

Highly Palatable Foods and Over-eating

Post by “kochiekoch” of April 22, 2025 at 2:11 PM

It's kind of interesting, in the top note article, that the pleasure centers are stimulated by the highly processed foods, dense in fats, sugars, sodium and carbs that our ancestors found scarce. So, we'd eat more of them. (And we do)! 😄

It demonstrates that pleasure is a regulatory mechanism for the health of the person, even if it's gone a little awry in modern times.