



STAPH Meal: Society To Always Procure Healthfully Newsletter

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

IN THIS ISSUE: KETOGENIC DIET

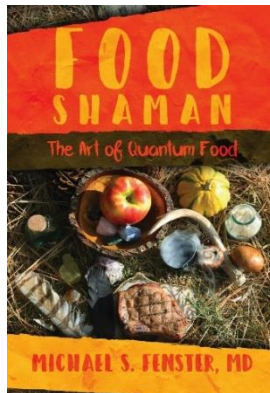
JOURNEYS INTO QUANTUM FOOD

"There are any number of other dietary approaches that are proffered about as best diets, the healthiest diets, or some miracle diet variant. Some are geared toward health, some toward weight loss, and some seem to merely offer vagaries of hope."

~Chef Dr. Mike, The Food Shaman



A ketogenic approach eschews heavy carbs



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

The conventional wisdom is that our bodies only run on glucose. However, we are much more versatile than that. As recounted in *The Ketogenic Bible: The Authoritative Guide to Ketosis*, "There is an alternative fuel source that our bodies can use under various conditions—a fuel source that is more efficient and often underutilized.

That source is ketones.

Ketone bodies are produced when the body metabolizes, or breaks down, fat. The cells in the body are able to utilize these ketones as fuel to help power everyday functions.

All of us, at some point in our lives and routinely throughout the day, have some amount of ketones in our blood, yet we often don't realize it."



Shawn Wells, a world expert on ketosis and the ketogenic diet, joins us for an in-depth discussion on this timely, hot topic

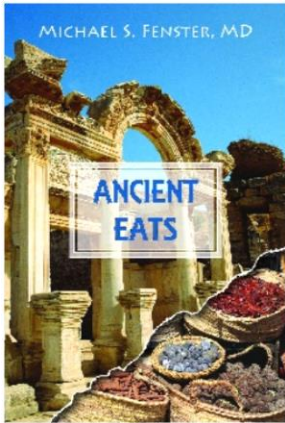
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THE NEW SHOW IS HERE!!!

.LIFE CHANGING.

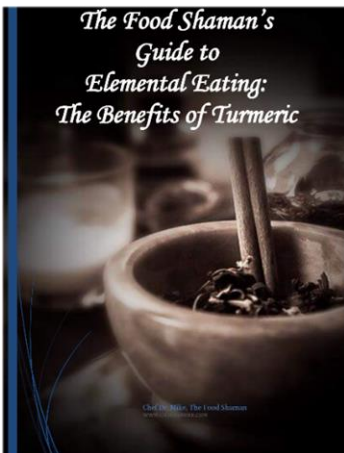


Join Chef Dr. Mike and the Dream Team in Fall 2018; helping folks move beyond Big Pharma for Diabetes Treatments.



Ancient Eats-Still Available!!

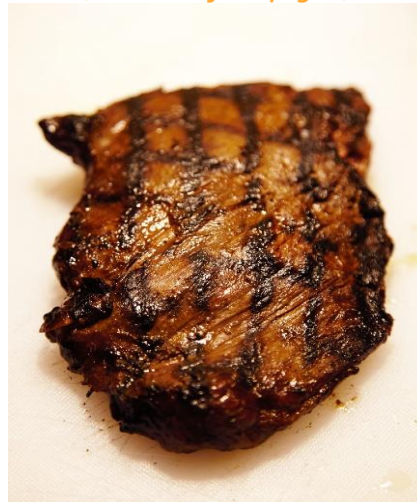
Order Dr. Mike's latest book, *Ancient Eats Volume 1: The Ancient Greeks & The Vikings*, on Amazon.com here: ([Ancient Eats](#)) before Foods Shaman hits the shelves



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

Ketosis and the Ketogenic Diet

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Clean, wholesome proteins are encouraged, but in moderation as well.

Readers may also be familiar with ketosis as it refers to a serious potential complication of untreated diabetes, diabetic ketoacidosis.

But the ketones found in this state are reflective of the condition, not the cause. In fact, once again from *The Ketogenic Bible*, "the physiology of diet-induced ketosis involves the lowering of blood glucose, stored glycogen, and insulin levels. The result is an enhanced release and reliance on fat as fuel. Finally, these fats are converted to ketone bodies, which can provide an alternative and more effective fuel source for the body....

Our entire lives we've been told that high amounts of dietary fat are what lead to heart disease, diabetes, high cholesterol, and even obesity. Understandably, people are often hesitant to embrace a lifestyle in which bacon and butter aren't so bad after all. It's fat that makes us fat, right? Wrong."

Make sure you pre-order Food Shaman today to get the latest, update info and science on topics like these and more!

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

20%

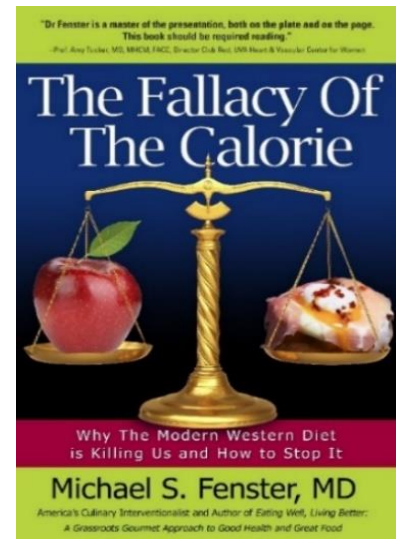
The percent of the population actually consuming greater than 5,000grams of salt per day; a range where sodium consumption may impact health outcomes.

70%

The amount of daily sodium consumed by eating processed and ultra-processed foods.

Experts Clash Over Ideal Sodium Targets in Hypertension American College of Cardiology (ACC) 2018 Scientific Session Robert Eckel, MD (University of Colorado Hospital, Aurora), Martin O'Donnell, MD (National University of Ireland, Galway)

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!](#)