

AI Learning's Hidden Cost: Your Body

The brain isn't a server. It's a living system.

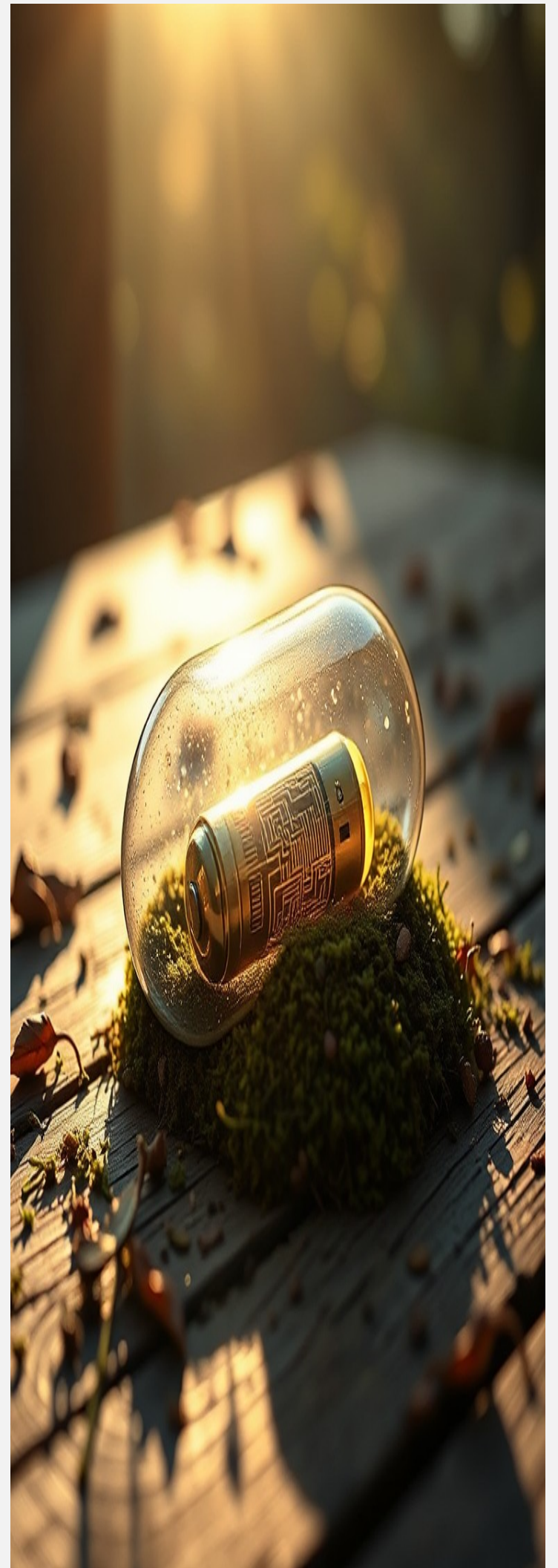
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1.84 volts

Battery Output

The voltage generated by MIT's bioresorbable battery, sufficient to power early-stage ingestible devices.

This precise electrical output—1.84 volts—demonstrates how even minimal energy can enable complex biological functions. In the context of AI learning, this is a metaphor: the human brain, like the battery, has a finite capacity to sustain high-energy processing. Once that threshold is crossed, performance degrades, and recovery becomes necessary.



01

Cognitive Load Is Biological

Free AI learning platforms often encourage continuous input without pause, treating the mind like a machine. But the MIT study shows that even engineered systems designed for internal use have a finite lifespan. The brain is no different.

02

The Breakdown Is Real

True learning requires decay and renewal—just as the battery breaks down to avoid harm. The most effective AI learning models should emulate this: not endless input, but structured cycles of intensity, rest, and reintegration.



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