



STAPH Meal: Society To Always Procure Healthfully Newsletter

OFFICIAL NEWSLETTER OF CHEF DR. MIKE: THE FOOD SHAMAN
"CREATING CURES NOT CUSTOMERS"

IN THIS ISSUE: LEGS & THIGHS

Legs

**"Got legs, knows how to use them;
Never begs, knows how to choose
them."**

-ZZ Top; Legs (paraphrased)

This week on *Code Delicious with Dr. Mike: Culinary CPR*, my kitchen compadre, Chef Luca Paris, and I talk legs and thighs. Chicken legs and thighs, of course. So many recipes these days focus on using only boneless, skinless chicken breast. That's missing out on what many consider the best tasting half of the bird.

In fact, Americans are so breast-obsessed that millions of pounds of dark meat, primarily derived from legs and thighs, gets shipped overseas; much of it south of the border to Mexico. Much to our chagrin, much of that returns in the form of fast food burritos and tacos that we purchase at inflated prices.

In *The Fallacy of The Calorie*, one of my previous books, and in my forthcoming book, *Food Shaman: The Art of Quantum*



Got Legs? Enjoy these Stuffed Chicken Thighs

Food, the data concerning societies and dietary approaches using the whole animal consistently correlate with better health outcomes for those populations. My latest book, *Ancient Eats: The Greeks and Vikings* looked at that same question in the context of historical eats.

No matter the location, or the point in time, eating a varied diet means broader flavor experiences, a wider range of tastes and textures, and overall better health. The variety translates into richer food experiences, the event at the core

of our health and happiness as it relates to our experience with food. An experience which ultimately relates to how we view ourselves, others and the society in which we exist.

Our successful strategy for palate pleasing poultry begins where it always does. It begins by engaging in The Art of Sourcery! Tune in and learn to source like a chef! This week on the show, Chef Luca and I walk you through how to pick out a wholesome, authentic chicken; one packed with flavor and life affirming goodness in every bite.

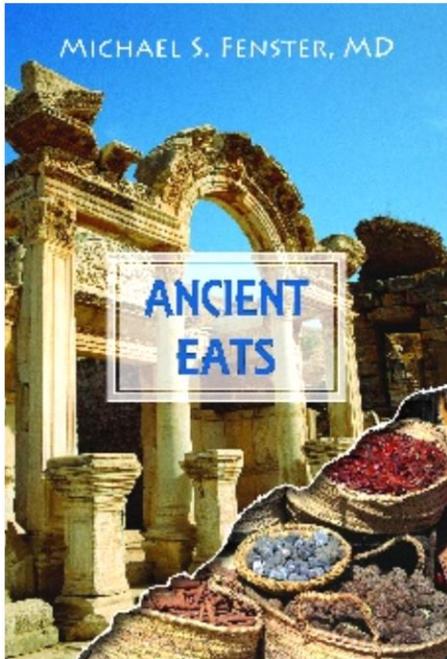
The alternative?



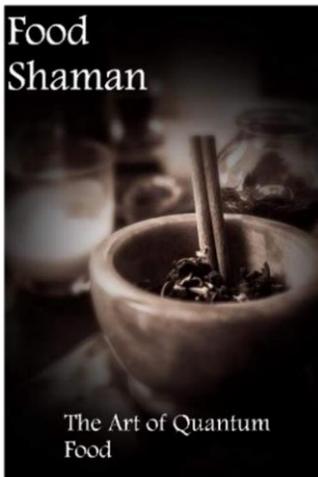
Chef Luca in action.
Tune in to Culinary CPR to get ALL the tips for life affirming goodness in every bite!

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CHANGES COMING IN 2018!!!



Ancient Eats-NOW AVAILABLE!!
You can now order Dr. Mike's latest book, *Ancient Eats Volume 1: 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* (Post Hill Press) coming 2018!

Lifestyle
(Continued from Page 1)



Quantum Foods are real, authentic and delicious!

The alternative is a sick bird. Crowded and unhealthy living conditions can breed chronically stressed, diseased birds. Consumption of a highly processed, GMO based diet (even though labeled as "All Vegetarian") leads to a sick gut microbiome. A sick microbiome leads us back to sickly poultry.

Why in the world would we want to consume the flesh; for pleasure, taste, flavor and health, of animals that are suffering with precisely the maladies we are trying to avoid by making smart dietary choices?

So, start by procuring a quality bird. Source it like a Chef! Being economical by using the whole bird is not only good for your wallet, but in the Food Shaman approach it expresses gratitude and respect for the creature that gave its life to nourish ours.

Using sumptuous recipes like those Chef Luca shares on today's program allows you to expand your palate in the most delightful way. Any Jedi will tell you The Force, like The Food Shaman, is about balance. So, embrace the dark meat. Then legs and thighs, rich with succulent, tempting flavor. Sticking with boneless, skinless industrially machined chicken bosoms is tasteless. And I find a lack of taste...disturbing.

Get a head start on positive lifestyle choices, delicious food and The Art of Quantum Food by checking these short videos out! You can view the videos here: [Dr. Mike Cooks](#)

HEALTHY BYTES BY THE NUMBERS

0%

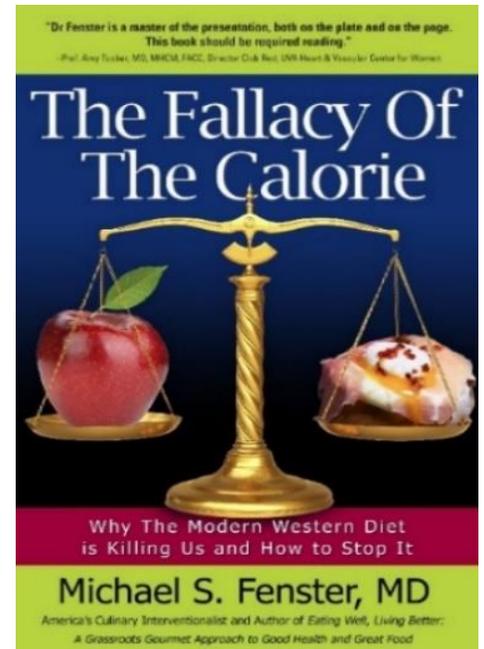
The amount of increased risk for heart disease by eating saturated fat.

14%

The amount of *reduced* risk of early mortality in the PURE trial comparing those eating the most saturated fat to those eating the least.

Harcombe, Z; Baker, JS; Davies, B Evidence from prospective cohort studies does not support current dietary fat guidelines: a systematic review and meta-analysis. Br J Sports Med 2017;**51**:1742–1748.

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](#).

Don't miss a new show every Wednesday at 7am Eastern on [ChefDrMike.com](#) or catch the podcasts on [iTunes](#) or [iheartradio.com!](#)