



STAPH Meal: Society To Always Procure Healthfully Newsletter

OFFICIAL NEWSLETTER OF DR. MIKE: THE FOOD SHAMAN

IN THIS ISSUE: CHOCOLATE

Chocolate

“All you need is love. But a little chocolate now and then doesn't hurt.”

— Charles M. Schulz

In the history of chocolate, it was not always a sweet tale. Chocolate originated in Mesoamerica, where it was originally prepared only as a drink. The chocolate was served as a bitter, frothy liquid, mixed with spices or corn puree. It was believed to have aphrodisiac powers and to give the drinker strength. The Aztecs believed that cacao seeds, from which chocolate is derived, were the gift of Quetzalcoatl, the god of wisdom. In fact, the seeds were so valued that they were used as a form of currency. Today, the remnants of this history are available in the land of its birth; chocolate drinks known as “Chilate” are made throughout the South of Mexico and Central America. It is generally served chilled and consists of chile, roasted corn, and cocoa, with spices that may vary from region to region.



New research reveals the healing power of chocolate in...diabetes??

It was not until after its arrival to Europe in the sixteenth century, that sugar was added chocolate; making its modern-day appearance synonymous with sweets.

It is the added sugar that transforms cocoa to loco; driving our cells crazy. This sugar consumption can be especially challenging for those with Type 2 diabetes (T2DM). The β -cells of the pancreas help produce the body's

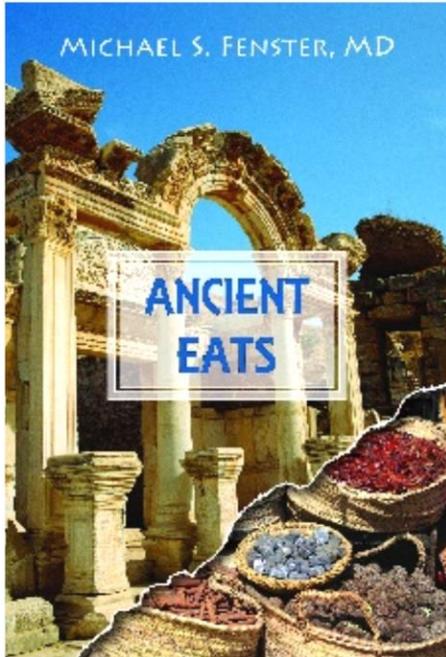
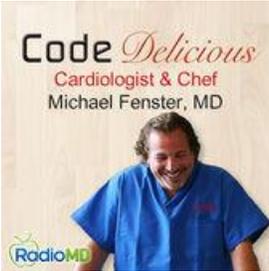
insulin and thus control our body's blood glucose levels. The loss of β -cell functionality is a hallmark of T2DM.

Previous studies have demonstrated the heart healthy effects of the cocoa component of chocolate, both dark and milk; although the benefits in some studies correlate to the percentage of cacao which is generally higher in dark chocolate. The benefits include a reduction in stroke risk, less risk of dementia, early death, lowering of blood pressure, improved blood flow to the brain and heart, thinning the blood (decreasing platelet aggregability), and functioning as anti-oxidants.

Now new research has extended the healing power of cocoa to diabetes. It appears that compounds in cocoa known as flavanols have a beneficial effect on the β -cells of the pancreas. This benefit included an improvement in the ability of the β -cells to secrete insulin in the presence of glucose.

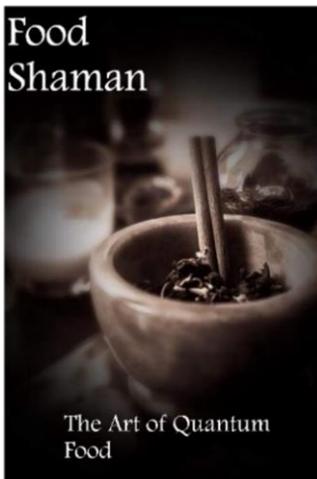
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IT'S A CODE DELICIOUS!



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* (Post Hill Press) coming soon!

Chocolate
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Always choose the highest quality of cocoa or chocolate

What the researchers at Virginia Tech and BYU (it was a collaborative project) found was that in an animal model, administration of these compounds also reduced obesity in addition to improving the ability to handle glucose.

While the original use of cocoa, as discussed, did not include a heavy use of sweeteners (there is some suggestions that some drinks may have been sweetened with a little honey), the modern ideal limits cocoa to a sweet confection.

But cocoa has a savory side and can yield a depth of complexity to many dishes you might not expect. Here are three ways to use cocoa to add subtle flavor layers to your savory dishes

- Meat rubs: A little cocoa can add a layer of warm smokiness to hearty meats ranging from game and beef to lighter fare like pork.
- Chili and beans: Just like with cuts of meat, a little cocoa to chili (or even just cooked beans) adds additional complexity. Try using this to add reinforcing notes if you use a chocolate stout in the chili.
- Grilled veggies with picada-style sauce: Picada sauce is a Catalan-style pesto that can be made with almonds, parsley, and chocolate. Leave some char on the veggies as the chocolate plays well off that.

Also check out indigenous cuisine use like Mexican and Central American *moles*!

HEALTHY BYTES BY THE NUMBERS

20%

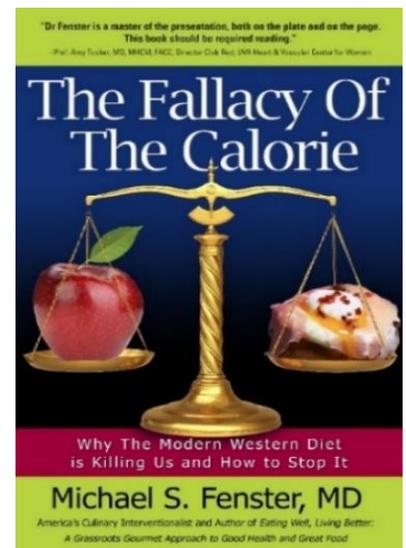
The reduction in the likelihood of developing atrial fibrillation in those eating 2-6 servings of chocolate per week compared to those consuming less than once per month.

30%

The percentage reduction in mortality in the group studied in Norfolk, England (21,000 people) consuming 3.5 ounces of chocolate per day compared to those that ate none.

Rowley, T; Bitner, B; Ray, J; Lathen, D; Smithson, A; Dallon, B; Plowman, C; Bikman, B; Hansen, J; Dorenkott, M; Goodrich, K; Ye, L; O'Keefe, S; Nelson, A; Tessem, J. Monomeric cocoa catechins enhance B-cell function by increasing mitochondrial respiration. *Jof Nutr Biochem.* 2017. 49:30-41.

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



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