



STAPH Meal: Society To Always Procure Healthfully Newsletter

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

IN THIS ISSUE: PESTO

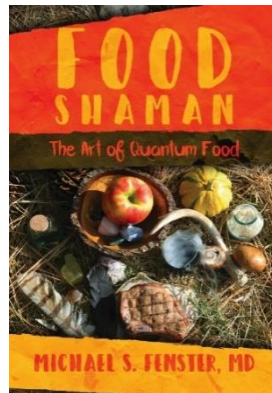
JOURNEYS INTO QUANTUM FOOD

"With the ascension of the MWD, the fate of herbs and spices followed the displacement pattern seen with fruits and veg as a group. Subtle tastes, textures, and flavor profiles were replaced by layers of sugar, salt, and fat plying the weakness of our genetic Achilles' heel, our individual bliss points."

~Chef Dr. Mike, The Food Shaman



This week on Culinary CPR, Pesto!



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

Traditional pesto (*Pesto alla Genovese*) is an herb based blend of basil, pine nuts, cheese, garlic and olive oil that dates back millennia.

Basil's potent health benefits derive from two distinct areas; their flavonoids and their volatile oils. Basil derived flavonoids provide protection for our bodies at the cellular level. In studies involving human white blood cells, these compounds act to protect cell structures, including chromosomes,

from radiation and oxygen-based free radical damage. Basil's volatile oils block the pro-inflammatory enzyme, cyclooxygenase or COX. This anti-inflammatory effect of basil resides in the oils, which are highly volatile. Adding them near the end of the cooking process maximizes this effect, as well as the herb's essence and flavor.



Culinary CPR with Chef Dr. Mike & Chef Luca Paris prove that pesto is wildly delicious and wildly varied!!

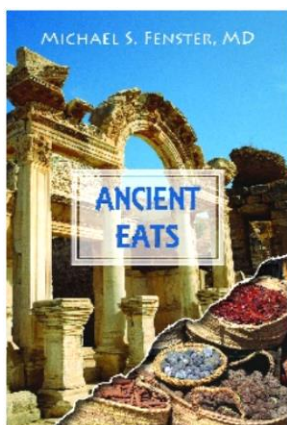
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THE NEW SHOW IS HERE!!!

.LIFE CHANGING.

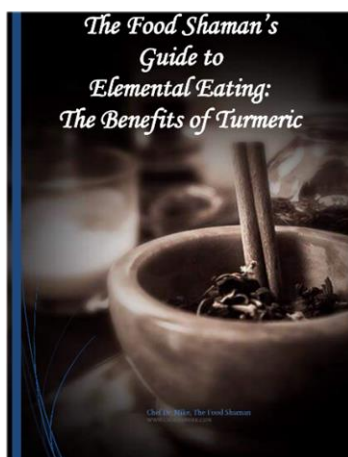


Join Chef Dr. Mike and the Dream Team in Fall 2018; helping folks move beyond Big Pharma for Diabetes Treatments.



Ancient Eats-Still Available!!

Order Dr. Mike's latest book, *Ancient Eats Volume I: 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*.

Pesto

(Continued from page 1)



Pesto makes a great spread for dishes like a fresh bruschetta

Pesto alla Genovese

Presented by Chef Dr. Mike

Ingredients:

- 2 garlic cloves, crushed
- ¼ cup pine nuts, toasted
- 1 tsp. salt
- ½ tsp. fresh ground black pepper
- ½ cup *Parmigiano-Reggiano* (Parmesan cheese) and *Pecorino Sardo* (cheese made from sheep's milk)
- 1 cup fresh basil leaves
- ~½ cup good quality olive oil

Directions:

Place all the ingredients except basil and olive oil in a food processor and blend until a fine paste.

Add the basil leave and pulse as you add olive oil; stopping as needed to scrape down the sides. Add more or less olive oil depending upon desired consistency. Re-season with salt and pepper as needed.

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

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

HEALTHY BYTES BY THE NUMBERS

10%

The percentage of increased risk seen in heart disease among African Americans attributable to air pollution

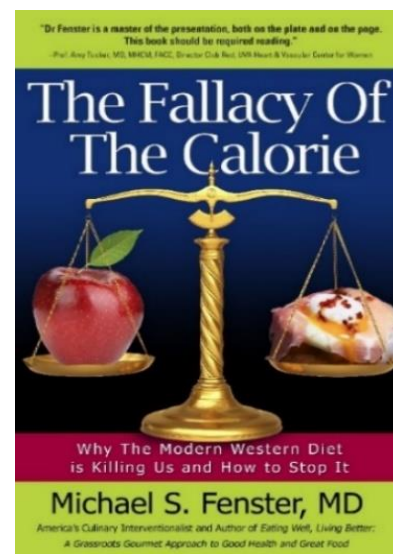
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The smaller size of the particulate matter in air pollution associated with increased cardiovascular risk, P_{2.5}; compared to a human hair

Particulate Matter Air Pollution and Racial Differences in Cardiovascular Disease Risk. Sebahat Erqou, Jane E. Clougherty, Oladipupo Olafiranye, Jared W. Magnani, Aryan Aiyer, Sheila Tripathy, Ellen Kinnee, Kevin E. Kip and Steven E. Reis. Arteriosclerosis, Thrombosis, and Vascular Biology. 2018;

<https://doi.org/10.1161/ATVBAHA.117.310305>

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!](#)