

BEING PRIMAL / PALEO IN A MAINSTREAM INDIAN NEWSPAPER

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It's nice to see a story carried by the Times of India ([Times life on Sunday](#)) on the primal lifestyle. It's nice because though 99% of readers may dismiss it as humbug, there may be a small percentage that may be intrigued. It feels good because this lifestyle has given me so much and to see it in a medium where a lot of people have the opportunity to get their curiosity piqued and in turn read a little more on the subject and maybe even be open enough to give it a shot is an exciting prospect. Oh there are mistakes and misquotes abound for sure (specially the subhead which says that the lifestyle has been around for 10,000 years when it is indeed for more than 200,000 years and 10,000 years was when grain was introduced to our food) as well as the constant reference to it being a mere diet with a special formula. But I'm willing to forgive it as the true curious cat will hopefully dig through the tons of literature out there and eventually stumble upon something that works. Here is a [link](#) to the write up. Thanks for reading, looking forward to your comments!

