



STAPH Meal: Society To Always Procure Healthfully Newsletter

OFFICIAL NEWSLETTER OF DR. MIKE: THE FOOD SHAMAN

IN THIS ISSUE: BREAKFAST

Breakfast

*“Have a smile for breakfast,
you’ll be shitting joy by lunch.”
— Joe Abercrombie*

In the ancient definition of breakfast, no one ever skipped it. Breakfast quite literally translated, is the first thing you eat upon awakening from evening’s slumber. It is whatever you choose to “break” the overnight fast.

Given that meaning, whatever you ate, whenever you ate it; was breakfast. In ancient Greece that might be some leftover bread from the previous evening’s meal and some wine to wash it down.

Like many things, meaning changes over time and with various cultures and societies. Today, breakfast is generally understood to mean some type of morning meal; usually consumed after arising and before we begin our daily activities. Interestingly, the idea of a large morning meal was something that arose out of the post World War II era



***Ancient Grains Blueberry Scones: an ideal
breakfast treat from Days Gone By***

and was something heavily promoted by companies that manufactured breakfast cereals.

Many studies and many research dollars have been invested in investigating the value of the morning repast. One which has been recently reported to suggest that skipping breakfast increased your risk of early atherosclerosis was the PESA (Progression of Early Subclinical Atherosclerosis) study.

But what does the data really tell us?

Over 4,000 Spanish men and women aged 40-54 years of age were queried over a 2-week period about their dietary choices. This data set was then extrapolated to an annual basis.

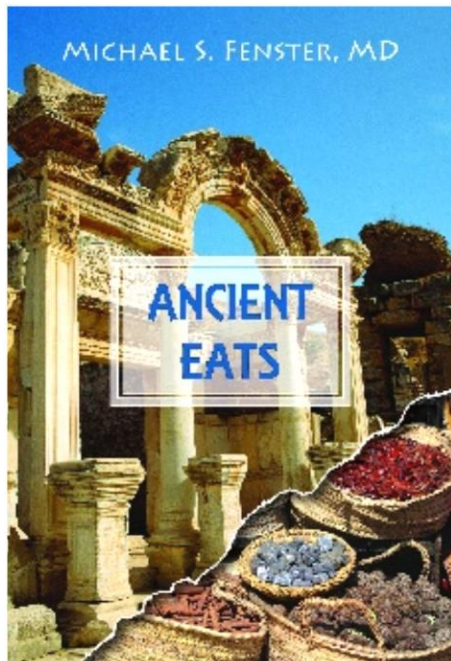
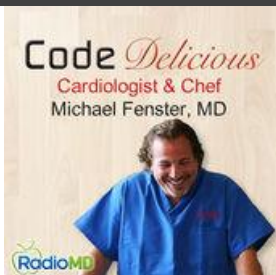
Folks were divided into three groups based on the caloric content of their breakfast. If breakfast contained greater than 20 percent of daily energy they were labeled high energy breakfast consumers (HBF).

Those between 5 and 20 percent were in the low energy breakfast (LBF) group. Less than 5 percent was considered skipping breakfast (SBF). Participants were then followed and evaluated for a number of variables, including atherosclerosis, diabetes, obesity, etc.

Of particular note is the fact that in this study of over 4,000 Spaniards, less than 3% compromised the SBF group; a number which makes data extrapolation inherently more suspect. This group consisted of participants more likely to

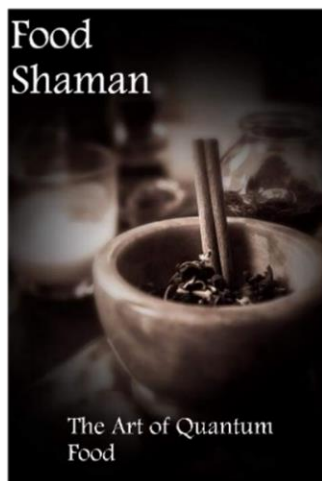
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IT'S A CODE DELICIOUS!



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

Breakfast (continued from Page 1)



The choices regarding the quality of the comestibles in a breakfast can make all the difference. A slice of ancient grains sourdough bread, real Parma ham and a poached free ranged quail egg is a world away from a fast food drive through. Yet many studies would list these as equivalent based on an overly broad generic ingredient list.

Be men and current, active smokers. Both known risk factors for cardiovascular disease (CVD). From a dietary perspective, over the course of the day they consumed the lowest amount of fiber and the most sugar sweetened beverages (SSBs).

That dietary pattern alone, increased intake of SSBs and low fiber, has been shown to correlate with abnormalities of the gut microbiome and increased risk of obesity, metabolic syndrome, diabetes and CVD. Not surprisingly, that is exactly what this group demonstrated

Also, participants in the LBF group, who consumed mostly toasts or pastries (refined carbohydrates) in the morning, had an increased risk of atherosclerotic plaques.

The data, taken in conjunction with prior analyses and recent studies like the PURE trial (see the previous newsletters and [Psychology Today](#) article) suggest it less about specific times of consumption and more about overall lifestyle patterns.

I agree with the authors' summation that "SBF might serve as a marker for a general unhealthy diet or lifestyle," one which may (hopefully) force us to look much more closely at the differences in food quality; not just category.

HEALTHY BYTES BY THE NUMBERS

20%

The decrease in stroke risk associated with the replacement of a high carbohydrate diet with a high saturated fat diet.

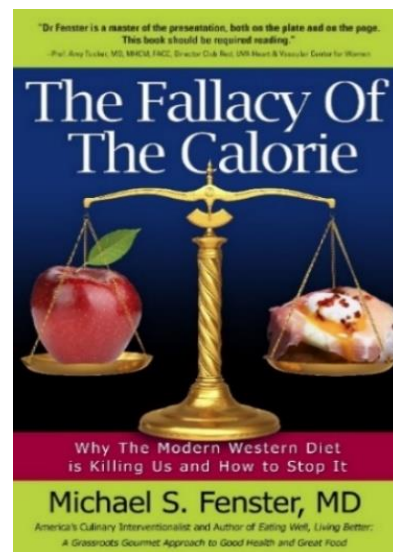
3%

The percentage of participants in the PESA study that comprised the at-risk group of breakfast skippers; they were also more likely to be male and active smokers, both known CVD risk factors.

Deedwania, P., & Acharya, T. (2017). Hearty Breakfast for Healthier Arteries. *JACC*, 70 (15): 1843-1845 <http://dx.doi.org/10.1016/j.jacc.2017.08.054>.

Uzhova, I., Fuster, V., Fernández-Ortiz, A., Ordovás, J. M., Sanz, J., Fernández-Friera, L., . . . Peñalvo, J. L. (2017). The Importance of Breakfast in Atherosclerosis Disease: Insights From the PESA Study. *JACC*, 70(15):1833-1842 <http://dx.doi.org/10.1016/j.jacc.2017.08.027>.

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