



STAPH Meal: Society To Always Procure Healthfully Newsletter

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

IN THIS ISSUE: BRUSSELS SPROUTS

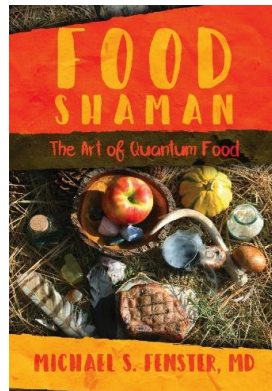
JOURNEYS INTO QUANTUM FOOD

"Organically grown plants, on average, have higher concentrations of antioxidants, lower concentrations of cadmium, and a lower incidence of pesticide residues than the non-organic comparators across regions and production seasons."

~Chef Dr. Mike, The Food Shaman



This week on Culinary CPR, Brussels sprouts!



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

Move over, Kale.
America may just have a new super greenie, Brussels sprouts. This new foodie fave bears little resemblance to the limp, olive drab, skunkweed of many a school lunch.
The healthful benefits of foods like kale and Brussels sprouts are in part related glucosinolates found in these cruciferous vegetables. Glucosinolates are important phytonutrients for our health because they are the chemical starting points for a variety of cancer-protective substances. All cruciferous vegetables

contain glucosinolates and have great health benefits for this reason. Brussels sprouts contain 4 powerful ones, in particular: glucoraphanin, glucobrassicin, sinigrin, and gluconasturtiin. Brussels total glucosinolate content has been shown to be greater than the amount found in mustard greens, turnip greens, cabbage, kale, cauliflower, or broccoli.



Culinary CPR with Chef Dr. Mike & Chef Luca Paris is welcoming spring with sprouts!!

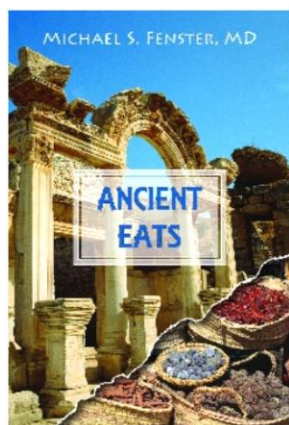
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THE NEW SHOW IS HERE!!!

.LIFE CHANGING.

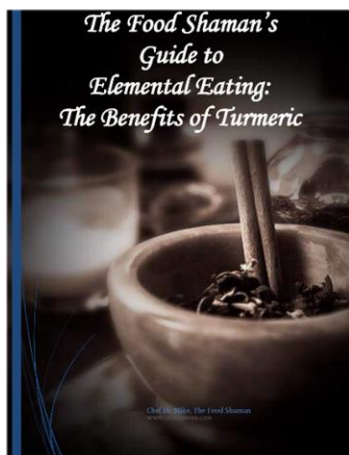


Join Chef Dr. Mike and the Dream Team in Fall 2018; helping folks move beyond Big Pharma for Diabetes Treatments.



Ancient Eats-Still Available!!

Order Dr. Mike's latest book, *Ancient Eats Volume 1: The Ancient Greeks & The Vikings*, on Amazon.com here: ([Ancient Eats](#)) before Foods Shaman hits the shelves



Only newsletter subscribers get the free monograph companions to *Food Shaman: The Art of Quantum Food*.

Pan Seared Brussel Sprouts with Local Honey

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Pan Seared Brussel Sprouts with Local Honey

Presented by Chef Luca Paris:

- 1.5 lb. Brussels sprouts, cut in half
- 8 slices Thick Cut Slices of Bacon
- Tsp balsamic vinegar
- Salt & pepper
- Local Honey

Directions:

Cut Brussels sprouts in half.

Cut bacon into 1" sections and cook in large sauté pan over medium to high heat until pieces are crispy. With a slotted spoon, set the pieces aside on a plate. Drain all but 3 T bacon fat.

Carefully arrange the Brussels sprouts flat side down in the pan. Cook just until tender, approximately 8-10 minutes. Add the balsamic vinegar for a minute to absorb. Add the bacon pieces back in the pan and mix to evenly distribute. Season with salt and pepper. To finish the Brussels sprouts, lightly drizzle honey over the entire dish.

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

243%

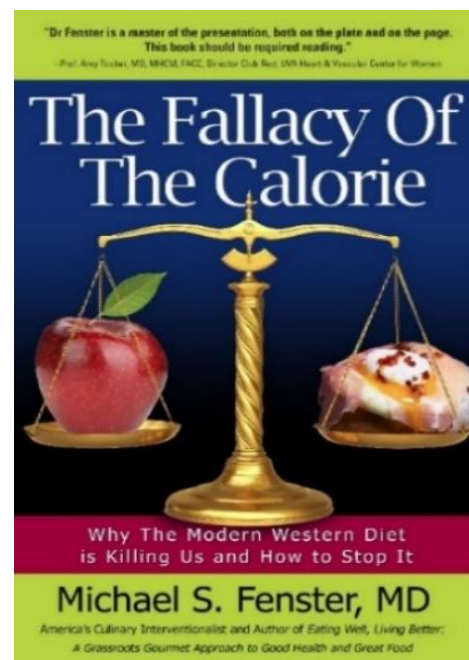
The RDA of vitamin K supplied by 1 cup of Brussels sprouts

129%

The RDA of vitamin C supplied by the same 1 cup serving

If it stinks, don't eat it! Overcooked Brussels sprouts, like many cruciferous vegetables, emit a stinky, sulfurous smell when overcooked. At this point it may have lost much of its nutritional value along with a lot of the wonderful flavors and textures.

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 [chefdr mike.com!](#)