWER HEMOGLOBIN LOWER CIRCULATING CLOTTING FACTOR: SLOWER WOUND HEALING	HIGHER BLOOD RED CELL COUNT HIGHER HEMOGLOBIN HIGHER CIRCULATING CLOTTING FACTOR: FASTER WOUND HEALING
BLOOD OXYGEN CARRYING CAPACITY	NO TRIGGERING OF ERYTHROPOIETIN RESULTING IN NO INCREASE IN RED BLOOD CELLS OR O₂ CARRYING CAPACITY	TESTOSTERONE PROMPTS ERYTHROPOIETIN TO PRODUCE MORE RED BLOOD CELLS THUS INCREASING O₂ CARRYING CAPACITY
RESILIENCE TO COLD AND OTHER ENVIRONMENTAL FACTORS	LESS EVENLY DISTRIBUTED BLOOD FLOW IN BODY: LOWER RESILIENCE TO COLD AND OTHER ENVIRONMENTAL FACTORS	MORE EVENLY DISTRIBUTED BLOOD FLOW IN BODY: HIGHER RESILIENCE TO COLD AND OTHER ENVIRONMENTAL FACTORS
REACTIVITY TO PAIN	ACTIVATION OF LEFT AMYGDALA OF BRAIN: MORE REACTIVE TO PAIN	ACTIVATION OF RIGHT AMYGDALA OF BRAIN: LESS REACTIVE TO PAIN
DANGER AND SITUATIONAL ANALYSIS	LESS WHITE MATTER IN PRE-FRONTAL CORTEX: SLOWER AND LESS EFFICIENT DANGER AND SITUATIONAL ANALYSIS	MORE WHITE MATTER IN PRE-FRONTAL CORTEX: FASTER AND MORE EFFICIENT DANGER AND SITUATIONAL ANALYSIS
SPACIAL ABILITIES AND VISUALIZATION	THICKER PARIETAL SECTION OF BRAIN: WORSE SPACIAL ABILITIES AND WORSE VISUALIZATION OF MULTIDIMENSIONAL OBJECTS	THINNER PARIETAL SECTION OF BRAIN: BETTER SPACIAL ABILITIES AND BETTER VISUALIZATION OF MULTIDIMENSIONAL OBJECTS
REACTIVITY TO EMOTIONS AND DEPRESSION	LARGER DEEP LIMBIC SYSTEM: MORE REACTIVE TO EMOTIONS AND MORE PRONE TO DEPRESSION	SMALLER DEEP LIMBIC SYSTEM: LESS REACTIVE TO EMOTIONS AND LESS PRONE TO DEPRESSION
RESPONSE TO THREATS	TEND AND BEFRIEND	FIGHT OR FLIGHT
TRACKING OF MOVEMENT	THINNER RETINAS AND MORE P-CELLS: LESS SUITED TO TRACK MOVEMENT	THICKER RETINAS AND LARGER M CELLS: BETTER SUITED TO TRACK MOVEMENT
SENSITIVITY TO PTSD AND DEPRESSION	SLOWER SYNTHESIS OF SEROTONIN: MORE LIKELY TO SUFFER FROM PTSD OR DEPRESSION AFTER TRAUMATIC EVENT	FASTER SYNTHESIS OF SEROTONIN: LESS LIKELY TO SUFFER FROM PTSD OR DEPRESSION AFTER TRAUMATIC EVENT
RESPONSE TO FOREIGN CULTURES AND ETHNICITIES	RESPONSE TO OXYTOCIN HORMONE: SEEK KINSHIP	RESPONSE TO OXYTOCIN HORMONE: SEE COMPETITION
EMOTIONAL STABILITY	PRE-MENSTRUAL SYNDROME: MONTHLY AND IRREGULAR MOOD SWINGS, IRRITABILITY, FATIGUE, FOOD CRAVING, AND DEPRESSION	NO PRE-MENSTRUAL SYNDROME: NO MOOD SWINGS, NO IRRITABILITY, NO FATIGUE, NO FOOD CRAVING, AND NO DEPRESSION