

LINK LOVE - HEALTHY FODDER FOR YOUR MIND

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Category: [Evolutionary lifestyle](#)

Tags: [evolutionary](#), [lifestyle](#), [paleo](#), [primal](#)



Here are some links I've gathered recently for your brain to gnaw on. This is stuff I've been reading these last two weeks, that have been doing the rounds in the paleo community, and I figured my readers might probably not have come across these links.

We all know exercise is healthy. But if you need a little nudge in the right direction, here's some research that will give you just [what you need](#).

This study links cortisol to cancer. [Cortisol](#) has a very bad rep in the health circles and is the underlying cause of most lifestyle diseases, that belly that refuses to budge and most niggling problems. But this direct [link to cancer](#) has me worried and on a mission to double my fight against the evil.

Wondering whether you should store your food or give it away before you go on the mini break? Here's a cool site that will help you decide. [Stilltasty.com](#) tells you what the shelf life is for your favourite foods.

I've pledged to send Andrew Badenoch of [Evolvify](#) to the Arctic. Because I think he's cool and I like his beard. Not to mention I love his [writing](#) and I think fatbikerafting solo deserves applause. Have a look at his [kickstarter project](#) and spread the word if you can. 7000 miles, 7 rivers, zero fuel!

Perceptions of health: World over, [health food is viewed differently](#) by different regions. It's funny when how something so seemingly healthy to certain people, is not so healthy in different parts. Shows us that there's room for change when perceptions change.

You've probably seen this [infographic](#). If not, here's a cool depiction on why **carbs and not fat is making you fat**.

What is brown fat, and how can it be created? [Here's new studies](#) on the calorie burning properties of brown fat.

A nice thought provoking and introspective [post](#) by Mark Sisson on **specialization**. It kind of got me thinking of certain things and my thoughts may spill out over blog pages in the coming posts.

A [sports clinic opens](#) up in Bandra. I don't know what that means, nor do I have any concrete thoughts on the same. So why am I telling you about it? You go check it out and tell me ;)

Recipe of the week: [Paleo Chocolate Custard](#).

To leave you with, here's a nice quote I read this week. "The adult body is made up of 100 trillion cells, 206 bones, 600 muscles and 22 internal organs. You only get one. Take care of it."

Did you find the link love useful? Let me know in the comments section. Thanks for reading.

