



# STAPH Meal: Society To Always Procure Healthfully Newsletter

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

IN THIS ISSUE: FOODS FOR GUT HEALTH

## Gut Health: Feeding the wee Beasties



### *Gut health involves more than taking probiotics!*

The probiotic marketplace is expanding faster than American's midsection. Just 10 years ago the global market for probiotics was \$14.9 billion. Seven years later in 2014, total global sales reached \$2.4 billion. Sales within the United States accounted for \$1.5 billion of that total. The growth rate, compared to 2013 purchases, was a massive 23.8%.

As the data continues to accumulate, emphasizing the importance of a healthy gut microbiome to maintain wellness and prevent disability and disease; sales are likely to continue.

One of the largest sectors within the category of probiotics, are probiotic foods. Supplements also constitute a very large market. One of the fastest-growing target areas actually involves the pediatric population.

While probiotics have shown success in the prevention and treatment of a variety of afflictions, as the knowledge and science improves more targeted therapies and greater successes will likely follow.

However, applying the



*Check out the recipes featured  
on Culinary CPR with Dr. Mike  
and Chef Luca Paris next week!*

wisdom of Albert Einstein who observed that, "the definition of insanity is doing something over and over again and expecting the same result." simply popping a few probiotic

pills is neither a silver bullet nor a panacea for all that ails us.

As I have observed many times in the past, and as the scientific evidence has continued to validate, we cannot simply supplement our way to good health. No matter the beauty of the architectural plan, nor the soundness of construction; if the foundation is unstable the structure will ultimately fail.

And the foundation for any intervention regarding health and wellness, or disability and disease involves the diet.



*Complex carbohydrates like ancient whole grains are a great source of fiber.*



The research to date seems to indicate that the preferred food for many of the beneficial bacteria that inhabit our inner space are complex carbohydrates; particularly fiber.

*Like the Sea-Monkeys of Yore, You gotta: Feed the Minions*



In general, we do not possess the necessary enzymatic machinery to break down and process the large fiber molecules. Here our gut microbiome works in a symbiotic fashion to feed off our indigestible bits and in return supply us with energy, protection, and a plethora of beneficial nutrients & molecules.

It is important to realize that fiber may be broken down into two distinctly separate groups for the purposes of discussion. There is insoluble fiber, much of which is found in whole grains and seeds. Insoluble fiber acts to draw water into the intestine and increase gastric motility. While extremely beneficial and important, very often the insoluble fiber turns out to be fit for neither man nor wee beastie (just think of the next morning's end result the last time you ate an ear of corn).

The other category of fiber is soluble fiber. This tends to absorb water and expand in the gut, somewhat slowing down gastric transit time. It is analogous to the breakfast bar oatmeal that within a short time has become the culinary equivalent of soft, gelatinous, concrete. This type of fiber is loved by our mesenteric minions and they spin these fibers into gastrointestinal gold. In addition to the aforementioned oats, fruits and vegetables are primary sources of soluble fiber.

Unfortunately, fruits and vegetables are what has primarily been displaced within the modern Western diet in favor of refined carbohydrates including sugar, high fructose corn syrup, and refined white flour so

ubiquitous in the processed and ultra-processed foods that make up the majority of the average Americans grocery cart. By avoiding these products, we also avoid the additives which have been shown to kill off healthful bacteria and open the door for more nefarious species.

So if you're spending the dough for probiotic supplements: Feed them with fruits and vegetables & avoid processed foods. Otherwise you're literally just pooping your dollars away!

HEALTHY BYTES BY THE NUMBERS

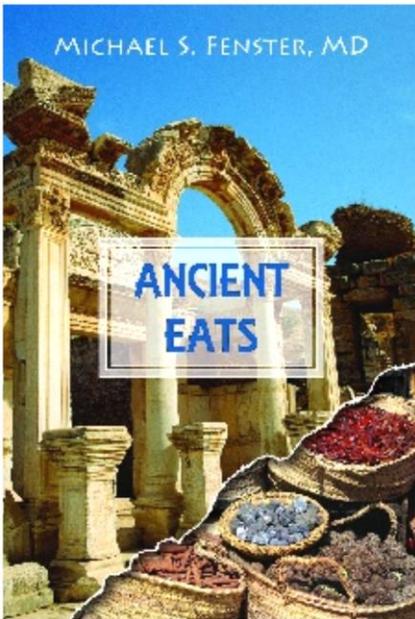
10-30%

The percent of daily energy potentially supplied by the gut microbiome

~24%

The increase in US probiotic sales from 2013 to 2014; with probiotic foods representing the largest proportion (Total sales \$1.5 billion)

Learn more about salt, sugar, fats and real versus processed foods in the groundbreaking book, *The Fallacy of The Calorie!*



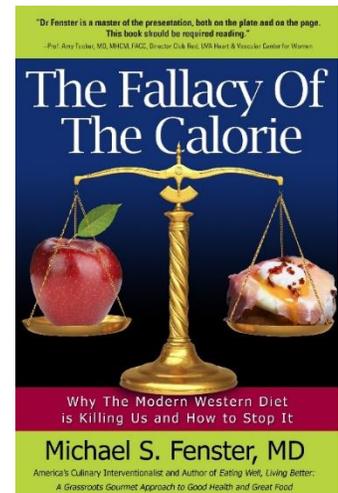
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You can now order Dr. Mike's latest book, *Ancient Eats Volume 1: The Ancient Greeks & The Vikings*, on Amazon.com here: [AE Amazon Link](#)



There are two broad but very important factors derived from our diet that set up for success or the failure of any supplemental probiotic strategy.

Since probiotics are by definition living organisms (comprised mostly of gut friendly bacteria), they, like a pack of sea monkeys, require sustenance. In other words, you gotta feed the wee beasties.



Pick up your copy of the critically acclaimed book at Amazon.com.