



# STAPH Meal: Society To Always Procure Healthfully Newsletter

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

IN THIS ISSUE: PORK AND CALCIUM

## Calcium and Coronaries



### **Food As Therapy: Real Food or Supplements; does it matter how you get it?**

I have oft stated that we cannot supplement our way to good health; real food makes a real difference.

But you wouldn't know that from watching the late-night infomercials (mostly 'mercial, little info). Over the last decade, sales of supplements in the forms of vitamins, minerals, and nutritional and herbal remedies have continued to grow at a frenzied pace.

Globally, this market is valued at approximately \$82 billion, with roughly 30 percent of that market residing within the U.S. Sales as of 2012 were almost \$30 billion in the US; and it continues to grow at almost 6% annually.

In an "if a little is good, more *must* be better" approach so commonly encountered in this country, this can lead to confusion and purposeful misdirection.



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

A recent study examined calcium consumption not just in total amounts, but with a differentiation as to the source.

Almost 5500 people (52% female) were examined for the correlation between calcium intake and the risk of developing coronary artery calcifications (CAC) over a ten-year period. Calcium intake was divided into quintiles from lowest (313mg/day) to the highest (2157mg/day).

The intake was also separated based on getting the calcium naturally through the diet, or through calcium containing supplements.

Coronary artery calcification correlates with the risk of developing atherosclerosis and subsequent myocardial infarction or heart attack.

Getting a healthy dose of calcium *through the diet* was associated with a risk reduction. However, *supplements increased risk for CAC by 22%*.

(Follow the link to [Psychology Today](#) to read the latest health benefits of wine)



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

IT'S A CODE DELICIOUS!



NEWSLETTER

Make Sure you are subscribed to get every copy every week! Head over to [www.cardiochef.com](http://www.cardiochef.com) today to subscribe and more!

HEAD OVER TO:  
[Cardiochef](http://www.cardiochef.com)



# Stay Informed with Social Media

Follow Dr. Mike on Twitter, Facebook, Instagram and Google Plus

[Facebook](#)

[Twitter](#)

[Instagram](#)

[Google Plus](#)



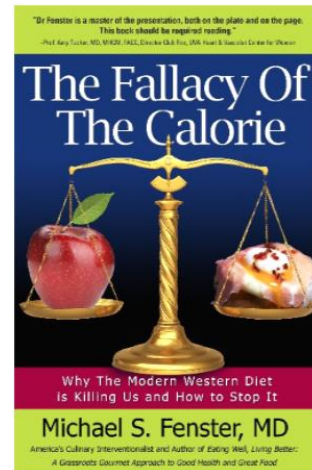
### Tweet Us!

What did you think of this week's show? Tweet us @WCWD!



TO LISTEN LIVE TO **CODE DELICIOUS** WITH **DR. MIKE** JUST CLICK ON THE LINK: [LISTEN NOW](#)

OR LISTEN AT YOUR LEISURE! DOWNLOAD PODCASTS FROM [ITUNES.COM](http://ITUNES.COM) -AND MAKE SURE TO RATE US!



### [The Fallacy of The Calorie](#)

If you don't have a copy of Dr. Mike's 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](#)

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

27%

The risk reduction for developing coronary artery calcification in those consuming the highest amounts of naturally occurring (found in food) calcium

22%

The increased risk of developing coronary artery calcifications in those consuming calcium supplements.

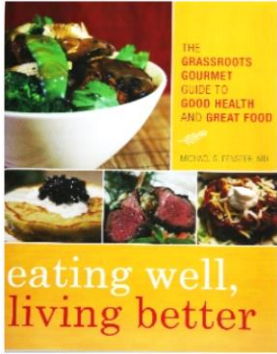
[Anderson, J; Michos, E; et al. *Calcium intake from diet and supplementation and the risk of developing coronary artery calcification and its progression among older adults: 10-year follow-up of the Multi-Ethnic Study of Atherosclerosis (MESA)*. Journal of the American Heart Association. 2016; 5:e003815 doi:10.1161/JAHA.116003815]

GRAND ROUNDS



Cheers!

Dr. Mike working on set...details coming!



