



STAPH Meal: Society To Always Procure Healthfully Newsletter

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

IN THIS ISSUE: CONVENIENCE

The Quick and The Dead

How the Convenience Culture is Killing America

Several recent columns published here have focused on the concept of food value ([Part 1](#) and [Part 2](#) links here). While for the vast majority of the timeline that is human civilization, the primary driver in this equation was quantity; over the last century quality has become the defining variable. Real, authentic, and wholesome food that supports the human body and the human gut microbiome that has co-evolved to co-metabolize such a diet with us; is clearly revealing itself to be the cornerstone of health and wellness. It is the bulwark against the disabilities and diseases associated with the modern Western diet. Such comestible choices are also a



decision that remains entirely within our purview.

The oft artificially preserved, highly processed, pre-prepared, and pre-packaged food-like stuffs that make up the majority of the modern Western diet are highly correlated with a number of maladies. Such illnesses are not prominent in cultures in which such a gustatory approach is not prevalent. Dietary approaches like the Mediterranean diet have demonstrated the ability to profoundly make an impact on such disabling end points.

Mediterranean cuisine focuses on fresh, quality foods based upon a regimen that includes whole grains, vegetables, legumes, fruits, fish and seafood. The Mediterranean diet also includes moderate alcohol consumption. This combination of vino and victuals has resulted in both the prevention and reversal, in certain groups, of obesity, diabetes, cardiovascular disease and a number of other untoward conditions.

A recent publication reinforces the benefit of such a method, not only in

preventing a first heart attack or stroke; but in preventing recurrent events in those diagnosed with disease. Such secondary prevention highlights the magnitude of benefit conferred from undertaking a true food value, as opposed to food as fuel (or caloric/quantitative) approach.

vegetables, fish, alcohol, dairy food, and tofu/soybean. (Continued on Page 3)



Chef

Luca Paris

Join us this week for an in depth chat with everyone's favorite celebrity chef; Luca Paris!

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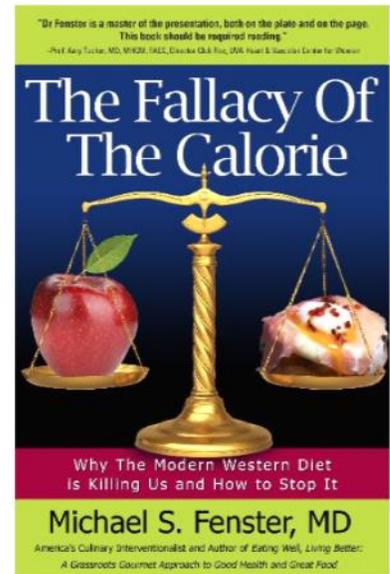
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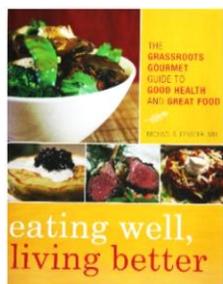
The Fallacy of The Calorie

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](#)

PSYCHOLOGY TODAY

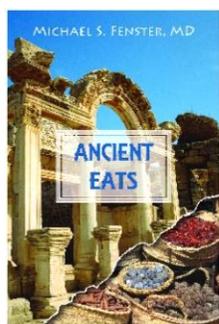
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HEALTHY BYTES BY THE NUMBERS

33%

The reduction in cardiovascular causes of death, heart attack or stroke after just 4 years on Mediterranean diet

30%

The decrease in mortality risk from any cause after 4 years on a Mediterranean diet in cholesterol

But as Booker T. Washington noted, "Nothing ever comes to one, that is worth having, except as a result of hard work." Tasty food and the healthful benefits of nourishing and genuine ingredients are no exception. It takes a bit of interest to read a label, a smidge of effort to source your sustenance, and perhaps a dram of desire to rally your inner Emeril into the kitchen. All in all, it is not much effort when measured against the return on such an investment. But we have become a culture of convenience. When we drive around a parking lot for forty minutes to park six paces closer to the entrance to the gym, something is askew.



Stewart, Ralph A.H., et. al. (2016). Dietary patterns and the risk of major adverse cardiovascular events in a global study of high-risk patients with stable coronary heart disease) European Heart Journal doi:10.1093/eurheartj/ehw1256

And the restaurant industry has gotten the message. We want it NOW, quality be damned! According to Yum Brands CEO, Greg Creed, who oversees Pizza Hut, Taco Bell, and KFC brands, the motto is that "easy beats better." In the bloody arena in which eateries compete for your discretionary dining dollar, many choose a strategy based on convenience. They believe this is more important than

quality or better tasting food.

