

The odor of our life: object of the most pregnant sense that we own

Have you ever pay attention to how much odors are in our lives? Since when we were born till we die, we are always pervaded by pleasant or unpleasant odors.

But what this important sense is based on?

Wikipedia says:

"An odor is caused by one or more volatilized chemical compounds, generally at a very low concentration, that humans or other animals perceive by the sense of olfaction. It can be a stimulus, conscious or unconscious, to recall memories, emotions or needs"

Everything is in the nose, this marvelous sensitive organ that in some cases is worth a lot. I think about perfumes or those noses that smell wines, liquors or oil aroma!

If you think even an electronic nose was invented, but in my opinion we are still far away from the perfection of our "equipment".



So these molecules, pheromones, are in the air and get to our olfactory system that, with an extreme precision, catalogue and store the odors in our brain for a long time.

Primordial odors of life allow species to live and perpetuate in centuries.

Newborns smell with precision the **odor of their mother**, especially animals, allowing them to survive, to follow the mother everywhere, without making mistake. A smell that we do not longer remember, but that lasts many years. And maybe even certain odors that we cannot stand derive from subconscious situations that we faced in our intrauterine life or in our very first years of life. That reluctance to fish or vegetables that provoke in many young people the disgusting sensation that does not make them want to eat certain foods. Sensation that may change with the time.

And what about the **odor of sex** that allows the male to feel the female, to feel that it is the time to procreate.

Most of us remember when we were young, few years ago. We were with our girlfriend (and for me wife to be), and felt the instinct that brought us to have such a wonderful and complete family. That happened also because of that particular odor, that I can still occasionally feel. Odor that some men feel everywhere and anytime, without remembering that sometimes the odor of sex goes to friendship and affection, and that they need to keep up their pants in order not to be made fun of by their partners or even by their friends.



And then the **odor of death** that ends our lives or more often someone else's life.

Often, as a doctor, it has happen to me to assist to the last minutes of my patients, worn out by agony, who told and confessed me that they have been smelled a particular odor for few days, they knew that their time was closed.

It might be imperceptible for other people, but truly heavy for them.. and even for me, classical and unequivocal!

Well, I have to say that people get used even to this odor, and even relatives feel it as natural and "obvious". It does not get in the way, but it prepares you for what is going to happen! We will not find it difficult to make the big step!

Daily life odors

And how to not remind some particular odors that daily scan our life, pleasantly. I remember with absolute amazement the **odor of rain** that comes out after a storm in Milan, especially on the pavè, those big tiles of granite. When you walk and then run to reach the office. How many time I stop for a second to smell it. And it is unique for every city. In Milan is completely different from a seaside town or Rome!



Or the **odor of seaside towns** that is absolutely different from the



odor of our cities. It happens sometimes to me to go to the Côte d'Azur to relax (unfortunately not very often) and stand on the seafront of Cannes or Menton. The wind brings a flash of these particular odors of food, maybe dirt.. I do not know, but absolutely amazing!

And the **odor of humid** that you find in the wood especially after a storm! That smell of musk and humidity that is typical of this place!

And what about the **odor of our own house**, the everyday smell. The odor that you cannot find anywhere else, the odor of your father and mother, your siblings, who leave their personal things around that can be annoying in someone else houses, but not in yours!

Odor of foods

How pregnant is it? You can tell if a food is good or bad just by smelling it. Or going in those particular places where you can smell spices that intoxicate you. I just came back from Paris: in the La Fayette magazines, at the species stand that comes from all around the world, you can smell any kind of odors: it is just amazing!

Odors and intense perfumes conjugate marvelous colors, and we have to remind the **odor of a pastry**. Sometimes it pervades the streets: you enter that cloud of intense odor and you immediately ask yourself: where is the pastry shop? Or the chocolate factory?



And I could go on and on and write an entire book about odors, but I will stop.

I would like that everyone of you stop during the day to smell the odors, and realize how good or bad they are, but still marvelous.

Why do not you tell me your unforgettable odors? I will publish them with your names (just them). It will be very interesting!

Greeting to everyone and Happy Easter!

Alessio