



STAPH Meal: Society To Always Procure Healthfully Newsletter

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

IN THIS ISSUE: LONGVIDA CURCUMIN

JOURNEYS INTO QUANTUM FOOD

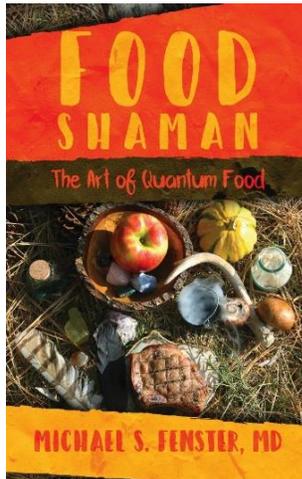
*"Let us not suffer the shrunken
palate modern convenience
proffers, but strive to delight in
the ample richness of this good
Earth's august bounty."*

-Chef Dr. Mike, The Food Shaman

This week's guest is the best-selling author of over 10 health books, Chris Meletis, ND!



*Chris Meletis, ND & Doc of the Year is this week's
guest at the cauldron!*



*The NEW groundbreaking book on The Food Experience
available from Post Hill Press June 12th, 2018! Click to
Pre-order!*

Dr. Meletis is on a mission to "Change America's Health One Person at a Time." His devotion to helping those in need is reflected in one of his most rewarding endeavors -- starting 16 clinics that provide care for uninsured families. In addition, he is an Advisory Board Member for the Head Start Health Advisory Committee for Portland Public

Schools. The American Association of Naturopathic Physicians named him the 2003 Naturopathic Physician of the Year.

Today he helps us wade through the confusing information that surrounds the use, and different types and formulations of one of the hottest supplements available, curcumin.

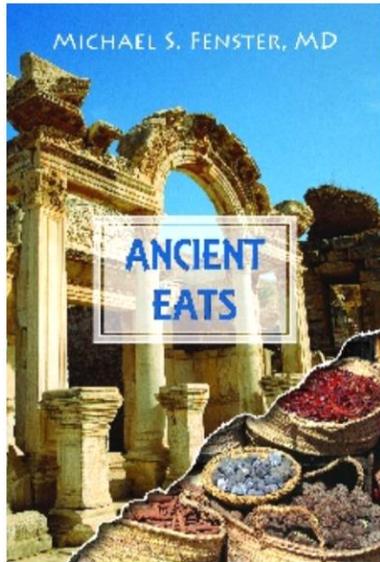


*Culinary CPR with Chef Dr. Mike & Chef Luca
Paris is back with another episode next week!!*

(Continued on page 2)

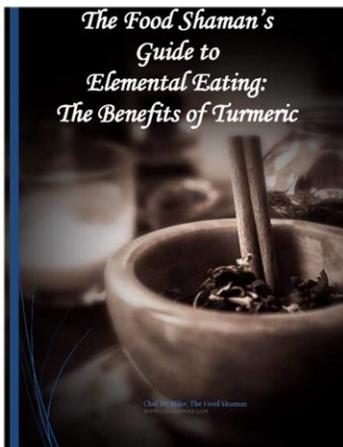
THE NEW SHOW IS HERE!!!

.LIFE CHANGING.



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](#)



Only newsletter subscribers get the free monograph companions to *Food Shaman: The Art of Quantum Food*. This week the *Turmeric monograph* comes your way!!

Turmeric Curcumin

(continued from page 1)



Curcumin is one of the active components derived from turmeric. Turmeric is a rhizome related to another powerful ingredient of Asian cuisine; ginger

The discussion of turmeric curcumin starts with a recap of the potential benefits. These are covered in greater detail in the accompanying free monograph, but they are briefly listed here.

Benefits of Turmeric Curcumin:

- Natural Pain Reliever
- Anti-inflammatory
- Digestive aide
- Anti-cancer activity
- Brain booster

We also discuss the relatively new formulation, *Longvida turmeric curcumin*. This is a patented formula of the natural antioxidant curcumin, from the turmeric root. It was developed in collaboration with neuroscientists at UCLA. It allows for a once a day dosing with up to 285x the bioavailability of standard 95% curcumin extract. There are over 15 peer-reviewed papers demonstrating clinical efficacy.

Like food, when evaluating supplements, we must become modern, sophisticated hunter-gatherers and seek out the quality comestibles!

You can view Doc's cooking videos here: [Dr. Mike Cooks](#)

[Check out The Food Shaman's latest musings at Psychology Today!](#)

HEALTHY BYTES BY THE NUMBERS

16%

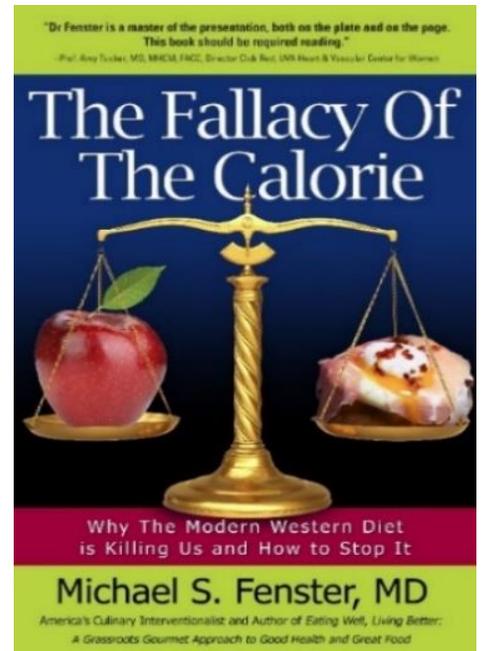
The significant improvement in endothelial function after 12 weeks of Longvida curcumin in a general population

38%

The significant increase in endothelial function in post-menopausal Japanese women after 8 weeks of curcumin

Stantos-Parker, JR; Strahler, TR; Bassey, CJ; Bispham, NZ; Chonchol, MB; Seals, DR. (2016) Curcumin supplementation vascular endothelial function in healthy middle-aged and older adults by increasing nitric oxide bioavailability and reducing oxidative stress. Aging. 9(1): 187-208 doi:10.18632/aging.101149

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 [chefdrmike.com!](#)