

Why we Eat when we're Cold



We are thermic beings with the ability to in a variety of different climates by altering our insulation and heat production.

It is vital that we do so, as this is how we thermoregulate in our environment, and not die of exposure.

In the short term we regulate via behaviour - We turn on the AC or move to the shade when it is hot and we find add layers or find warmth when it is cold.

In the long term we regulate via physiology - We build insulation (body fat) and increase our heat production (metabolism) when we are cold and we remove insulation and reduce heat production when we are warm.

This is why [we eat more when we're cold](#).

And why being chronically cold is counterproductive for fat loss.

Fasting is the ultimate response to heat, while Eating is the ultimate response to being cold.

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