



STAPH Meal: Society To Always Procure Healthfully Newsletter

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

IN THIS ISSUE: SEX & FOOD

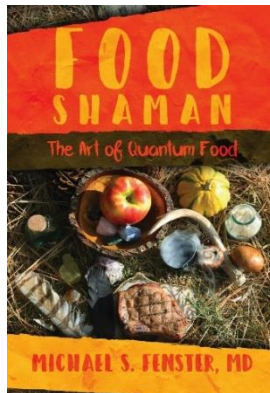
JOURNEYS INTO QUANTUM FOOD

*"Good food leads to good sex...as
it should."
~ Anthony Bourdain*



*Food provides sustenance; a meal provides
experience; details matter*

Food and sex are at once simple basic human needs for nutrition and procreation; survival. They are also at



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

the same time perhaps what most humans spend the bulk of their lives pursuing; measuring our worth and lives in the context and richness- or lack of- the experiences.

The wiring behind this tightly wrapped connection is something deeply explored in the forthcoming *Food Shaman: The Art of Quantum Food*.

This week on *Journeys into Quantum Food*, I am joined by expert Lisa Davis, MPH and author of the forthcoming

book; *Clean Eating, Dirty Sex: Sensual Superfoods and Aphrodisiac Practices for Ultimate Sexual Health*.

Join us as we explore the connection from different perspectives to gain insight into how we can each understand our own needs, wants, and desires and parlay them for our own best benefit.



Lisa Davis, MPH, is a world expert on emotional and sexual health. She joins us at the cauldron for some food and sex (talk) this week!

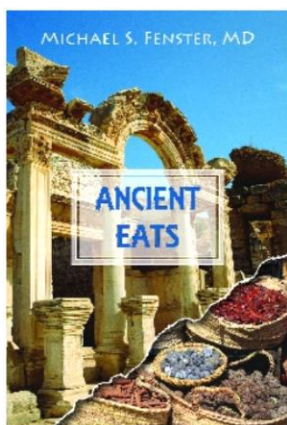
(Continued on page 2)

THE NEW SHOW IS HERE!!!

.LIFE CHANGING.

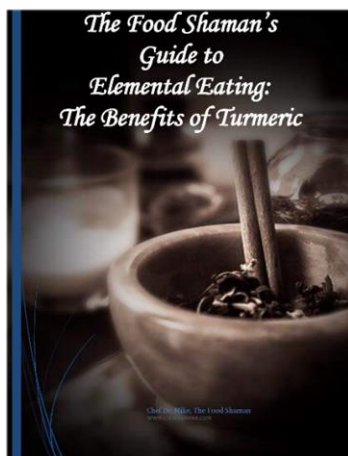


Join Chef Dr. Mike and the Dream Team in Fall 2018; helping folks move beyond Big Pharma for Diabetes Treatments.



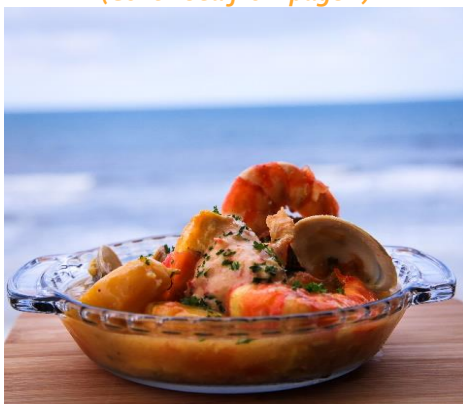
Ancient Eats-Still Available!!

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*.

Food & Sex (Continued from page 1)



Food, like sex, is an experience that extends beyond the simple acts of consumption or copulation.

We ignore such relationships at our peril.

With a MPH and nearly two decades of broadcast experience, Lisa brings a powerful voice to the discussion, with insights you won't want to miss!

As one of the leading health experts, she is the creator, host, and producer of *It's Your Health*, heard on NPR and across commercial radio. She is also the co-host of *Naturally Savvy Radio* and *The Clean Food Network*.

Along with yours truly, Lisa will be one of the experts featured on Season 2 of the hit reality series; *Reversed*.

Prior to the Industrial Revolution, human achievement was often measured by, and intimately involved with, food production. Sex has shaped human history long before Paris absconded with Helen.

Don't miss this honest and insightful as well as lively discussion on those uniquely human experiences which in turn shape our individual lives and destinies.

Quite simply, make some quality time for quality food and sex.

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

15%

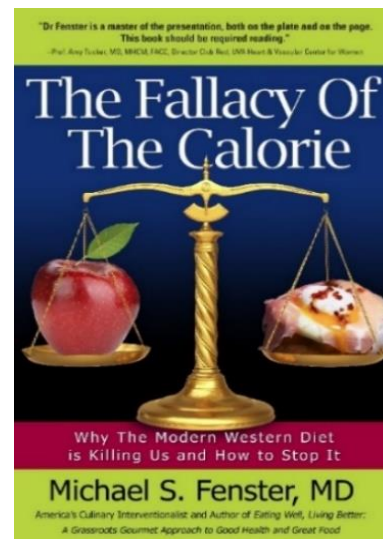
The percent of patients with IBD that report worsening of symptoms with artificial sweeteners.

212%

The increased risk of developing IBD associated with the use of artificial sweeteners.

Alexander Rodriguez-Palacios, Andrew Harding, Paola Menghini, Catherine Himmelman, Mauricio Retuerto, Kourtney P Nickerson, Minh Lam, Colleen M Croniger, Mairi H McLean, Scott K Durum, Theresa T Pizarro, Mahmoud A Ghannoum, Sanja Ilic, Christine McDonald, Fabio Cominelli; *The Artificial Sweetener Splenda Promotes Gut Proteobacteria, Dysbiosis, and Myeloperoxidase Reactivity in Crohn's Disease-Like Ileitis, Inflammatory Bowel Diseases*, , izyo6o, <https://doi.org/10.1093/ibd/izyo6o>

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!](#)