



## Ulysse, Defend Your Operative Memory: What Am I Speaking About?

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The best definition for the operative memory was from Cicero: Tene rem, acta sequentur. Have an image, a conception, under attention and linked words, events and acts shall emerge from the periphery of your attention. We may also say: maintain an imagination under attention, linked events and facts shall emerge from periphery of attention. Your attention may go far from focus, but you can soon bring again the focused image under attention.

Overall inflammation deteriorates operative memory and after decades, your acts and words are disconnected. This disconnection depends on age in as much you accumulate deterioration by a higher number of events of overall inflammation in ten years of life than in a month or two. The inflammatory events and not the age provoke deterioration.

Overall inflammation is the period after an inflammation illness and may persist one month or perhaps a year or a week only. The initial, provoking inflammation episode may be flu, pneumonia or an intestinal inflammation. Over half immune cells are in the intestinal mucosa: this suggests that overall inflammation and tissue deterioration depend largely on the progression of digestion, on the amount and immune stimulation by bacteria on the intestinal mucosa. Long intervals between two events of Initial

Hunger (= long digestion) allow larger bacteria growth and larger emergence of immunogenic bacterial species. The "convalescent state" that characterizes overall inflammation is more intense and prolonged in relation to the time length of the interval between IH events [1 - 4]. Twenty – thirty percent of old people arrive to a disconnected thinking and acting and their operative memory seems to be thin or even absent.

Ulysse, you can find IH by meal suspension for a few hours, one – 6 hours [5 - 9]. You may feel gastric emptiness, mental or body weakness. You have to learn this sensation and take a meal. The meal contents have to be measured in proportion to the expenses between meals, in order to have again IH after few hours. In this evaluation of the needed food, you cannot be precise, but the attempted evaluation is much more effective than no attempt at all.

I studied about thirty adolescents of your age. Twenty of them found and recognized Initial Hunger (IH) by themselves (see video, [10]). These adolescents used IH as an indication for a good energy balance and a good energy intake. Three events of IH per day is my recommendation to minimize body tissues deterioration. The difference from no emergence of IH at all corresponds to an energy intake difference of about 20% - 30%. No hunger emergence consequent

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to no meal consumption, produced neither fainting nor body growth impairment.

You are strong and healthy at sixteen and recognition of IH is quite easy now. But your excellent efficiency will not remain like now: after the age of 60, IH is difficult to learn. Your mother and father understand IH and its usefulness. You are not required to describe your decisions. You shall remain alone and have to teach your siblings. We gave you the name of Ulysses on remembering the assertion of Homer: you'll remain always alone because you cannot dismiss all you know.

#### **Conflict of Interest**

The author(s) report no conflict(s) of interest(s). The author along are responsible for content and writing of the paper.

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