Have It All

Don't forget to order Dr. Mike's first book, with over 100 recipes, to complete your collection: [Eating Well, Living Better](#)

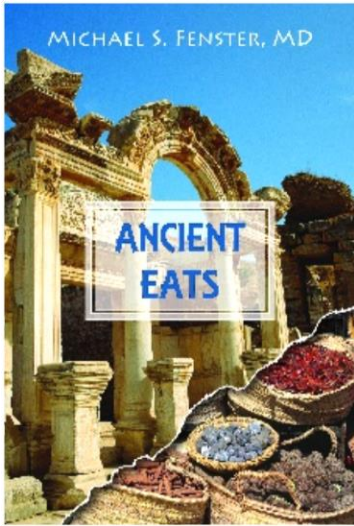
FOR ALL THE LATEST INFORMATION!

Make sure you are signed up as a STAPH member. It's as easy as putting in your email address, because that's all you do!

HEAD TO [WWW.CARDIOCHEF.COM](http://WWW.CARDIOCHEF.COM)  
[Join Now](#)

**This week on Code Delicious: Chef Luca Paris and Dr. Mike conduct some Culinary CPR cooking up pork paillards**

Download the [Podcast here](#)



**Ancient Eats-NOW AVAILABLE!!**

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

Dr. Mike's FAT (Food As

Therapy) Initiative:

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



Meeting of the MINDs with Dr. Manny!

Dr. Mike chatting up the MIND diet with Dr. Manny on Fox News. Check the recent *Code Delicious* podcast on the same.



Doctober!

Who better to celebrate the month of Doctober with than the Mistress of Mayhem herself, Elvira!

# Culinary CPR!

With Chef Luca Paris and Dr. Mike



## Pork Paillard (recipe by Jaques Pepin)

### Ingredients:

- 2 boneless pork fillets
- 3 tbsp. (loose) fresh rosemary leaves
- ¼ tsp. whole black peppercorns
- ½ tsp. salt
- 1 tbsp. corn or canola oil

### Directions:

Prewarm an oven to 160 degrees.

Cut the pork fillets in half crosswise, butterfly each of the four pieces, and pound them between sheets of plastic wrap to a thickness of 1/4 inch.

Place the rosemary leaves, peppercorns, and salt in the bowl of a mini-chop or small grinder, and pulverize them. Sprinkle the pork with the seasoning mixture.

Pour the oil on a plate, and dip both sides of the paillards in the oil. Cook immediately, or stack the pieces of pork together on the plate, cover them with plastic wrap, and refrigerate them for up to 8 hours.

When you are ready to cook, heat a clean grill until very hot. Place the paillards on the grill, and cook them for about 1 1/2 minutes on each side. (The meat should be undercooked at this point.) Arrange the pork on an ovenproof serving platter, and place it, uncovered in the warm oven for at least 10 minutes and up to 30 minutes, to "relax" and finish cooking in its own residual heat. Serve with the natural juices that have collected on the platter.

## The Analysis:

This simple technique highlights one of the underlying principles of my FAT Initiative; get high quality ingredients and utilize their natural flavors, tastes and textures. It is an ancient approach discussed in my latest book; [Ancient Eats: Age-Old Wisdom for Modern Health. Volume One: The Greeks and The Vikings.](#)

Here is a simple 1-2 punch as to why the quality of the pork in this recipe, or any ingredient in any recipe, makes a difference.

### *Happy Pigs!*

Heritage breed animals were often selected for flavor, or other attributes that sometimes conflict with modern mass production traits. Rapid and efficient characteristics that bring more meat to market more quickly is the name of the game for industrial production.

Add in conditions that like overcrowding, artificial lights, feed made of soy and corn (common in concentrated animal feeding operations, or CAFO) and you have a recipe for stress and strife. The result of an unpleasant life for the animal is an unpalatable experience on the plate for us.

Enter heritage breeds who live a full life pastured outside with room to roam and a variety of natural bits to browse. This is a protein that simply tastes better!

### *A Porky Powerhouse of Nutrition!*

Pastured pigs may have up to 300% percent more vitamin E and 74% more selenium; another important antioxidant. Pastured pigs may also have more Vitamin D and higher concentrations of the anti-inflammatory omega three polyunsaturated fatty acids ALA, EPA and DHA. Animals so raised are not exposed to unnecessary antibiotics or growth stimulators.

As the world's most consumed meat, being picky over pork could have a huge impact on global, as well as individual, health. As always, choose wisely!

