



# STAPH Meal: Society To Always Procure Healthfully Newsletter

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

IN THIS ISSUE: JOURNEYS INTO QUANTUM  
FOOD

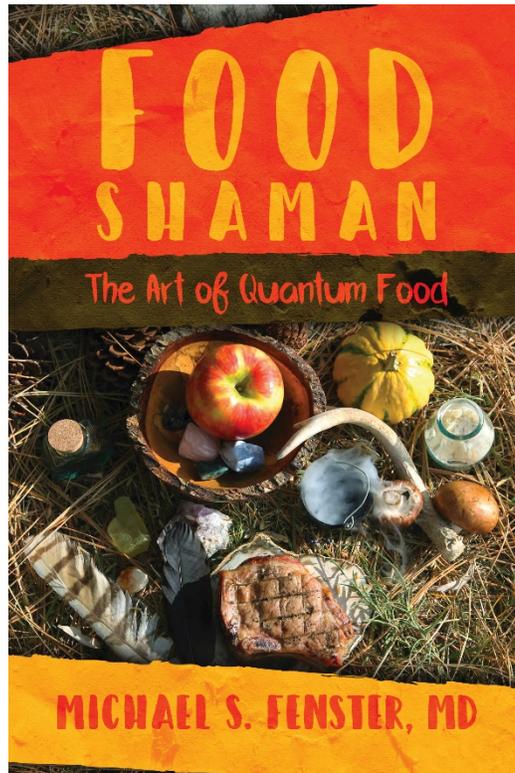
## JOURNEYS INTO QUANTUM FOOD

*"Living systems are either in a  
state of evolution or dissolution."*

*-Chef Dr. Mike, The Food Shaman*

Thus, I write in Chapter 1 of my forthcoming book, *Food Shaman: The Art of Quantum Food*. This week we progress to the next level of exploration as we fully embrace the depth and breadth of *The Food Experience*. For all podcast subscribers (what?!, not subscribed? head over [here](#) to sign up!) and listeners, this week I give an audio reading of Chapter 1, *Why A Food Shaman*, from the forthcoming book *Food Shaman: The Art of Quantum Food* to be released June 12<sup>th</sup> (Post Hill Press) of this year.

This podcast also marks the beginning of a deeper journey. Built on a solid foundation of the science laid out in [The Fallacy of The Calorie](#), we stir the



*The NEW groundbreaking book on The Food  
Experience available from Post Hill Press June 12<sup>th</sup>,  
2018!*

cauldron and peer deeper into the  
mysterious connection between what  
we choose to consume and who we are.



*Don't Worry! Culinary CPR with Chef Dr. Mike &  
Chef Luca Paris is still a regular segment! Catch a  
new episode next week!*

(Continued on page 2)

THE NEW SHOW IS HERE!!!



## Journeys into Quantum Food (Continued from Page 1)



Join us each Wednesday morning as we launch a new *Journey into Quantum Food* with Chef Dr. Mike, The Food Shaman. Download the podcast at [chefdrmike.com](http://chefdrmike.com) or iTunes

It is a voyage that explodes beyond the bare, sterile walls of clinical nutrition and seeks the beating heart of how and why *the food experience* defines both our humanity and our individuality.

Our relationship with sex, from societal norms and cultural oddities to individual preferences may have its roots in the instinctual biological drive of procreation; but it blooms in shades, colors, and hues that have little to do with stoichiometric equations and enzymatic reactions.

So too, with our love affair with all things food is a thing beyond daily RDAs or caloric counting. You have to wait on the book release to find out the why and how, but for now; sit back, relax, have that soothing beverage, and join us each week as we explore new *Journeys Into Quantum Food*.

Only newsletter subscribers will get the absolutely FREE monograph companions to the new book & show. Make sure you and all your friends and loved ones are subscribed; this week an update on the Benefits of Turmeric!

