



# STAPH Meal: Society To Always Procure Healthfully Newsletter

OFFICIAL NEWSLETTER OF DR. MIKE: AMERICA'S CULINARY INTERVENTIONALIST

IN THIS ISSUE: FOOD AND SEX

## Food and Sex

**“Good Food leads to Good Sex...as it should.” ~ Anthony Bourdain**

You’ve had an annoying day.

No serious disasters on the home front, but enough nuisances to leave you quite piqued. The morning seems to trumpet in one fire after another, and after adding Smokey the Bear to your *curriculum vitae* accomplishments, you find yourself peckish as well as peeved as you trundle out for an overdue lunch.

You figure you might as well try the new place. The way the day is going, if it is horrible it is but par for the course and certainly couldn’t ruin your current mood. On the other hand, a good meal could turn your ship around. As you settle into your seat and pick up the menu, the waitress passes behind you with a grilled lamb steak spiced with *ras el hanout*. The scent hits you like a blackjack to the back of your head.



Without control, without direction, memories from years gone by cross the threshold into your conscious mind like unwanted Jehovah’s witnesses. You had not thought about that short-lived romance in forever and a day; now all those pleasant recollections form an afternoon parade for one at your table. But the mind’s eye showpiece is multisensory; the emotions wash over you. They are mellowed with the years and like a wine once a bit harsh to

swallow, now you hold them in your grip, close your eyes, and immerse yourself in the warm sensation of subtle pleasures remembered. As Barbara Streisand once sang:

*Memories may be beautiful and yet  
What's too painful to remember we simply  
choose to forget  
So it's the laughter we will remember  
Whenever we remember the way we  
were.*



Good times endure, if only in our mind.

But how could a simple scent unleash such a psychological tsunami?

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### Food and Sex (continued from Page 1)

Well it seems that food and sex have been bestest roomies since there has been food and sex; which is to say pretty much forever. Of all the senses, only taste and smell are predominately hard-wired directly into our brain. When we hear something, see something, or feel something, it is generally filtered first. But taste and smell home in on command central like guided drone strike.

Approximately 85% of taste is modulated through olfaction, or the sense of smell. While we consider our tongue the seat of taste, truth is only about 10% is dedicated to salty, sweet, sour, bitter, and umami. If you don't think flavor, the hedonistic sense

*Hot, unctious, and delicious!  
Food and Sex, even the  
adjectives are interchangeable!*



incorporating taste, smell, texture, etc., is primarily driven by smell; just remember how tasteless everything was last time you had a cold and your nose was stuffed.

The sense of smell is unique among our senses. While all the other senses are filtered through the limbic system, the thalamus in particular, smell is mediated by olfactory neurons. These neurons resemble the same neurons that are in our brain; to a large degree one can argue that olfaction is a direct extension of our brain into our environment (and taste by extension, as well). These neurons feed into the olfactory bulb which then communicates directly with (among others) the pyriform cortex in the very brainstem region of the central nervous system (CNS). This is our animal brain; the pyriform cortex being present in amphibians, reptiles, and mammals. From perception in the environment to CNS stimulation is only a two-synapse step in humans.

This is in stark contradistinction to our other senses in which there are 5 to 7 connections necessary before a similar endpoint is reached. The sense of smell is integral to our well-being that about 2% of the human genome of 20-25,000 genes, or about 1 out of every 50 genes, is dedicated to making some kind of smell receptor. In addition to its other direct CNS connection, olfaction also interacts with the limbic system. Continue reading follow the link: [here](#)

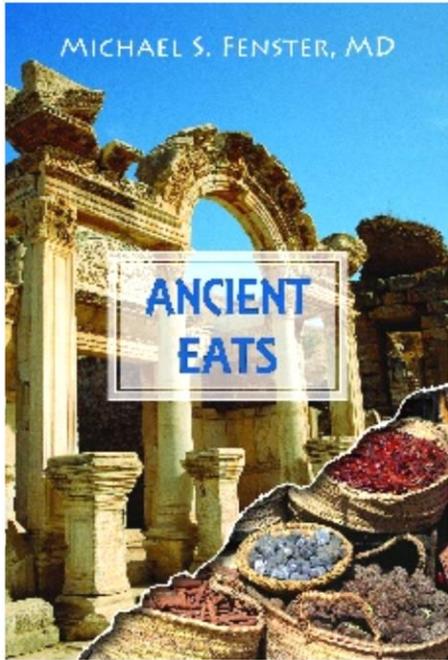
#### HEALTHY BYTES BY THE NUMBERS

56%

The percent increase in cardiovascular disease with a typical Southern Diet high in fried and processed foods

32%

The percentage decrease in risk of heart attack with 3 or more servings of berries per week  
**Learn more about salt, sugar, fats and real versus processed foods in the groundbreaking book, The Fallacy of The Calorie!**

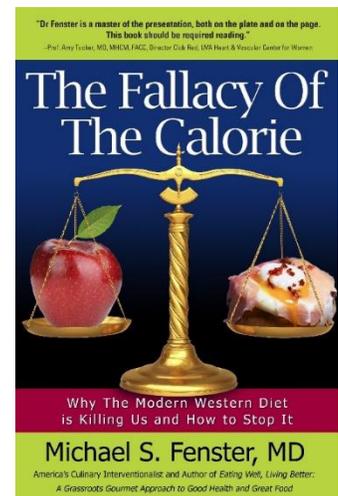


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