



STAPH Meal: Society To Always Procure Healthfully Newsletter

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

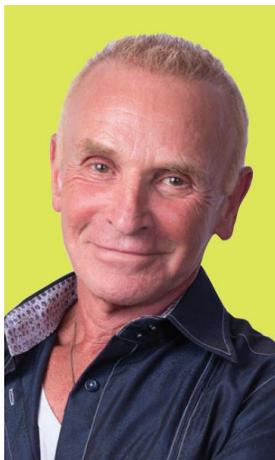
IN THIS ISSUE: VITAMINS & SUPPLEMENTS

JOURNEYS INTO QUANTUM FOOD

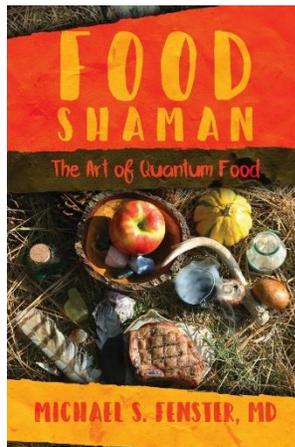
*"You can't supplement your way
to good health."*

-Chef Dr. Mike, The Food Shaman

This week's guest is the best-selling
author of *150 Healthiest Foods on Earth*,
Jonny Bowden, PhD, CNS!



*Jonny Bowden, PhD, CNS & this week's guest at
the cauldron!*



*The NEW groundbreaking book on The Food
Experience available from Post Hill Press June 12th,
2018! Click to Pre-order!*

Jonny joins me for an in-depth
discussion celebrating the 10th
anniversary of his best-selling classic.
For those who purchase the book, a visit
to his website gets you a free copy of his
e-book, *The Uncensored
Truth about Vitamin & Mineral
Supplements*.

I have also said that trying to
supplement your way to good health on

a foundation of the modern Western
diet is like trying to make chicken
fricassee out of chicken feces!

With that being said, supplements can
play a helpful and healthful role in the
right setting. But the difficulty occurs in
sorting out the when, where, what kind,
how often, how much, and what brand
to use. This week Jonny and I delve into
that discussion. Don't forget to visit the



*Culinary CPR with Chef Dr. Mike & Chef Luca
Paris is back with another episode next week!!*

(Continued on page 2)

THE NEW SHOW IS HERE!!!



Vitamins and Supplements (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 chefdr mike.com or iTunes

[website](#) and subscribe to the podcast feed to never miss an episode!

The discussion also includes important compounds that are neither vitamins nor minerals but comprise an oft supplemented category, like omega-3 essential fatty acids.

As Jonny observe, and I discuss in detail in *Fallacy of The Calorie*, "Research has shown that the dietary balance between the two essential fatty acids—omega-6 and omega-3—is a critical metric for human health. Omega-6 (found mostly in vegetable oils) is pro-inflammatory. Omega-3 (found in fish and flax and a few other foods) is anti-inflammatory. You need both, but they need to be consumed in the right ratio, ideally about 1:1. We currently consume as much as twenty (!) times more (inflammatory) omega-6 than we do omega-3."

When looking for supplement brands, *Caveat emptor* applies; you often get what you pay for. Look NOT for bargain prices, but source supplements like you source food; with quality foremost! Check for quality ingredients and bioavailability. Ask if they are using the same compounds studied for clinical effectiveness in relevant doses.

You can view Doc's cooking videos here: [Dr. Mike Cooks](#)

[Check out The Food Shaman's latest musings at Psychology Today!](#)

HEALTHY BYTES BY THE NUMBERS

4%

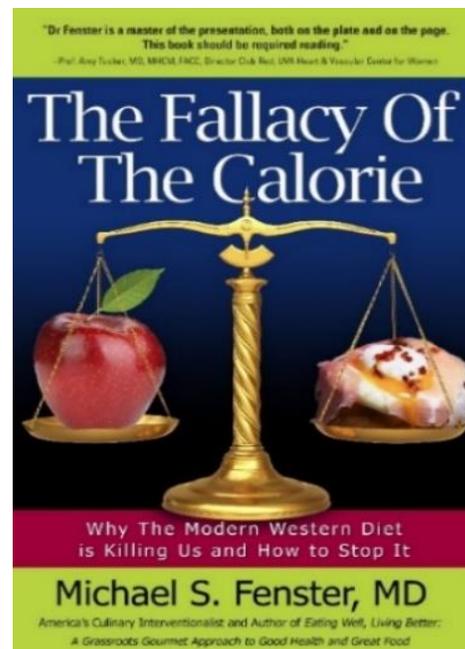
The non-significant reduction in all CV events seen with omega-3 supplementation

3%

The non-significant decrease in all vascular events in those using omega-3 supplements (including subgroups composed of persons with prior coronary heart disease, diabetes, lipid levels greater than a given cutoff level, or statin use.)

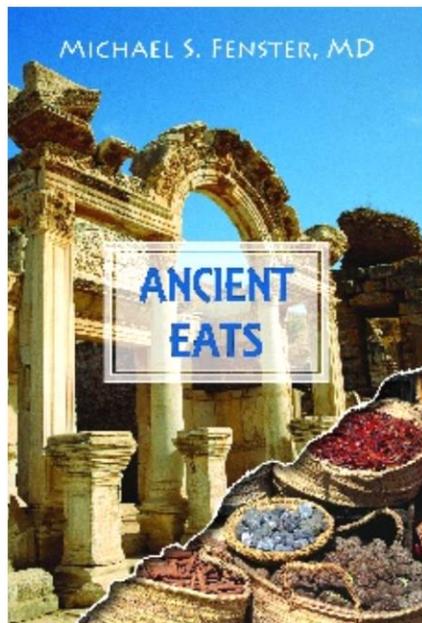
Aung T, Halsey J, Marchioli R, Tavazzi L, Geleijnse JM... Clarke R, et al. . *Associations of Omega-3 Fatty Acid Supplement Use With Cardiovascular Disease Risks* Meta-analysis of 10 Trials Involving 77 917 Individuals. *JAMA Cardiol.* 2018. doi:10.1001/jamacardio.2017.5205

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



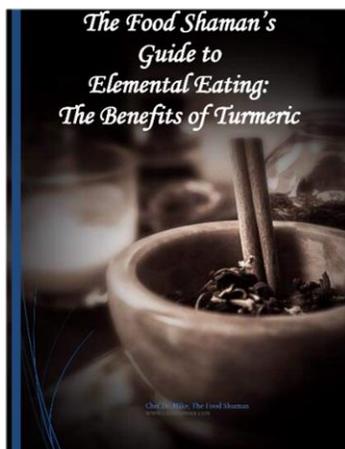
Pick up your copy of the critically acclaimed book at Amazon.com.

Don't miss a new show every Wednesday at 7am Eastern on ChefDrMike.com or catch the podcasts on iTunes or chefdr mike.com!



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](#)



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!!