



# STAPH Meal: Society To Always Procure Healthfully Newsletter

OFFICIAL NEWSLETTER OF CHEF DR. MIKE: THE FOOD SHAMAN  
"CREATING CURES NOT CUSTOMERS"

IN THIS ISSUE: LIFESTYLE

## Lifestyle

**"My lifestyle determines my deathstyle."  
-Metallica; Frantic**

This week on *Code Delicious* with Dr. Mike my guest is Dexter Shurney, MD, MBA, MPH, FACLM and President-elect of the American College of Lifestyle Medicine.

*The Fallacy of The Calorie*, one of my previous books, delved deeply into the destructive alteration to our modern diet; originating with the Industrial Revolution and accelerating after World War II.

*Ancient Eats* took readers on a magical, historical food journey to recapture the wisdom of our ancestors. My forthcoming book; *Food Shaman: The Art of Quantum Food* provides a critical pathway to incorporate that knowledge into a comprehensive lifestyle. A life of food, fun, and wellness. A way to restore the magic into mealtime and generate good health along with good taste.



### **Naturally Fermented Foods are Nature's Synbiotics**

Increasingly, Western medicine is acknowledging the power and import of such strategies. When you search for a family physician, a doctor holding similar core beliefs is a vital component to a successful relationship.

As you will hear from Dr. Shurney, "The American College of Lifestyle Medicine (ACLM) is the professional medical association for physicians, medical professionals, allied health professionals

and those with professional careers devoted to advancing the mission of lifestyle medicine.

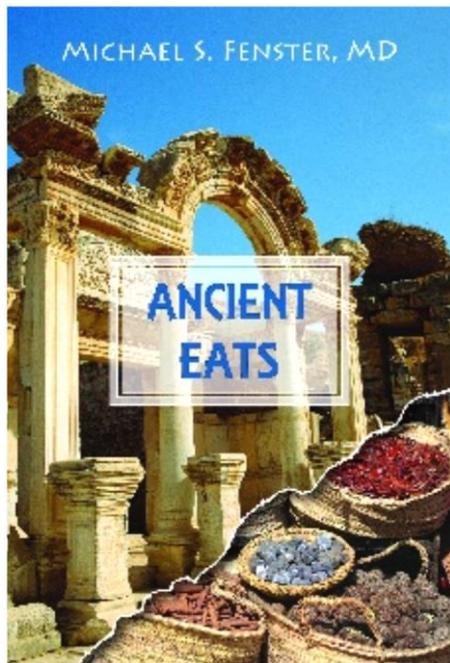
Lifestyle Medicine involves the use of evidence-based lifestyle therapeutic approaches, such as a predominantly whole food, plant-based diet, exercise, sleep, stress management, alcohol moderation and tobacco cessation, and other non-drug modalities, to prevent, treat, and, oftentimes, reverse the lifestyle-related, chronic disease that's all too prevalent. "

When you look for healthcare professionals to partner with; now you can look to see if they are working with or certified by [The American College of Lifestyle Medicine](#). The establishment of such an organization helps set standards of quality and competence in delivering healthcare based on your personal choices.



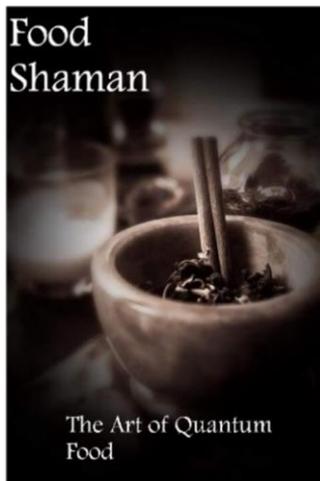
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IT'S A CODE DELICIOUS!



**Ancient Eats-NOW AVAILABLE!!**

You can now order Dr. Mike's latest book, *Ancient Eats Volume 1: 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!

**Lifestyle**  
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**Quantum Foods are real, authentic and delicious**

More good news is that 80% or more of all healthcare spending in the U.S. is tied to the treatment of conditions rooted in poor lifestyle choices. Chronic diseases and conditions—such as hypertension, heart disease, stroke, type 2 diabetes, obesity, osteoporosis, multiple types of cancer—are among the most common, costly and preventable of all health conditions. That means we have the power to positively change our current condition.

Such an approach emphasizes individual empowerment instead of pill proffering. Treating the individual to reduce stress, get proper sleep, focus on healthy, happy relationships are the goal of the ACLM members. Look for this seal of achievement!

And I am here as your personal Food Shaman to help you navigate the waters between crafting a scrumptious meal and a healthful one. Diet connects or isolates us in powerful ways. My (free) pilot cooking series hosted on Healthination.com just won a Gold Davey award for the best On-Line Video/Film in the highly competitive Health & Fitness Category! Get a head start on positive lifestyle choices, delicious food and The Art of Quantum Food by checking these short videos out! You can view the videos here: [Dr. Mike Cooks](#)

HEALTHY BYTES BY THE NUMBERS

23%

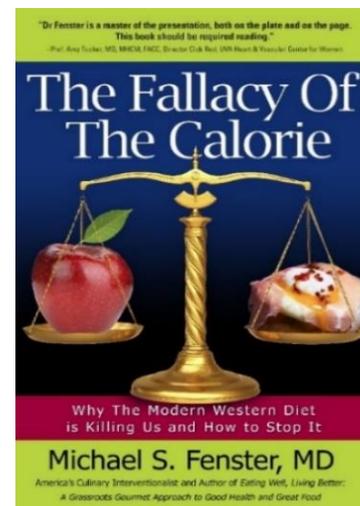
The amount of sodium reduced from daily intake when people added spice to their diet

56%

The amount of sodium increase required to change the gut bacteria to produce hypertension.

Nicola Wilck, Mariana G. Matus, Sean M. Kearney, Scott W. Olesen, Kristoffer Forslund, Hendrik Bartolomaeus, Stefanie Haase, Anja Mähler, András Balogh, Lajos Markó, Olga Vvedenskaya, Friedrich H. Kleiner, Dmitry Tsvetkov, Lars Klug, Paul I. Costea, Shinichi Sunagawa, Lisa Maier, Natalia Rakova, Valentin Schatz, Patrick Neubert, Christian Frätzer, Alexander Krannich, Maik Gollasch, Diana A. Grohme, Beatriz F. Côte-Real, Roman G. Gerlach, Marijana Basic, Athanasios Typas, Chuan Wu, Jens M. Titz, Jonathan Jantsch, Michael Boschmann, Ralf Dechend, Markus Kleinenwiefeld, Stefan Kempa, Peer Bork, Ralf A. Linker, Eric J. Alm & Dominik N. Müller. Salt-responsive gut commensal modulates TH17 axis and disease. *Nature*. doi:10.1038/nature24628

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.

Don't miss a new show every Wednesday at 7am Eastern on [RadioMD.com](#) or catch the podcasts on [iTunes](#) or [iheartradio.com!](#)