



STAPH Meal: Society To Always Procure Healthfully Newsletter

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

IN THIS ISSUE: OMEGA-6 PUFA

The Food As Therapy (FAT) Initiative: Polyunsaturated Fats



The Story on Vegetable Oils

For decades, the public has been directed to decrease the consumption of fat; particularly saturated fat. This, we were told, would reduce the incidence and prevalence of such modern scourges as obesity, diabetes and heart disease.

Americans listened. From the 1970s to the present era, Americans ate less fat; and in particular, less saturated fat.

Saturated fat consumption is generally associated with the consumption of animal products. Polyunsaturated fats, or PUFAs, are generally plant derived products. The other commonly consumed type of fat, monounsaturated, can be found in products like olive oil.

Despite evidence to the contrary at the time recommendations were made, dietary fat and the consumption of saturated fats from animal products was demonized. The evidence has continued to cast doubt on the legitimacy of such an approach to healthful eating.



Don't miss next week's Culinary CPR with Dr. Mike & Chef Luca!

Recently, reports confirmed the undue influence of political organizations like the sugar lobby had on crafting such misdirected guidelines.

In response to such pressures, people were and often still are told to switch from anything containing natural animal fat to a plant derived substitute high in PUFAs.

One of the main sources of PUFAs in the modern Western diet is processed vegetable oils. One type of PUFA found in such plant products is known as omega-6. This omega-6 PUFA has many complex biological effects. Among those is the pro-inflammatory pathway that runs counter to the anti-inflammatory effects of the commonly touted omega-3 PUFAs.

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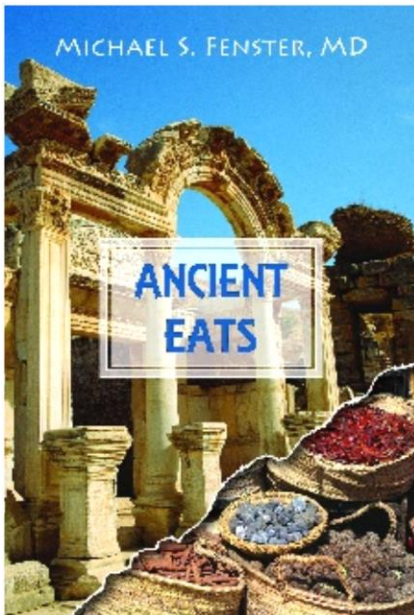
IT'S A CODE DELICIOUS!



This week on *Code Delicious*: Neuroendocrine tumors, carcinoid syndrome and diet with Dr. Hal Gerstein. Dr Gerstein is currently a Senior Attending Physician on the staff of both the North Shore University Hospital in Manhasset and the Long Island Jewish Hospital in New Hyde Park. He is Director of The Cancer Institute of Long Island.



Download the [Podcast here](#)



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PUFAs: Continued from page 1.

In an analysis of a study that compared just such a dietary change in patients with known coronary artery disease the results were striking.

While decreasing dietary saturated fat did decrease the serum cholesterol, it had an overall unfavorable effect on health.

The mortality in the group consuming more omega-6 PUFA (in the form of plant derived linoleic acid) experienced a 62% increase in overall mortality. Specifically, cardiovascular mortality was increased by 70%.

When this data was combined with the results of other studies, the meta-analysis yielded similar findings. Increasing omega-6 PUFA was associated with a 27% increased risk of developing cardiovascular disease and 30% increased risk of dying from coronary heart disease.

Many vegetable oils touted as healthful contain high amounts of omega-6 PUFAs. Because of the addition and use of such oils in processed and prepared foods, the average ingestion of linoleic acid is estimated at approximately 15 grams per day; roughly 7% of total daily energy intake.

Consuming a naturally based diet, regardless of whether it is primarily plant or animal based, reduces this by half; to 2-3%. Be authentic, be natural, be a Grassroots Gourmet!

Use of dietary linoleic acid for the secondary prevention of coronary heart disease and

death; evaluation of recovered data from the Sydney Diet Heart study and updated meta-analysis. BMJ. 2013;346:f903.

HEALTHY BYTES BY THE NUMBERS

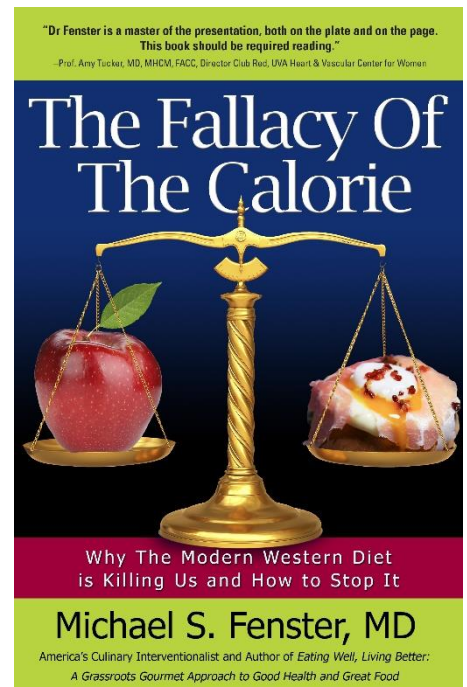
5-10%

The percentage of omega-6 PUFA recommended in diet by American Heart Association

70%

The increased cardiovascular mortality from replacing saturated animal fat with plant derived omega-6 PUFA (mainly from processed vegetable oils) in the SDH Study

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



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