



# STAPH Meal: Society To Always Procure Healthfully Newsletter

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

IN THIS ISSUE: THE MEDITERRANEAN DIET

## Club Med

*All-Inclusive: Scrumptious and*



*Salubrious*

The word is out; "What is dead may never die, but rises again, harder and stronger."

If you didn't climb on board the first time, Club Med is back in the news and it's time to sign up.

A new study confirms what is old and made again new; The Mediterranean Diet is not only a delicious approach to healthful and wholesome food, but it yields tangible results.

New information details how the Mediterranean diet keeps us healthier

longer; allowing us to age gracefully as we stand to face the setting sun. That is in contradistinction to our modern Western diet that affords us that view from a sick bed. The NU-AGE project, funded by the EU, developed a personally tailored, Mediterranean style diet for volunteers to assess if it could slow down the aging process. The project was conducted in five European countries: France, Italy, the Netherlands, Poland and the UK and involved 1,142 participants.

In an initial report on just a few of the many parameters examined, those consuming a Mediterranean-style diet had significantly decreased levels of C-reactive protein (CRP). This marker of generalized inflammation tends to be elevated in elderly populations as well as being associated with the development of such inflammatory conditions as obesity, diabetes, cardiovascular disease and many other disabilities and diseases linked with our modern society and its consumptive patterns. This study also observed that the rate of bone loss in people with osteoporosis was reduced.

A Mediterranean approach has highlighted the deficiencies and

delusions of the anachronistic quantitative, or caloric, approach towards food and health. Quite simply, focusing on the quality of the ingredients through conformity to the Mediterranean diet is associated with a lower obesity risk. This is completely independent of total caloric intake. It doesn't matter *how much* you eat; it matters *what* you eat.



*Dr. Mike assembles a Honey Barley Berry Tartlet (from a Mediterranean diet offshoot, The MIND diet) for Dr. Manny on Fox News National*

(Recipe on

IT'S A CODE DELICIOUS!



NEWSLETTER

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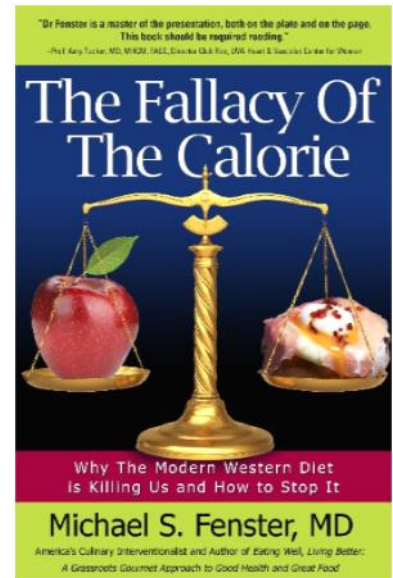
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### Tweet Us!

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

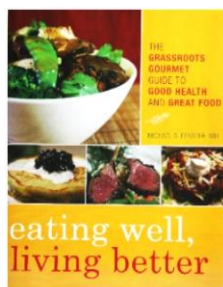
If you don't have a copy of Dr. Mike's latest book, the critically acclaimed *The Fallacy of The Calorie: Why The Modern Western Diet is Killing Us and How to Stop It*, click on this link to head over to Amazon.com and get it! [The Fallacy order link](#)

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### PSYCHOLOGY TODAY

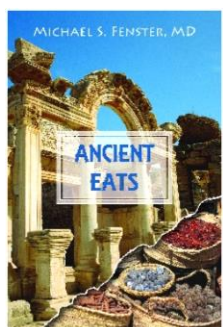
Read all of Dr. Mike's monthly columns in Psychology Today; just follow the link below

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### 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 BYTES BY THE NUMBERS

>50%

The reduction in risk for developing Alzheimer's type dementia in those adhering to a Mediterranean diet or variant

30%

The decrease in mortality risk from any cause after 4 years on a Mediterranean diet in cholesterol



Morrisa, M. C., Tangney, C. C., Wanga, Y., Sacks, F. M., Bennett, D. A., & Aggarwal, N. T. (2015). MIND diet associated with reduced incidence of Alzheimer's disease. *Alzheimer's and Dementia*, 1007-1014. <http://dx.doi.org/10.1016/j.jalz.2014.11.009>.

*The data continues to accumulate that the QUALITY of our food choices weigh much more heavily when it comes to the consideration of disability and disease. How our food is produced, and thus the quality of the product may be more important than its category or caloric content.*

The Mediterranean diet has been one of the most rigorously assessed cuisines in terms of health benefits. In addition to less obesity, it is associated with less risk of developing diabetes, hypertension, cardiovascular disease, chronic kidney disease, hypercholesterolemia (or elevated levels of "bad" cholesterol), and certain types of cancers to name but a few. In certain individuals it is shown to not only mitigate the complications associated with such pathologies, but to reverse conditions like diabetes entirely.

