



STAPH Meal: Society To Always Procure Healthfully Newsletter

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

IN THIS ISSUE: OMEGA-3 PUFAS

See Food!



See me, feel me, touch me, heal me
~ The Who

What do you see, when you see food?

When you see a vibrant, succulent orange, do you think; "I cannot wait to devour those 70 mg of vitamin C."

When you smell the fresh whole-grain bread wafting from the oven as the dough magically crisps, do you say out loud; "That 16 grams daily serving of fiber is so going to hit the spot."

Does the meat crackling over the flame as it grills to perfection evoke a primal recall; "Here comes my daily RDA of protein."

Of course not.

As the only senses directly wired into our limbic system; taste and smell tap unswervingly into that nebulous nether region of memory, emotion, pleasure, and reward. Such sophisticated and complex programming along with the necessity of consumption for survival makes the act of eating, the meal, much more than a basic instinct.

Add in the intricate and intimate web of humankind's societal nature and the importance of the food experience increases exponentially. Our current technological and societal construct, the most complex in the history of the world, likely had humble origins around the campfire.

It was not only the world's very first chefs birthing the art of cooking, a feat that remains un-replicated by any species on the planet save our own, but the choice of comestibles that gave rise to intellect and ultimately planetary domination. Among the protein sources that supplied the building blocks for superior brainpower, the evidence suggests that marine sources provided a critical foundation.

At that time and for many millennia to come, until very recently, all such food was wholesome, organic, and authentic. It is only within very recent memory that we have tried to correct our adulterations of the naturally occurring food and food pathways through supplementation. An approach which has led to massive profits for a select few and massive confusion for most everyone else.

Omega-3 polyunsaturated fatty acid supplementation (omega-3 PUFAs), primarily through the use of fish oil processing, is a prime example. Lovaza, the prescription FDA approved fish oil supplement, has recorded over \$1 billion worth of sales. Ask most people why they spend the money and engage in such adjunctive measures and the vast majority will respond that is to prevent myocardial infarction, or heart attack.

[Continued on page 3]



Don't miss this week's Culinary CPR with Dr. Mike & Chef Luca! Recipes on page 4!

IT'S A CODE DELICIOUS!



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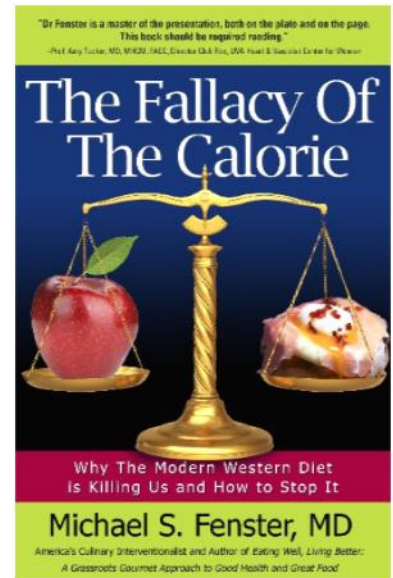
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Tweet Us!

Call in during Code Delicious with Dr. Mike every Wednesday 2 to 3 pm Eastern with questions or comments. Better yet, Tweet us @WCWD!



The Fallacy of The Calorie

If you don't have a copy of Dr. Mike's latest book, the critically acclaimed *The Fallacy of The Calorie: Why The Modern Western Diet is Killing Us and How to Stop It*, click on this link to head over to Amazon.com and get it! [The Fallacy order link](#)

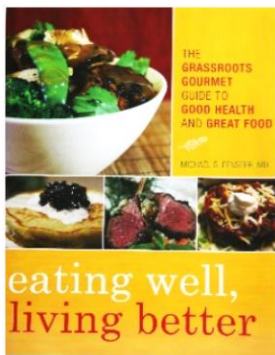
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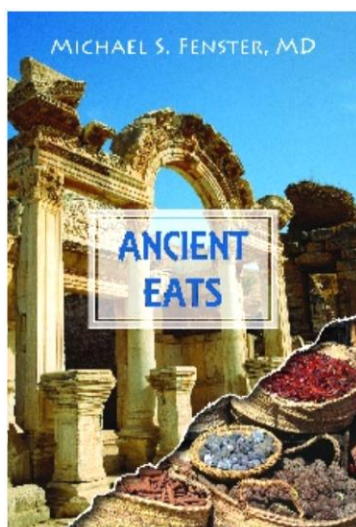
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[Psychology Today Column](#)



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Ancient Eats

Be the first to know the most! Pre-order Dr. Mike's latest book due Fall 2016, **Ancient Eats Volume I: The Ancient Greeks & The Vikings**, on Amazon.com here: [AE Amazon Link](#) and get special pre-order discount pricing!

HEALTHY BYTES BY THE NUMBERS

11%

The percentage decrease in the risk of developing a fatal myocardial infarction with omega-3 PUFAs from marine sources.

9%

The percentage decrease in the risk of developing a fatal myocardial infarction with omega-3 PUFAs (alpha linoleic acid, ALA) from plant sources.

