

# Highly Palatable Foods and Over-eating

Post by “Cassius” of April 22, 2025 at 2:55 PM

[Quote from kochiekoch](#)

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.

Yes, I'd say it demonstrates that pleasure is a regulatory mechanism for the health of the person that is subject to distortion both by our own error and at the initiative of others. And both problems have have reached new levels in modern times.