



STAPH Meal: Society To Always Procure Healthfully Newsletter

OFFICIAL NEWSLETTER OF DR. MIKE: THE FOOD SHAMAN

IN THIS ISSUE: INDIAN CUISINE

Spicy Indian Goodness

***“FATS are PHAT; Protective,
Healthful And Tasty.”***
~ from *The Fallacy of The Calorie*

This week on Code Delicious I am joined by May Fridel; a health-conscious spice purveyor and author of the new ADA (American Diabetic Association) recognized book, the *Indian Cuisine Diabetes Cookbook*.

While I have often, and with good reason, sung the praises in both flavor and function of the Mediterranean diet; there are many alternatives to our modern Western diet that deliver similar benefits to palate and physique.

The traditional Indian diet, with its broad expanse of flavor profiles and diverse ingredients, is among the most healthful approaches to food in our contemporary world.

What is unique about the Indian approach is that while it contains many healthful and extremely flavorful herbs



This week special guest, spice guru, and Indian cuisine expert May Fridel, and I chat up delicious Indian cuisine secrets and spices!

Check out her new book and spice blends on-line at: [Passion For Spices™](#)

and spices, turmeric and cinnamon are just two examples, it doesn't skimp on flavor!

And flavor, as any chef will tell you, is in the fat. The Indian dietary approach, like the Mediterranean approach, focuses on wholesome, fresh and natural ingredients.

But while the Mediterranean diet for the most part delivers that flavor through fats derived from olive oil (primarily monounsaturated) and other sources such as seafood (omega-3 polyunsaturated fatty acids) or nuts

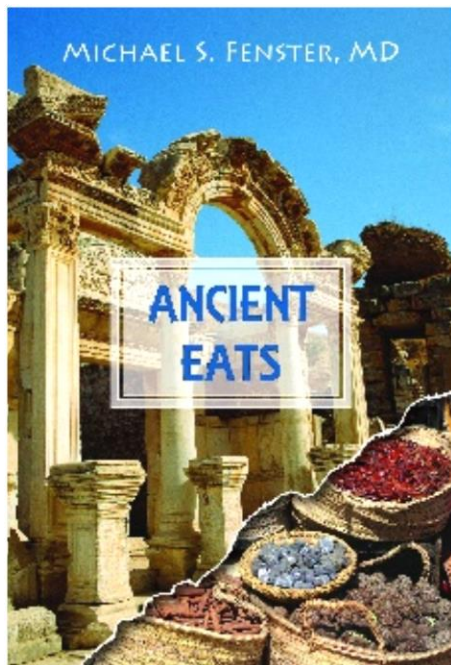
(both monounsaturated and polyunsaturated fats); the Indian diet contains significant amounts of saturated fats. These fats are often found in the full fat dairy products like the fermented (and we know the health benefits of fermented foods as well as their cornucopia of flavors) yogurts, cheeses, and butter. Butter supplies ghee (clarified butter) a common cooking ingredient.

As I discuss in length in my forthcoming book, *Food Shaman: The Art of Quantum Food*, full fat dairy shows no increased health risks and over the long term, appears to deliver health benefits compared to pursuing a low-fat dairy alternative.

Now a recently released study expands

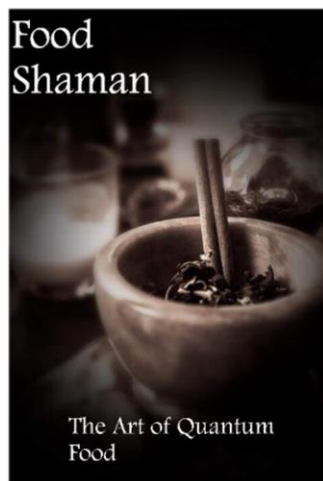


(continued on page 2)



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: [Ancient Eats](#)



Be on the lookout for Dr. Mike's latest groundbreaking book, *Food Shaman: The Art of Quantum Food* coming soon!

FATS are PHAT (continued from Page 1)



The Indian Diet, like then Mediterranean, is about freshness and quality ingredients. It also includes some of the richest spice blends and extraordinary flavor profiles found anywhere.

Upon the fat, saturated fat and healthful outcomes story. The PURE study looked at over 135,000 people from 18 different countries over 7 years.

As many recent studies and analyses have suggested; there was no association between fat, and saturated fat consumption and the risk of early mortality of significant cardiovascular disease (CVD).

In fact, because of the unique and large groups of people studies, the researchers were able to look at low fat, low saturated fat, and high carbohydrate consumption in terms of early mortality and CVD.

What they found flies in the face of not only the dietary recommendations over the last half-century, but current worldwide guidelines as well. They found that a diet high in fat reduced the risk of early mortality and CVD. They likewise found that a high carbohydrate diet, over 60% of total energy derived from carbohydrates, *increased* the risk of early mortality. Finally, a diet high in saturated fat, compared to a low-fat alternative, also significantly *reduced* the risk of early mortality and CVD like stroke!

As the researchers conclude, "Collectively, the available data do not support the limitation to limit saturated fatty acids to less than 10% of intake and that a very low

intake (i.e. below 7% of total energy) might even be harmful."

HEALTHY BYTES BY THE NUMBERS

28%

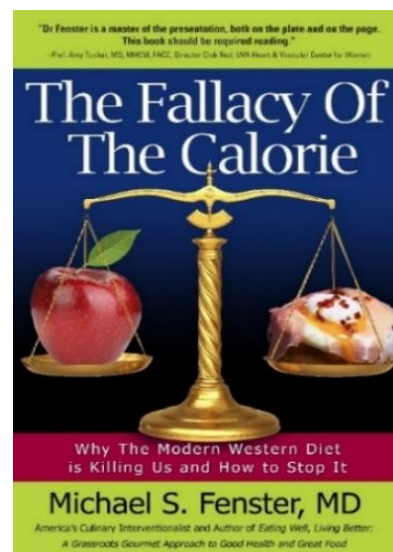
The increase in early mortality associated with the consumption of a high (over 60% of daily total energy derived from) carbohydrate diet.

23%

The reduction in early mortality when consuming a high-fat diet (over 35% of daily total energy derived from fat) compared to a low-fat approximately 10% of daily total energy derived from fat) approach

Dehghandeh, M.; Mente, A.; Zhang, X.; Yusef, S.; Prospective Urban Rural Epidemiology (PURE) study investigators. Associations of fats and carbohydrate intake with cardiovascular disease and mortality in 18 countries from five continents (PURE): a prospective cohort study. *The Lancet*. 2017; [http://dx.doi.org/10.1016/S0140-6736\(17\)32252-3](http://dx.doi.org/10.1016/S0140-6736(17)32252-3)

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.