



STAPH Meal: Society To Always Procure Healthfully Newsletter

OFFICIAL NEWSLETTER OF DR. MIKE: THE FOOD SHAMAN

IN THIS ISSUE: ROCK STARS OF HEALTH

Wellness

“Wellness is not a ‘medical fix’ but a way of living - a lifestyle sensitive and responsive to all the dimensions of body, mind, and spirit, an approach to life we each design to achieve our highest potential for well-being now and forever.”

~ Greg Anderson

I'm pleased to join an elite group of faculty speakers at the @rockstarshealth event in Montana next month!

The Rock Stars of Health Summit will be held on September 27-28-29, 2017 on the campus of the University of Montana in scenic Missoula, Montana.

Join other business owners, human resources directors, wellness coordinators, employee benefit advisors and healthcare professionals to hear nationally-renowned healthcare experts, public leaders, and business strategists share cutting edge information to help



If you are into Health and Wellness (and who isn't), join Dr. Mike in beautiful Missoula, Montana at the University of Montana for this unbelievable conference. Dr. Mike is one of six national speakers featuring former governors and Secretary of HHS as well as renowned health and wellness experts from across the spectrum.

REGISTRATION

Available online at:
www.rockstarsofhealth.com

employers impact health plan costs, streamline and purchase benefits, gain

nutritional insights, and build programs that work synergistically to improve health.

There is still time to register and join us! Visit the events website to learn about employer and personal strategies in health and wellbeing, data analytics, healthcare quality, nutrition, health technologies, and more! Visit: www.rockstarsofhealth.com.

I will be talking about the latest findings relating to diet and health; *Living to Eat: Is There a “Best” diet?*

It is a conference you don't want to miss!

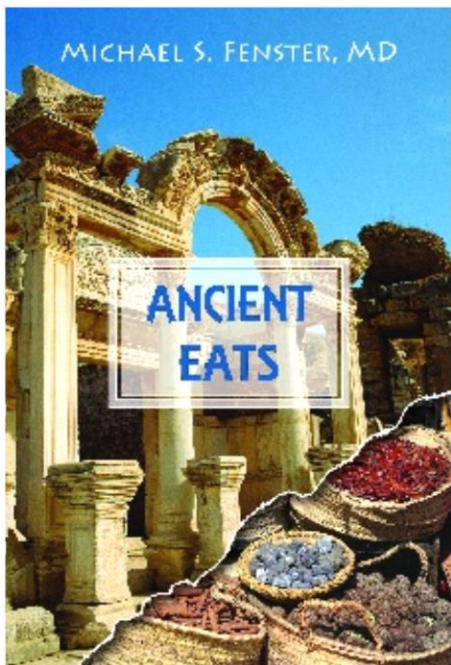
What we are learning is that not only does nutrition



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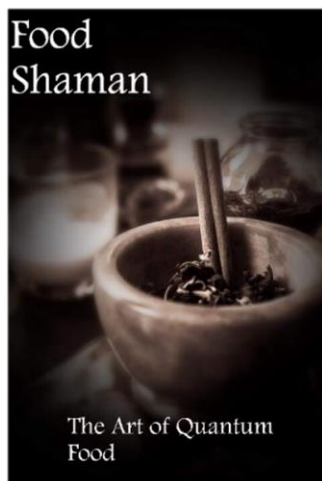


Wellness and Diet (continued from Page 1)



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: [Ancient Eats](#)



Be on the lookout for Dr. Mike's latest groundbreaking book, *Food Shaman: The Art of Quantum Food* coming soon!

As we are just beginning to understand the complex relationship between what AND how we eat and who and what we are.

HEALTHY BYTES BY THE NUMBERS

8%

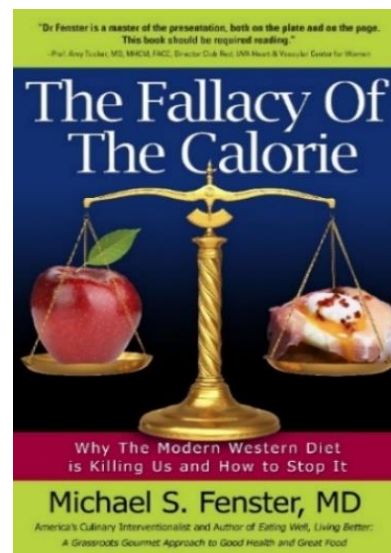
Calorically deprived mice consume their food rapidly, utilizing just 8% of the day to eat despite 24-hour availability.

30%

There is no weight loss despite caloric restriction if it is 30% or less when mice eat at the wrong time of day

Victoria A. Acosta-Rodriguez, Marleen H.M. de Groot, Filipa Rijo-Ferreira, Carla B. Green, Joseph S. Takahashi. Mice under Caloric Restriction Self-Impose a Temporal Restriction of Food Intake as Revealed by an Automated Feeder System. *Cell Metabolism*, 2017; 26 (1): 267 DOI: 10.1016/j.cmet.2017.06.007

Learn more about salt, sugar, fats and real versus processed foods in the groundbreaking book, *The Fallacy of The Calorie!*



Pick up your copy of the critically acclaimed book at [Amazon.com](#).

The Mediterranean Diet is about freshness and quality ingredients; and I dietary approaches that reflect a lifestyle as well as an ingredient list.

count, but lifestyle factors can have an equally potent effect on dietary outcomes.

A recent study examined the timing of meals. The researchers followed the weight of five groups of mice on identical diets and exercise regimens.

Mice on a reduced calorie plan that ate only during their normal feeding/active cycle were the only ones among five groups to lose weight, despite consuming the same amount as another group fed during their rest time in daylight, according to the study at UT Southwestern Medical Center.

"Translated into human behavior, these studies suggest that dieting will only be effective if calories are consumed during the daytime when we are awake and active. They further suggest that eating at the wrong time at night will not lead to weight loss even when dieting," said Dr. Joseph S. Takahashi, Chairman of Neuroscience at UT Southwestern's Peter O'Donnell Jr. Brain Institute and Investigator with the Howard Hughes Medical Institute.

Besides affecting weight, scientists believe the timing of food consumption affects one's circadian rhythms and may be the route by which dietary habits impact lifespan. The study reinforced this notion by testing the day/night cycles of mice under different feeding schedules.

The complex relationship between *what* we eat and *how* we eat is explored in my forthcoming book, *Food Shaman: The Art of Quantum Medicine*.