



STAPH Meal: Society To Always Procure Healthfully Newsletter

OFFICIAL NEWSLETTER OF DR. MIKE: THE FOOD SHAMAN

IN THIS ISSUE: PROBIOTICS

Probiotics

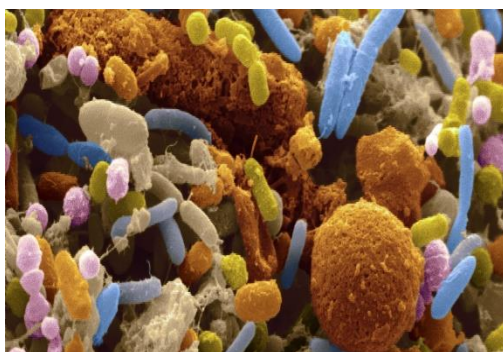
“All health begins in the gut.”

— Hippocrates

This week on *Code Delicious with Dr. Mike* we continue discussions about the gut microbiome and probiotics with Professor Kiran Krishnan.

The gut microbiome or gut microbiota, you may recall from previous podcasts, is that collection of approximately 100 trillion (ten times more bacterial cells inside your gut than human cells that make up your entire body!) that has co-evolved with us to co-metabolize the foods we eat.

Continuing research has linked poor dietary choices, like the modern Western diet, with changes to the gut microbiome. These changes in the bacterial character and quantity in turn seem to correlate with the development of inflammation. This inflammation is associated with a propensity to develop obesity, diabetes, cardiovascular disease



The gut microbiome, the key to systemic health or red herring? [Listen in now!](#)

and many other of the disabilities and diseases of modern civilization discussed in *The Fallacy of The Calorie*.

This week we cover some ground breaking research. A recent [study](#) examined apparently healthy college students, their gut microbiome, inflammatory markers, and the potential role of probiotics.

College students with no health problems were screened. They were given typical fast food pizza and then were examined with blood tests for markers of inflammations. Roughly 50%

of the students exhibited no adverse consequences from the meal.

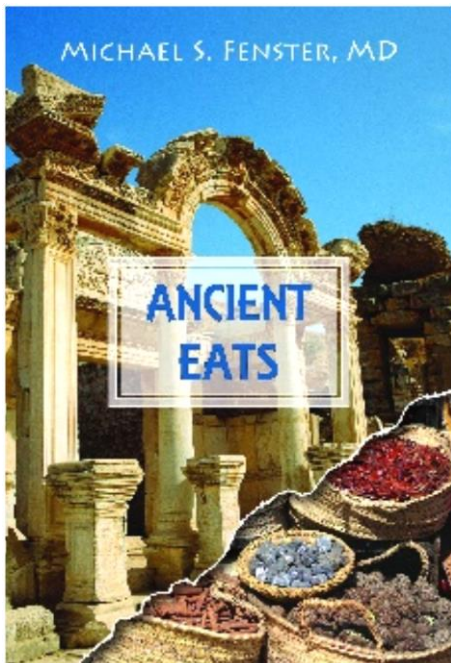
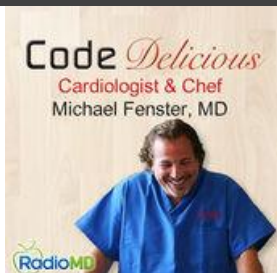
However, approximately 50% of those apparently healthy college students had a significant increase in their inflammatory markers (labeled ‘responders’) after just one meal. And their response was a doozy! Their levels of bacterial endotoxin increased by roughly 500%!

The presence of such “dietary endotoxemia” results when there is disruption the integrity of the GI tract with a ‘leaky gut’, unfavorable alteration of the gut microbiome, or both.

Additional markers of inflammation measured were ghrelin (the hormone responsible for hunger), insulin, leptin (the hormone responsible for satiety), MCP-1, GM-CSF, interleukin (IL)-4, IL-5, IL-6, IL7, IL-8, IL-10, IL-12(p70), IL-13, TNF- α , and IL-1 β . The responders were then divided into two groups, one given a probiotic and one given placebo.

