



STAPH Meal: Society To Always Procure Healthfully Newsletter

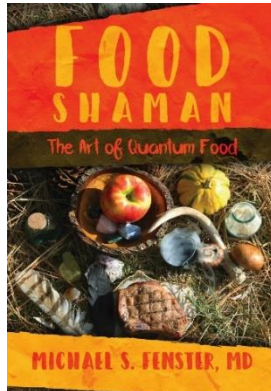
OFFICIAL NEWSLETTER OF CHEF DR. MIKE: THE FOOD SHAMAN
"CREATING CURES, NOT CUSTOMERS"

IN THIS ISSUE: BOSWELLIA

JOURNEYS INTO QUANTUM FOOD

"We are altering both the quality and the character of our food. It is not just that you supersized the burger and fries; it is that that the burger and fries only bear a superficial resemblance to a similar repast consisting of grilled pasture-raised grass-finished heritage beef and organic heirloom vegetables.

~Chef Dr. Mike, The Food Shaman



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



The tree resin Boswellia sp. AKA Frankincense

This week famed naturopath Dr. Chris Meletis returns to discuss one of the hottest anti-inflammatory comestibles on the scene today; ancient frankincense.

The sap from the *Boswellia* tree has been used for centuries in traditional Ayurveda medicine. In Sanskrit, its name *Gajabhaksha*, or 'Elephant Tree', may refer to the name Ayurvedic physicians gave it when witnessing elephants – symbols of longevity and strength – eating the sap from the tree bark.

Commonly known as Frankincense (as a species), *Boswellia* resin holds a sacred place in the history of many cultures.

Dr. Meletis describes the methods of bioavailability; inhaling the compound as an incense, for example versus topical application as a cream or salve. There are even many formulations that allow for ingestion, although this until recently



Dr. Chris Meletis returns for an in-depth discussion of the different types of frankincense and what they offer!!

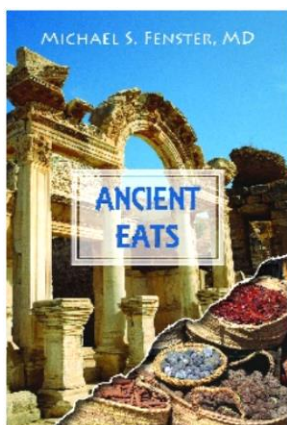
(Continued on page 2)

THE NEW SHOW IS HERE!!!

.LIFE CHANGING.

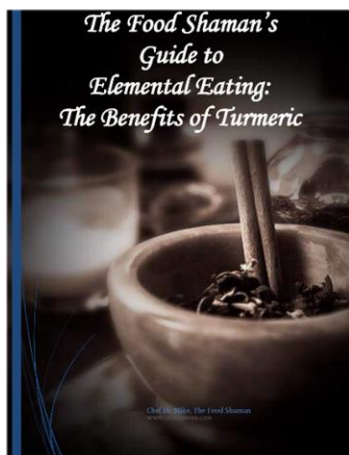


Join Chef Dr. Mike and the Dream Team in Fall 2018; helping folks move beyond Big Pharma for Diabetes Treatments.



Ancient Eats-Still Available!!

Order Dr. Mike's latest book, *Ancient Eats Volume 1: The Ancient Greeks & The Vikings*, on Amazon.com here: ([Ancient Eats](#)) before Foods Shaman hits the shelves



Only newsletter subscribers get the free monograph companions to *Food Shaman: The Art of Quantum Food*.

Boswellia sp.; Frankincense (Continued from page 1)



this was much less common in the West.

There is also a difference, as in common practice among foods and supplements, among the different formulations and offerings. Just like with food; quality matters.

Dr. Meletis discusses WokVel Boswellia. Representing the natural spectrum of boswellic acids used in traditional medicine for thousands of years, WokVel is supported by peer-reviewed clinical trials.

A major key to Boswellia's effect on joint health is its bioavailability. In order to reduce inflammation, active boswellic acids must achieve target blood and tissue concentrations needed to address key enzymes such as 5-lipoxygenase (5-LO) responsible for joint function and flexibility.

WokVel® Extract was shown to be bioavailable in humans, with a single dose of 333mg achieving blood levels of keto-boswellic acid (KBA) shown to address 5-lipoxygenase.

Multiple published trials have shown clinically significant effects for joint health. A randomized, placebo controlled clinical study showed improvements in joint health parameters compared to the group receiving placebo.

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

740%

The increased risk of sudden cardiac death for those Danes with diabetes versus those without.

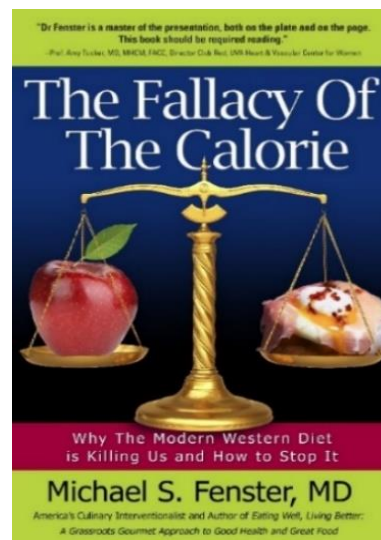
830%

The increased risk of cardiovascular death from all causes in the same study for diabetics versus non-diabetics

Abstract 20507: Young Persons With Diabetes Have a 7-Fold Increased Risk of Sudden Cardiac Death Compared to Persons Without Diabetes: A Nationwide Cohort Study in Denmark

Jesper Svane, Thomas H Lynge, Ulrik Pedersen-Bjergaard, Thomas Jespersen, Gunnar H Gislason, Bjarke Risgaard, Bo G Winkel and Jacob Tfelt-Hansen *Circulation. 2017;136:A20507.*

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 [chefdrmike.com!](#)