Get a head start on positive lifestyle choices, delicious food and *The Art of Quantum Food* by checking out this short videos series! You can view the videos here: [Dr. Mike Cooks](http://Dr.MikeCooks)

HEALTHY BYTES BY THE NUMBERS

24%

The decrease in risk of death from cardiovascular disease performing just 30 min of housework, walking, standing, or similar low-intensity activity each day.

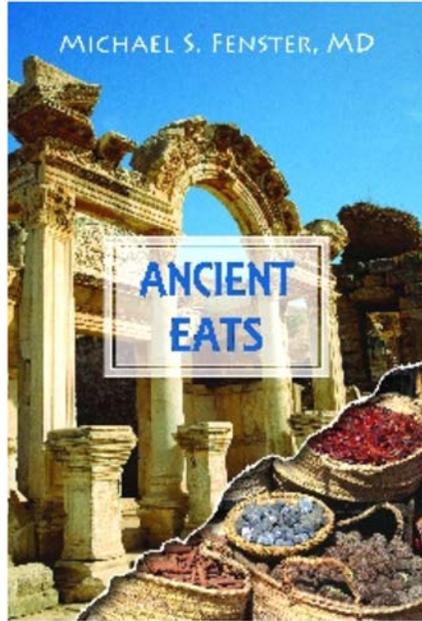
11%

The decrease in risk of early death from all causes performing the same.

Dohrn, Kwak, Oja, Sjöström, Hagströmer. Replacing sedentary time with physical activity: a 15-year follow-up of mortality in a national cohort *Clinical Epidemiology* (2018)

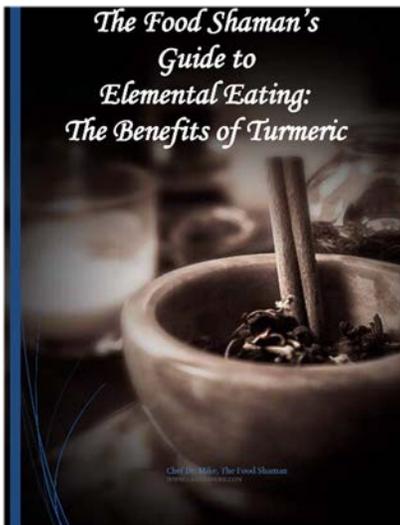
<https://doi.org/10.2147/CLEP.S151613>

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

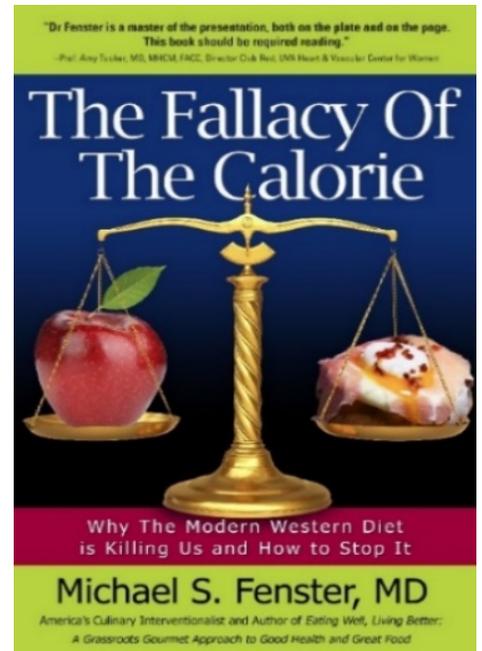


### Ancient Eats-NOW AVAILABLE!!

You can now order Dr. Mike's latest book, *Ancient Eats Volume I: The Ancient Greeks & The Vikings*, on Amazon.com here: [Ancient Eats](http://AncientEats)



Only newsletter subscribers get the free monograph companions to *Food Shaman: The Art of Quantum Food*. Make sure you sign up for the new show each week!!



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](http://ChefDrMike.com) or catch the podcasts on [iTunes](http://iTunes) or [chefdrmike.com](http://chefdrmike.com)!