



STAPH Meal: Society To Always Procure Healthfully Newsletter

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

IN THIS ISSUE: LEGENDS

Legends

"There is no tomorrow. Time cannot be saved and spent. There is only today and how we choose to live it."

~Christopher Kimball

This week on *Code Delicious with Dr. Mike: Culinary CPR*, my special guest is culinary legend, Christopher Kimball. You know him as the guy with the bow tie; most likely from his PBS television cooking series, *America's Test Kitchen*.

For years, Chris and his kitchen companions fed the culinary nerd in all of us. They obsessed beyond OCD in taking apart classic Americana recipes and reassembling them to work within the context of our modern convenience culture. They obsessed so we didn't have to.

But times change, and the world moves turns ever on.

Turns out, so did Chris.



Don't miss this week's show with culinary legend, Christopher Kimball

Tune in this week and learn about Chris' new project; [177 Milk Street](#).

Where *America's Test Kitchen* focused on classic recipes and approaches from a traditional continental kitchen approach, his new venture departs deeply from that successful format.

177 Milk street is named for the old flour and grain building located in Boston, that houses the new enterprise. Within the remolded walls is a nerve center cranking out books, a new magazine, a radio show, on-line videos and an entirely new PBS television show. Also

located here is a brand-new cooking school to get a truly hands-on approach to the new approach.

This approach marries old and new in a global synthesis. Chris, quite simply, wants to bring cuisine like Middle Eastern tagine or Asian stir-fry to the American table for a Wednesday night dinner.

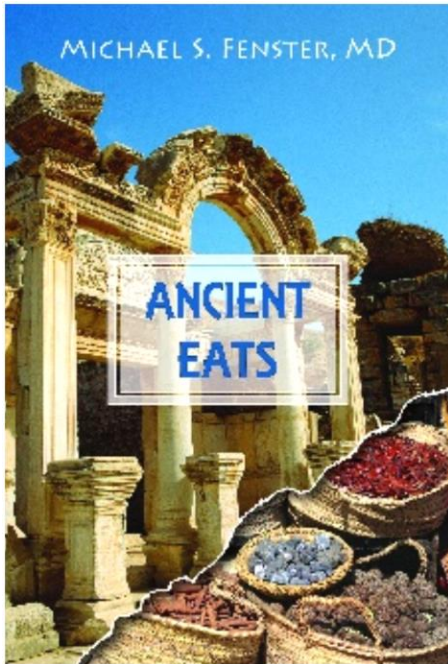
And if the past is any predictor of the future; we can count on Chris to make it happen.



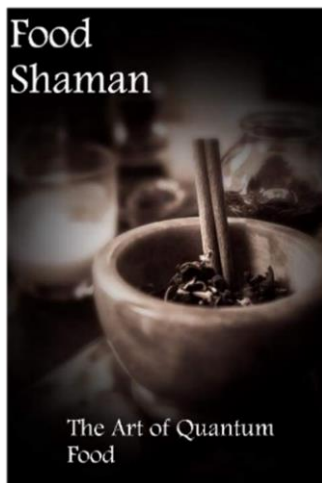
Next week Chef Luca & Dr. Mike are back in action. Tune in to Culinary CPR next week and join us to revel as the confit-etti flies; melted nirvana in every bite!

(Continued on page 2)

CHANGES COMING IN 2018!!!



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 2018!

Legends
(Continued from Page 1)



Kimball's Milk Street seeks to make the exotic readily accessible, yet keeps true to the dish's native spirit

I'll let Chris sum it up in his own words:

"There is no tomorrow. Time cannot be saved and spent. There is only today and how we choose to live it. The future is unknowable and unpredictable; it offers no clear path to happiness.

Science will not save us. Each of us, then, needs to cobble together a daily routine filled with basic human pleasures, wedded, to be sure, to the best that modernity has to offer.

It is a life of compromise rather than extremes. It is a touch of the old and a taste of the new. And cooking, it seems to me, offers the most direct way back into the very heart of the good life. It is useful, it is necessary, it is social, and it offers immediate pleasure and satisfaction. It connects with the past and ensures the future.

Standing in front of a hot oven, we remind ourselves of who we are, of what we are capable of and how we might stumble back to the center of happiness. Effort and pleasure go hand in hand."

Get a head start on these 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

0%

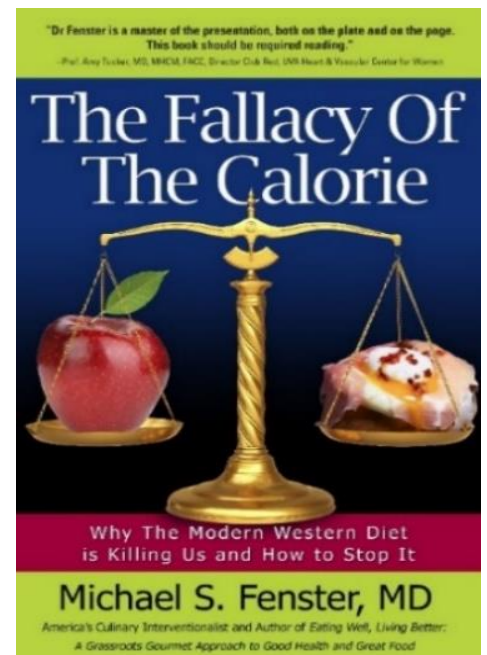
The amount of weight loss benefit using a non-nutritive sweetener based approach to caloric reduction.

31%

The amount of *increased risk* of metabolic syndrome using non-nutritive sweeteners in the highest versus lowest quantiles.

Azad, MB, et.al. Nonnutritive sweeteners and cardiometabolic health: a systematic review and meta-analysis of randomized controlled trials and prospective cohort studies. CMAJ 2017 July 17;189:E929-39. doi: 10.1503/cmaj.161390

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 [ChefDrMike.com](#) or catch the podcasts on [iTunes](#) or [iheartradio.com!](#)