



# STAPH Meal: Society To Always Procure Healthfully Newsletter

OFFICIAL NEWSLETTER OF DR. MIKE: THE FOOD SHAMAN

IN THIS ISSUE: AMD

## Seeing is Believing

*“Thank God I have the seeing eye, that is to say, as I lie in bed I can walk step by step on the fells and rough land seeing every stone and flower and patch of bog and cotton pass where my old legs will never take me again.”*  
~ Beatrix Potter

We have become, in many ways, a visual society. For many, seeing is believing. Yet as we get older we increase the risk of losing that special sense. In numerous Western countries, Age-related Macular Degeneration (AMD) is a predominant cause of blindness.

Age-related macular degeneration is considered to be a complex, multifactorial disorder, involving an interplay among genetic, environmental, and lifestyle factors; such as smoking, obesity, cardiovascular disease, macular pigment, sunlight exposure, diet, elevated body mass index, and physical activity.



*Join Dr. Mike this week with his very special guest, Chef Aine McAteer. Chef Aine is not just a celebrity chef, she is a chef to A-list celebrities. What does it take to serve the royalty of Hollywood? Find out from an incredible talent who remains rooted in her humble Irish beginnings; only on Code Delicious*

A new study suggests the power of diet in preventing this condition. When your mum told you to eat your veggies, she didn't turn a blind eye to you trying to feed them to the dog-and good thing!

Diets loaded with trans-fatty acids (TFAs) has been shown to increase the risk of developing AMD. Supplementation with high-dose

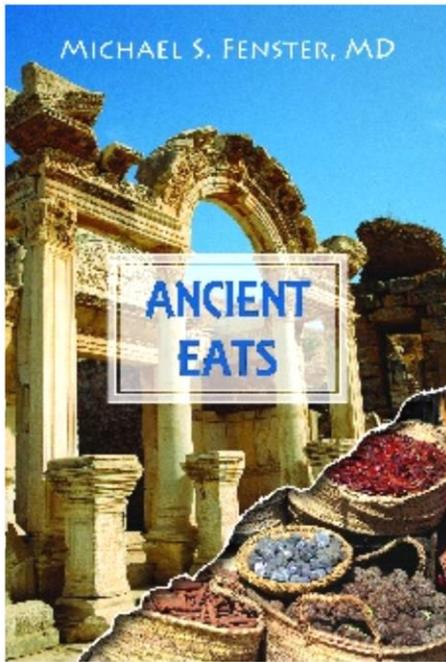
multivitamin did not prevent AMD nor did adding lutein and zeaxanthin supplements with or without omega-3 fatty acids.

However, a major problem with many of these studies is their approach. It reflects our piecemeal endeavor that bears little resemblance to the true nature of the food experience:

“Most studies to date have focused on individual food groups or nutrients, yet it is known that diet is a multifactorial lifestyle behavior, with particular foods frequently consumed together, depending on the cultural, geographic, and economic context of the individual.”<sup>1</sup>



(continued on page 2)



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### AMD and Diet (continued from Page 1)



The Mediterranean Diet is about freshness and quality ingredients

This is the same dietary approach that has been shown to be inversely associated with cardiovascular disease, diabetes, stroke, cancer, and mortality, and more recently progression to advanced AMD.

The benefits of a Mediterranean dietary approach are believed to be related to the whole foods; the benefits of food patterns rather than single nutrients. It is become increasingly important to evaluate dietary patterns rather than individual components.

In the Melbourne Collaborative Cohort Study, the risk of AMD was reduced by 55% looking at a Mediterranean approach high in fruit and nut intake. Conversely, a typical modern Western diet characterized by cakes, sweet biscuits, and desserts was associated with a higher prevalence of advanced AMD.

It is critical to analyze not only what we eat, but how we eat as well. It is the entire food experience; ingredients, preparation, ambiance, and company that all contribute to the benefit or detriment of the encounter.

A moderate approach, a Middle Way, is a key component. Another recent study found that "light and moderate drinkers were about 20% less likely to die from any cause during the study's follow-up period, compared to those who have never consumed alcohol." But, those that drank heavily had an even higher risk than abstainers.<sup>2</sup>

### HEALTHY BYTES BY THE NUMBERS

10%

The risk reduction in AMD with 1 shot of espresso each day

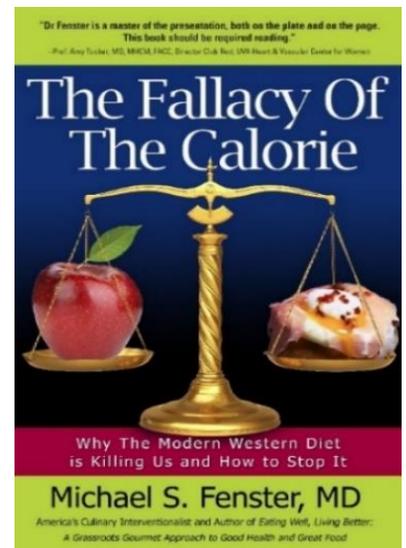
35%

The risk reduction in AMD with a Mediterranean approach to diet

<sup>1</sup>Hogg, R. E., Woodside, J. V., McGrath, A., et al.(2017). Mediterranean Diet Score and Its Association with Age-Related Macular Degeneration The European Eye Study. *Ophthalmology*, 124, (1): 82-89 <http://dx.doi.org/10.1016/j.ophtha.2016.09.019>.

<sup>2</sup>Xi, B., et. al.(2017). Relationship of Alcohol Consumption to All-Cause, Cardiovascular, and Cancer-Related Mortality in U.S. Adults. *JACC*, 70 (8): 913-922 <http://dx.doi.org/10.1016/j.jacc.2017.06.054>.

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