The truth of the matter is that the data has never definitively supported such claim. That is why the only FDA approved indication to take fish oil is to treat hypertriglyceridemia or high blood levels of triglycerides. Despite millions of dollars and years of studies to prove the efficacy of the magic bullet – substitution approach to health; the waters remain as murky as when I wrote about it years ago. For details on insight into fish oil as the new snake oil you can read the article

See Food

Continued from Page 1

Del Gobbo, L. C., Inamura, F., Aslibekyan, S., Marklund, M., Virtanen, J. K., Wennberg, M., . . . Mozzafarian, D. (2016). Omega-3 Polyunsaturated Fatty Acid Biomarkers and Coronary Heart Disease Pooling Project of 19 Cohort Studies. JAMA, doi:10.1001/jamainternmed.2016.2925.

here: [Dr. Mike's Outside Magazine fish oil article](#)

What is truly remarkable, although it shouldn't be, is that despite the inability to identify a real super food isolate – and amass a fortune marketing and selling it – the results with real, whole food have been consistent and impressive.

A recent study examined the connection between omega-3 polyunsaturated fatty acids and the development and risk of coronary heart disease (CHD). Unlike some previous analyses which used methods like dietary recall questionnaires to measure consumption – an understandably inaccurate measure – this analysis examined nineteen studies that measured fatty acid biomarkers to accurately reflect the levels of omega-3 PUFA intake.

The combined studies comprised sixteen countries and over 45,000 individuals. There were four specific omega-3 polyunsaturated fatty acids that were identified. Three came from marine sources; eicosapentaenoic acid (EPA), docosapentaenoic acid (DPA), and docosahexaenoic acid (DHA). One was derived from plant sources; alpha linolenic acid (ALA).

Higher levels of the seafood derived omega-3 PUFAs was associated with an approximately 11% reduction in the risk of developing fatal coronary heart disease. In other words, regular consumption of seafood reduces your risk of dying from heart disease by over 10%.

(Follow the link to [Psychology Today](#) to read the complete article)



In Ancient days, everything was organic and non-GMO!

Culinary CPR!

Romaine Wrapped Salmon

By Chef Luca Paris

Ingredients:

- 4 big leaves of romaine lettuce
- Four 3oz portions Salmon
- 1 cup white wine
- approximately 2 to 3 tablespoons butter
- Salt and freshly ground black pepper

Directions:

Bring a large pot of salted water to a boil. Take as many big, intact leaves of lettuce as you have pieces of fish. With large outer leaves, cut out center veins 2 to 3 inches up from bottom of leaves, to the point where the leaf is more pliable; with inner leaves this may not be necessary. One or 2 at a time, blanch leaves in boiling water until they are tender and flexible, 30 seconds to a minute. Remove and drain on paper towels.

Put a piece of fish on each leaf and sprinkle with salt and pepper; fold or roll fish in leaf so edges overlap. It is not important to make a tight seal, but it is nice if the leaf package covers all the fish. When done, you can cover and refrigerate packages until ready to serve, or continue.

In a large, broad skillet or casserole with a cover, bring wine to a boil with butter. Reduce heat to a simmer and add fish packages. Cover and simmer until a thin-bladed knife easily penetrates fish, 5 to 10 minutes. Remove fish to a warm platter.

Over high heat, quickly reduce liquid in skillet; it is likely there will be more than there was when you started. When it is thickened a bit, pour over fish and serve.



The Analysis

By Dr. Mike

As the article from page 1 highlighted, fatty fish like salmon are a very important source of the critical anti-inflammatory omega-3 polyunsaturated fatty acids (ω -3 PUFAs).

However, much like beef and lamb, proper sourcing is the key. Australian beef and lamb contain goodly amounts of the very important omega-3 PUFA, docosapentaenoic acid (DPA).

New Zealand beef and lamb liver are among the richest non-marine sources of DPA. They contain approximately 140 mg DPA per 100 g of edible portion (USDA, 2014). Australian beef provides up to 80 mg DPA per 100 g of edible meat. In the United Kingdom, their beef yields on average 20 mg per 100 g for beef, and 30 mg for lamb (FSA, 2002. <http://tna.europarchive.org/20110116113217/>

<http://www.food.gov.uk/science/dietary-surveys/dietsurveys/>).

Non-grass fed, non-pastured US beef, on the other hand, contains negligible levels of DPA. It is believed that the higher levels of DPA – and other omega-

3 PUFAs – in Australian red meat can be attributed to their predominant use of pasture-grazing production systems and grass feeding.

The same phantasm we have watched progress upon our livestock can also occur to our aquaculture. Some studies have seen a change in the fat content and character of farm-raised salmon as a result of feeding and rearing differences.

Feeding the salmon other than their natural food, the use of hormones or other pharmaceutical or artificial enhancers, penning the animals in cramped areas and other stress inducing practices can have serious consequences on the flavor and fare our piscine friends can offer us.

The great chefs carefully and consistently source their product. The most humanely raised, well-fed and well-tended livestock consistently make for a superior taste. Heritage breeds, often bred for flavor over industrial functionality, also pay dividends to the discriminating palate.

As medicine begins to gather to the call of the dinner bell; we are learning that such an approach in search of great flavor is also yielding powerfully healthful outcomes.

Knowing what your product is, its history and its story-where it was raised and how- is what separates great chefs from mere technicians.

Cooks simply cook the food they are given. Chefs craft great, edible art that feeds the soul and nourishes the body.

Which would you rather be?



GRAND ROUNDS



Cheers!

Dr. Mike on Health with Eraldo!



The Set!

The meal includes a little food for thought with The Fallacy of the Calorie!



Squeezing in...

Another B&N book signing along the way. Check the calendar at Cardiochef.com to see if I'm making a house-call in your neighborhood!

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