To back their claims that this is a winning strategy, Taco Bell points to sales over the last several years that have been buoyed by such an approach. Instead of competing by

Convenience

(Continued from Page 1)

offering higher-quality -and thus often more expensive- ingredients; the focus is on convenience. This is predominantly reflected in the areas of delivery and digital innovation. While trained chefs work long hours sourcing and preparing prime ingredients to prepare a meal both sumptuous and salubrious; industrial chains assemble intestinal incendiaries with ever more facile delivery systems.

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

Culinary CPR!

Glazed Fareo Island Salmon with Strawberry Balsamic Salsa

By Chef Luca Paris

Seasonal Sumptuousness

Glazed Fareo Island Salmon

- 4 - 6 oz. Salmon Filets
- Salt & freshly ground black pepper
- 2 tablespoons olive oil
- 1 shallot, minced
- ½ cup homemade vegetable stock
- 1 teaspoon cornstarch
- 3 tablespoons strawberry jelly (organic)
- 1 ½ tablespoons balsamic vinegar

Strawberry Salsa

- 2 cups fresh strawberries, chopped
- 2 tablespoons chopped red onion
- 1 ½ tablespoons balsamic vinegar
- ¾ teaspoon freshly ground black pepper
- 1 tablespoon chopped fresh mint
- Juice & zest of 1 lime

Directions:

1. Season the salmon with salt and pepper on both sides.
2. Heat the oil in a medium skillet or grill pan over medium heat. Add the salmon and sear on both sides, 4-5 minutes per side. Remove the salmon to a plate.
3. To the same pan, add the shallots and sauté on low heat until soft, about 4 minutes. (If you grilled the Salmon on a barbecue, heat 2 tablespoons olive oil in a pan and sauté the shallots in it and continue). In a small bowl, dissolve the cornstarch in the Vegetable stock. Add it to the pan. Add in the jelly and balsamic vinegar. Cook until thickened, about 1-2 minutes. Return the salmon to the pan

and coat both sides with the glaze. Remove from heat.

4. Prepare the salsa. Place the chopped strawberries into a small bowl. Toss with the red onion, balsamic, pepper, mint, and lime juice. Allow flavors to mix for 10 minutes.

5. Serve salmon with the salsa warm or at room temperature.



The Analysis

Seasonality is a fundamental practice to the Grassroots Gourmet™ approach to food and health. One of the great advantages in looking for local accents to complement traditional dishes is the palate pleasing properties of transitional tastes.

Another reason for looking toward local first, when it comes to fruits and vegetables, is the ripeness factor. Fruit picked a continent away is usually picked under ripe to prevent spoilage during transit and increase shelf life. But most fruits and vegetables do not continue to ripen once off the vine (avocados are a noticeable exception); they rot! Blueberries and strawberries do not get any sweeter sitting the plastic containers.

Because of the preservative use in transporting produce, local in season fruit and vegetables are a great way to go organic. There are usually multiple growers in any locality, and even if not much of the product will ripen within a relatively short time. This means a surplus of whatever is harvested and a need to sell it relatively quickly. All of

this translates into an economical advantage for the consumer!

A final reason to consider the organic option is nutritional superiority. This recipe uses strawberries, just coming into season in many localities. Research has shown that organically produced strawberries are nutritionally superior.

When looking at organic produce, the color and vibrancy often correlate to taste as well as nutritional benefit. This is because artificial coloration is prohibited and the hue reflects the concentration of the flavorful compounds that often reflect the healthful benefits.

Organic strawberries have a significantly higher level of anthocyanins (potent antioxidants) and ascorbic acid (vitamin C) versus conventionally raised alternatives (Campo et al., Journal of Food Composition and Analysis, Volume 28, Issue 1, November 2012, Pages 23-30).

The deeper red color (noted in the studies examining organic versus conventional produce) reflects the increased concentration of compounds like anthocyanins. Other beneficial compounds like phenols (also powerful antioxidants) were also found to be higher in organic versus industrial production (Asami et al., Journal of Agriculture and Food Chemistry, January 2003, Volume 51, Pages 1237-1241).

Choosing real, authentic food allows us the luxury of selecting our ingredients based on their true appearance and appeal to all the senses; not through the befuddling fog of artificial colors and preservatives.

That not only tastes better; it is quite simply better for us, and the best of both!

GRAND ROUNDS



The Doctors

Dr. Mike on the April 20th episode of The Doctors; sharing pasta and beef chimichurri recipes! Watch the video segment here: [Dr. Mike on The Doctors](#)



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Kitchen Rounds

Dr. Mike discussing the finer points of beef and pasta on The Doctors



Set Up

Dr. Mike hanging out pre-taping getting the food shots just right!