



STAPH Meal: Society To Always Procure Healthfully Newsletter

OFFICIAL NEWSLETTER OF DR. MIKE: AMERICA'S CULINARY INTERVENTIONALIST

IN THIS ISSUE: WINE-ING!

Wine-ing Your Way to Health;



Mediterranean Style

The Mediterranean diet is widely recognized as a potential template for delicious, satisfying but also a healthful approach to eating. It has been rigorously studied and validated across many different countries, populations and platforms. With well over twenty different nations bordering the Mediterranean, there are many different perspectives and flavor profiles that can rightly lay claim to the Mediterranean mantle. Add to that the many diverse regions both geographically and ethnically within the borders of many countries and the variations increase exponentially. Yet despite the culinary

coalition that could quickly devolve into chaos; there are number of constants in both procedure and product that form the singular foundation that is the Mediterranean approach regardless upon which country's shore you reach.

The moderate consumption of alcohol, specifically wine, is one of those pillars. Moderate alcohol consumption was one of the observations that Ancel Keys got correct when he first described his findings of the region the late 1940s and 1950s and labeled it the Mediterranean diet. More recently, a subgroup analysis of the EPIC study looked into the relative positive contribution for the healthful effect of the Mediterranean diet by component. They examined consumption of: alcohol, meat, vegetables, fruits and nuts, olive oil, and legumes. The result of this inquiry was that the dominant positive contribution was attributed to moderate alcohol consumption; it constituted 23.5% of the relative benefit. This was more than twice the benefit at 10.6% attributed to the consumption of olive oil.

Indeed, irrespective of diet moderate alcohol consumption is associated with a reduced risk of type 2 diabetes. A

European meta-analysis suggested that moderate alcohol consumption is associated with a decreased fasting insulin concentration and lower HbA1c (a marker of blood sugar levels over time). It may be through such mechanisms that moderate alcohol consumption exercises a protective effect.

Moderate wine consumption also protects against the development of chronic kidney disease (CKD), a dreaded complication associated with the development of diabetes. Moderate alcohol consumption was associated with a 37% lower prevalence of chronic kidney disease compared to abstainers. Additionally, such moderate alcohol consumption was also associated with a 30% less likelihood of developing cardiovascular disease compared to teetotalers.



Recipe on page 4!

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on Page 3)

IT'S A CODE DELICIOUS!



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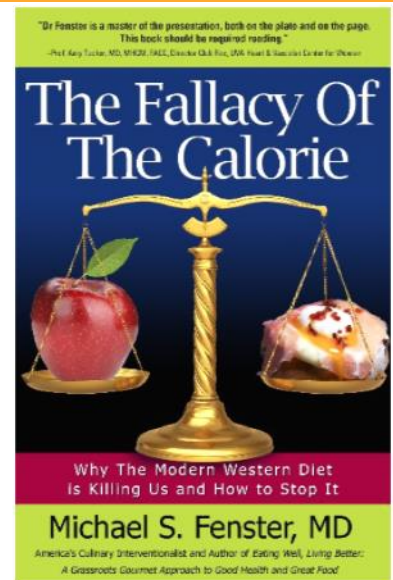
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Call in during Code Delicious with Dr. Mike every Wednesday 2 to 3 pm Eastern with questions or comments. Better yet, Tweet us @WCWD!



The Fallacy of The Calorie

If you don't have a copy of Dr. Mike's latest book, the critically acclaimed *The Fallacy of The Calorie: Why The Modern Western Diet is Killing Us and How to Stop It*, click on this link to head over to Amazon.com and get it! [The Fallacy order link](#)

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HEALTHY BYTES BY THE NUMBERS

>23%

The percentage of the beneficial effects of the Mediterranean diet attributed to moderate alcohol (mostly wine) consumption

30%

The decrease in risk of cardiovascular disease with moderate alcohol consumption

There is a preponderance of data in the literature substantiating such a J-shaped relationship. There is a minimization of developing disability and disease with moderate alcohol consumption compared to those who are alcohol abstainers. However, at some point of increasing alcohol consumption there is an increasing risk of other serious sequelae.

Even for those already afflicted with some of the modern disabilities and diseases like diabetes, following a Mediterranean approach including the moderate consumption of alcohol can yield benefits. Previously alcohol abstaining adults with type II diabetes were placed on a Mediterranean diet without caloric restriction. There were randomly assigned 150 mL of mineral water, white wine or red wine with dinner over two-year time course

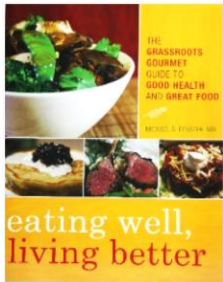
Those that consumed red wine significantly increased high-density lipoprotein or “good” cholesterol (HDL-C). They also significantly decreased the total cholesterol–HDL-C ratio. While there was a benefit to the consumption of red wine regardless of genetics, only those with an alcohol metabolizing variant (slow ethanol metabolizers; the alcohol dehydrogenase alleles [ADH1B*1]) benefited from the consumption of both wines in terms of glycemic control (fasting plasma glucose, homeostatic model assessment of insulin resistance, and hemoglobin A1c). Regardless of genetics, those who consumed either white wine or red wine at dinner reported an improvement in their sleep quality.

