



STAPH Meal: Society To Always Procure Healthfully Newsletter

OFFICIAL NEWSLETTER OF DR. MIKE: THE FOOD SHAMAN

IN THIS ISSUE: FAN APPRECIATION

For You!

***“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.”
~ John F. Kennedy***

As I have the great fortune to travel the globe and *share* my insights about food and health, I come across many exceptional people. Many of these are fans and friends, some are colleagues and peers, and several are various captains of industry and entrepreneurs.

I am personally very particular about the quality of items I use; be they raw ingredients, finished products, or adjunctive treatments and therapies. They have to pass my research standards and my personal experience before I would ever recommend them to friends, family, or to you, my fans.

That is why I am taking exceptional delight in bringing to you some great resources from two companies that I have been partnering with over the last



several months. During this time, as with all the information I pass along, I have been doing the due diligence for you.

Over the last several weeks you have seen and heard interesting and contradictory information. Our recent show with calcium supplementation for bone health was compared and contrasted to diets made from wholesome foods rich in calcium. The bottom line, supplements carried an *increased* health risk (27% increased risk of serious cardiovascular events). Diets consisting of real, delicious and nutritious authentic foods rich in calcium *reduced* risk by 22% (click here for the

podcast: [Code Delicious](#) and here for the [newsletter](#)).

Last week, however, supplements demonstrated a potentially powerful role in helping those existing in urban environments. Vitamin B supplementation was shown to help attenuate the inflammation associated with urban air pollution.

But with so many choices, and so many horror stories about worthless product like probiotics with no active agents, or toxicities from negligent acquisition and processing practices (the FDA just recalled turmeric from certain producers); where do we source the quality items?

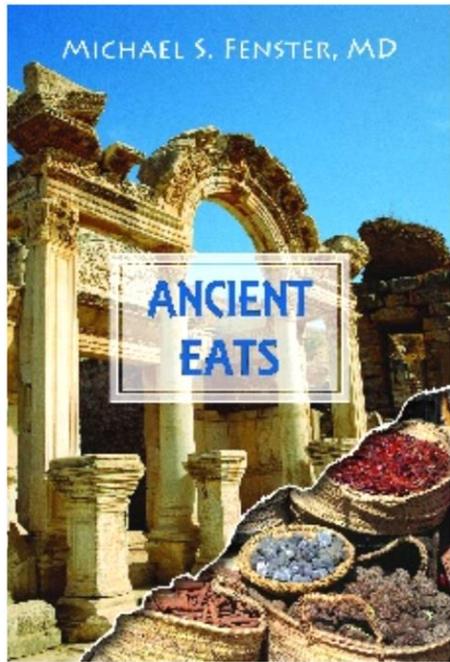


(Continued on page 2)



For You! (continued from Page 1)

I recommend [1MD](#) for any supplements you might need. As a special recognition for fans of Dr. Mike, we have arranged for a special discount! Simply type in "chefdrmike" when you visit [1MD](#) and receive 15-35% off your already low price. These supplements are the real deal!



Ancient Eats-NOW AVAILABLE!!

You can now order Dr. Mike's latest book, *Ancient Eats Volume I: The Ancient Greeks & The Vikings*, on Amazon.com here: [AE Amazon Link](#)

For all your supplement needs choose [1MD](#) and enter "chefdrmike" in the coupon code for an additional 15-35% off!!



Yet as I have written about for years, we cannot simply supplement our way to good health. We must build our foundation on wholesome, authentic, and real foods that reaffirm our natural roots. We need heirloom vegetables and heritage breeds that can solidify our roots; and these also taste great!

However, for many the ability to source like a chef is limited. It is limited by time, location, knowledge and a myriad other complications and interferences that require our daily focus and attention.

That is why I have partnered with [Butcher Box](#) to bring to you heritage breed, pastured and free range quality chicken, beef and pork. These are the meats I source out when I am preparing meals for friends and family. These guys source like a chef for you!

They will ship you a selection of meats for the month, or every three months, depending on your needs and usage. There is also the option to vary your box to suit your palate.

As a special gift for you, my fans, I have arranged for some free gifts in your first box. Follow the link and get started on a convenient, scrumptious and salubrious selection of primo meats! Simply click on the

link: [Butcher Box](#) and you will get \$15 dollars off and free bacon (yes, FREE BACON!)

I will continue to seek out partners and opportunities to pass along to you, the fans and supporters who make all of this possible. I hope you take advantage and enjoy my small way of saying, "Thanks" to all of you!

HEALTHY BYTES BY THE NUMBERS

10X

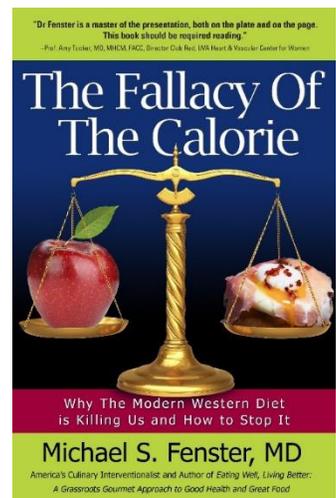
The increase in anti-inflammatory omega three polyunsaturated fatty acids in grass fed versus grain fed beef

100%

The percent increase in beneficial conjugated linoleic acid (CLA) in grass fed versus grain finished meats

Daley, C. A., Abbott, A., Doyle, P. S., Nader, G. A., & Larson, S. (2010). A review of fatty acid profiles and antioxidant content in grass-fed and grain-fed beef. *Nutrition Journal*, 9:10.

Learn more about salt, sugar, fats and real versus processed foods in the groundbreaking book, *The Fallacy of The Calorie!*



Pick up your copy of the critically acclaimed book at Amazon.com.



Natural and scrumptious foods like free range and pastured heritage breed meats from [Butcher Box](#) are great source of nutrition and flavor!