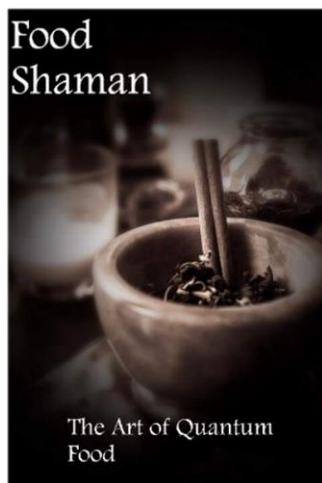
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IT'S A CODE DELICIOUS!



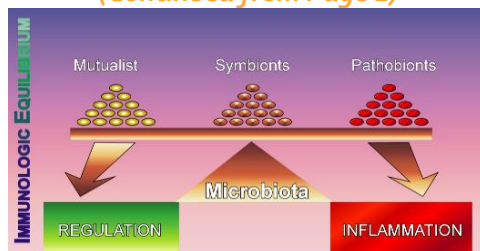
Ancient Eats-NOW AVAILABLE!!

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 from [Post Hill Press!](#)

Probiotics
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A healthy gut microbiome is one that is in balance

The group that got the placebo actually had a 36% *increase* in their inflammatory markers over the study period.

The group that got the probiotic had a 42% *decrease* in the level of dietary endotoxemia. Interestingly, they also had a 16% statistically significant relative reduction in the inflammatory marker IL-1β.

All these changes occurred without altering the dietary component, which suggests the opportunity for an even more profound and sustained outcome when real and authentic, quantum foods are substituted for the typical modern Western diet.

This is potentially ground breaking because a very expensive trial was recently completed and presented at the European Cardiology meeting. The CANTOS trial tested the inflammation hypothesis for treating atherosclerosis-independent of cholesterol or lipid levels.

The participants were given Canakinumab. This is a fully human monoclonal antibody that targets interleukin-1 beta (IL-1β). The study was a success in that there was a 15% reduction in major adverse cardiovascular endpoints in a very high risk population. There was also a 30% reduction in the endpoint of any need for bypass surgery or revascularization. There was also a 50% reduction in all-cause cancer mortality and a 77% reduction in death from lung cancer.

At a cost of \$192,000 per patient per year, Canakinumab is an expensive option. But the probiotic trial opens the door for further inquiry into the power of our dietary choices and our minions, the gut microbiome.

Authenticity-and health- starts with diet.

HEALTHY BYTES BY THE NUMBERS

42%

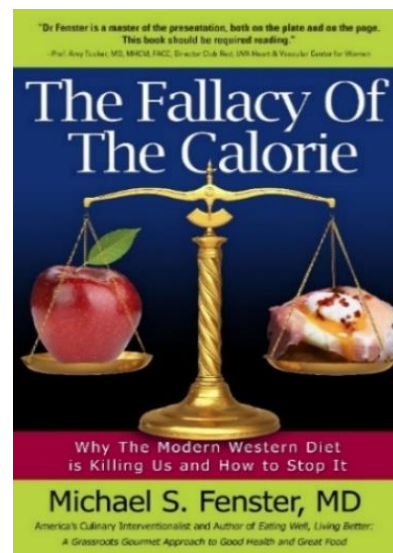
The decrease in bacterial dietary endotoxemia in susceptible individuals with 30 days of probiotic treatment.

16%

The percentage decrease in IL-1B experienced by responders treated with 30 days of probiotics.

McFartin, Brian K ; Henning, Andrea L ; Bowman, Erin M; Gary, Melody A ; Carbajal, Kimberly M. Oral spore-based probiotic supplementation was associated with reduced incidence of post-prandial dietary endotoxin, triglycerides, and disease risk biomarkers. *World J Gastrointest Pathophysiol.* Aug 15, 2017; 8(3): 117-126
<http://dx.doi.org/10.4291/wjgp.v8.i3.117>

Learn more about salt, sugar, fats, the gut microbiome 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. A must prequel to *Food Shaman: The Art of Quantum Food*