PSYCHOLOGY TODAY

Read all of Dr. Mike’s monthly columns in Psychology Today; just follow the link below

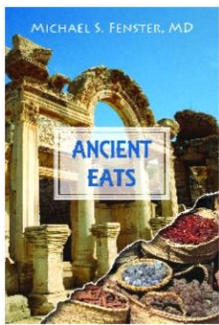
READ ON!

[Psychology Today Column](#)



Have It All

Don’t forget to order Dr. Mike’s first book, with over 100 recipes, to complete your collection: [Eating Well, Living Better](#)



Ancient Eats

Be the first to know the most! Pre-order Dr. Mike’s forthcoming book, *Ancient Eats Volume I: The Ancient Greeks & The Vikings*, on Amazon.com here: [AE Amazon Link](#) and get special pre-order discount pricing!



Healthy, fresh wholesome food and moderate wine consumption are pillars of the Mediterranean dietary approach

Wine!

(Continued from Page 1)

Diabetes is a chronic metabolic disease characterized by inflammation and associated with a range of devastating complications. Within the next twenty-five years roughly 439 million people are expected to be afflicted with this condition. In 2010 alone, 12% of global health expenditure was spent on diabetes and treatment costs are estimated to increase to approximately \$490 billion (USD) over this time frame. Type 2 diabetes accounts for about 90% of all cases.

(Follow the link to [Psychology Today](#) to read the complete article)

Culinary CPR! Gazpacho

By Dr. Mike

Ingredients:

- 2 sweet red peppers, roasted
- 1 jalapeño pepper, roasted
- 1 poblano pepper, roasted
- 1 half sweet onion, roasted
- 2 medium carrots, roasted
- ~ 3 pounds roasted tomatoes, roughly chopped and seeded (reserve the juice)
- ¼ cup watermelon puree
- 4 cucumbers, peeled and seeded
- 1 head roasted garlic
- ¼ cup sherry vinegar
- 1tsp. fresh grated ginger
- 1 tsp. adobo sauce
- ¼ cup basil
- 1 tsp. salt
- ½ tsp. fresh ground black pepper
- Dab crème fraiche, lime wedge and good olive oil for garnish
- Salt and pepper to taste

Directions:

Preheat the oven to 350 degrees F. Lightly drizzle the carrots, garlic, onion and tomatoes with olive oil and roast until the carrots are tender and tomatoes start to split; about twenty minutes. Remove and allow to cool. Place the peppers under the broiler and char. Remove and place in a sealed plastic bag for several minutes. Remove the charred skin and remove the seeds; roughly chop the peppers. Combine all the ingredients including reserved tomato juice, in a food processor, working in batches if necessary. Chill the soup for several hours or overnight to

allow the flavors to meld together. To serve, ladle into a bowl, drizzle a little good quality olive oil, top with a dab of crème fraiche and garnish with a wedge of lime.



The Analysis

The seasonal Farmer's market can be a bevy of botanical bounty. But what do with it all that produce?

Gazpacho!

While the list is long and there are few extra steps here, this is well worth the effort for a cool soup to enjoy with your favorite summer beverage.

Roasting the vegetables adds a layer of smokiness and subtle sweetness to this summer classic. The watermelon enhances that background sweetness; and all this is balanced by the gentle heat of the peppers, ginger, and adobo sauce along with the tartness of the vinegar. Wonderfully appealing, this version of a summer classic showcases the gastronomic potential of simply prepared, fresh vegetables caught at the peak of ripeness

So often vegetables are tossed aside like a redheaded stepchild. With nary more thought than a salad, sauté or a few anemic grill marks they're rarely given the opportunity to step forward into the spotlight and shine.

One of the critical flaws of the modern Western diet is that through the excessive consumption of prepackaged, preprepared and processed products rich in sugar, salt, and fat that fruits and

vegetables, among other important delicious dietary components, have been displaced and forgotten.

This dish is quite obviously, rich in flavorful fruits (don't forget the tomatoes are technically a fruit) and vegetables. However, the roasting builds flavor layers as does the incorporation of spices and herbs.

While the vinegar adds balance and a layer of complexity to the dish; make sure that you use a high quality and extremely flavorful first (cold) press extra-virgin olive oil to drizzle on top. Not only will you be reaping the benefits of classic Mediterranean cuisine; rich in tastes and textures, fruits and vegetables, spices and herbs, but you will also be reaping the health benefits of high quality olive oil. You will also be adding important taste characteristics that the additional fat adds to the meal.

In addition to many flavor components, many important nutrients, including the fat-soluble vitamins A, D, E, and K, would require a component of fat to be adequately absorbed. This is particularly true of the many healthful benefits found in tomatoes; which is why they are so often prepared with some source of fat.

Enjoy this with its perfect complement; your favorite glass of wine.

La Bella Vita!



GRAND ROUNDS



Cheers!

Dr. Mike on Health with Eraldo!



The Set!

The meal includes a little food for thought with The Fallacy of the Calorie!



Squeezing in...

Another B&N book signing along the way. Check the calendar at Cardiochef.com to see if I'm making a house-call in your neighborhood!

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