



STAPH Meal: Society To Always Procure Healthfully Newsletter

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

IN THIS ISSUE: FOOD AS THERAPY FOR
CHRONIC DISEASE

Dr, Mike's FAT Initiative



Food As Therapy: Fusion Cuisine

Fusion cuisine is defined as a style of meal preparation that combines elements of different culinary traditions. It gained popularity and came into both vogue and vernacular in the mid-1970s. However, as I detail my forthcoming book *Ancient Eats: Age-old wisdom for modern health*; the concept of culinary evolution and the merging and fusing of various foods and techniques as cultures and civilizations coalesced and collided throughout the ages is as old as the history of humankind itself. To a very large extent, it mirrors our societal and technological advancements and achievements. It tells the story of us.

Such intricacies and insights extend far beyond batter dipping and deep frying sushi into a "new" Southern, West meet East Transmutation. That is not fusion cuisine – ever. It is akin to handing out green beans and mashed potatoes for Halloween. It. Is. Just. Wrong.

As both a physician and a chef, I am cognizant that there is another face to fusion cuisine that is equally as paramount and primeval; that of blending both the scrumptious and salubrious. For those among us that suffer the burden of chronic disability and disease – an ever increasing portion of our population – the consumption of certain comestibles can have dire consequences that extend far beyond deeply disaffected taste buds. These choices can affect the presence or absence of symptoms, disease progression or remission and impact the quality of life not only for the patient, but for family and friends as well. Yet a life without flavor is a tasteless morsel indeed.

People suffering from carcinoid syndrome provide a prime example. Carcinoid syndrome afflicts a portion of



Don't miss next week's
Culinary CPR with Dr. Mike &
Chef Luca! Recipes in next
week's newsletter!

those persons diagnosed with carcinoid. Carcinoid is a type of neuroendocrine tumor (NET) that principally affects the gastrointestinal tract. The slow-growing tumor is unique in that the cells involved can secrete a variety of hormones with far-reaching effects.

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



STAPH Meal Special!! For STAPH Newsletter subscribers only, click on the logo and enter "dr mike" in the coupon code for an additional 15% discount on Real Salt! The preferred salt of The Grassroots Gourmet!

PSYCHOLOGY TODAY

Read all of Dr. Mike's monthly columns in Psychology Today; just follow the link below

READ ON!
[Psychology Today Column](#)

HEALTHY BYTES BY THE NUMBERS

10%

From the 1970's through 2012 the percentage increase in carbohydrate consumption, primarily refined, in the USA. During the same time fat and sat fat consumption significantly decreased

300%

The percentage increase in the prevalence of obesity in the USA during the same time period

This week on *Code Delicious: Cindy Lovelace and Fusion Cuisine; Food As Therapy for Chronic Disease*

Download the [Podcast here](#)

GRAND ROUNDS



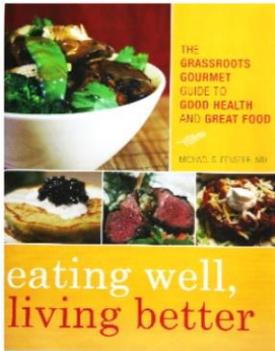
Cheers!

Dr. Mike on Health with Eraldo!

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Dr. Mike's FAT (Food As



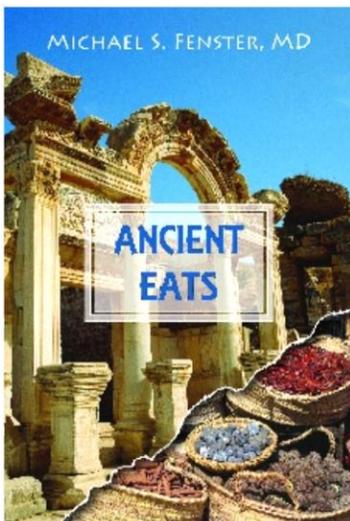
Therapy) initiative:

Is your food real, wholesome and authentic? Are you eating what you think you're eating?



The Set!

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



Ancient Eats-NOW AVAILABLE!!

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](#)



New Book, New Tour!...

We'll be starting the AE Tour soon! Check the calendar at Cardiochef.com to see if I'm making a house-call in your neighborhood!