Does the never ending pasta bowl from Olive Garden count? What about Papa John's Italian meat lover two-for-one pizza deal? He promises quality ingredients and has no less a spokesperson that Peyton Manning. Speaking of which, what exactly are the health benefits of that chicken Parm?

What we generally consider the modern Mediterranean diet was first described by Ancel Benjamin Keys, he of the infamous cholesterol hypothesis, during his observations of post-World War II Europe. While the morbidity and mortality from cardiovascular disease skyrocketed during the 1950s and 60s in the United States, the same could not be said to occur throughout the Mediterranean. Today that area represents twenty-five distinct countries; many of them like France, Spain,

## Club Med

(Continued from Page 1)

Italy, Lebanon, Egypt and Turkey contain multiple regions with vastly different provincial adaptations. It is in much the same way that local foods and favorites can vary dramatically within the United States; from classical Southern porcine barbecue fare to Pacific Northwest salmon to the comfort foods of the American heartland to the simple, succulent New England lobster roll.

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

# Culinary CPR!

## Honey Barley Fruit Tartlets

By Dr. Mike

Ingredients:

- 1 ½ cups barley flour
- ½ cup cold water
- 3 Tbs honey
- 3 Tbs olive oil
- 45mm (1 ¾") tartlet pans
- 16 oz. mixed fresh seasonal berries
- ½ tsp. ground cinnamon
- ¼ tsp. ground mace
- ¼ tsp. ground cardamom
- ½ cup mead (may use white wine + 2 Tbs honey)
- Finely chopped nuts for garnish

Directions:

*For the filling:* Place the berries, spices and mead in a bowl. Cover and allow to macerate for several hours until the fruit is soft and flavors absorbed.

*For the base:* Place the barley flour in a bowl, add the honey and olive oil and mix. Pour in the water little by little and continue mixing until a good dough is formed. The dough should hold together and release from the sides of the mixing bowl. Wrap in cling wrap and rest in the refrigerator for 15-30 minutes. Remove and using a floured surface roll out as thinly as possible, close to ¼" thick. Using a roughly 5-6cm round cut the dough and place the rounds into the tartlet pans Bake in an oven pre-heated to 400F for about 12-15 minutes, until lightly browned. Remove and cool on a baking rack.

*To assemble:* Drain any remaining liquid from the berry mixture. Fill each tartlet pan with the fruit. Top with nuts, drizzle with honey, chocolate or other desired topping and serve.



## The Analysis

This recipe quite literally steps out of the pages of history. The tartlet shell recipe is based on a recipe from an ancient Roman manuscript by Julius Pollux, who lived in the 2nd century CE.

Originally from Alexandria, he taught grammar and sophistry in Athens. Greece was part of the Roman Empire at this point in time and Pollux had been appointed professor of rhetoric at the Academy by the emperor Commodus.

Pollux also wrote the *Onomasticon*; a thesaurus or dictionary of synonyms and phrases. The complete text covered in ten books. It is a valuable source of daily life, politics, theater, philosophy and food.

The honey barley cakes as described by Pollux are distinct from those found in contemporary Roman descriptions; these often contained eggs or cheese.

This variety of flat cakes was very likely Hellenic in origin. The availability of the ingredients and the elegant simplicity of their combination strongly suggests a Classical Ancient Grecian origin; if not earlier.

However, although there are many references to barley cakes and honey barley cakes throughout the historical record of Ancient Greece; no recipe remains. But with a small leap of faith and a big bite, we can transport ourselves back to the days of Athens and Sparta!

Honey was quite liberally used in Ancient Greece and represents a sweetener with redeeming values. It contains many beneficial compounds; vitamins, minerals, antimicrobials in addition to sweetness. Nuts were also a significant staple in the Ancient Grecian diet. And while denigrated for many years as too fatty and unhealthy according to modern Western dieticians; time has proven the wisdom- and taste buds- of the Ancients correct.

Sweetened wines were also common in ancient times and both fresh and dried fruits were widely consumed. A tartlet sized shell keeps this crisp-cracker, fruit laden treats a manageable or two bite prospect.

This is a fantastic, tasty way to revisit the bounty of juicy fresh fruits as they roll in from spring through summer.

If you'd like to try this for savory dishes, just leave out the honey in the tartlet dough recipe and add a little more water. The pop in your favorite flavorful filling!

If you'd like to learn more about the Classical Ancient Greek cuisine and its modern applications; make sure to pre-order my upcoming book (Koehler Books), *Ancient Eats Volume 1: The Ancient Greeks & The Vikings*, on Amazon.com here: [AE Amazon Link](#).

Watch Dr. Mike on Fox News talking on the Mediterranean Diet variant; The MIND Diet [link here](#)

GRAND ROUNDS



### Fox-ey

Dr. Mike on Fox News National with Dr. Manny discussing a Mediterranean diet variant; Then MIND Diet



### Kitchen Rounds-everything but the kitchen sink!

The entire spread for Fox News!



### Just Desserts

Dr. Mike's poached pears make a light and Mediterranean inspired dessert

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