



STAPH Meal: Society To Always Procure Healthfully Newsletter

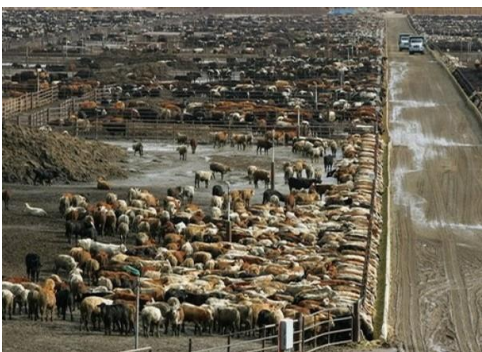
OFFICIAL NEWSLETTER OF CHEF DR. MIKE: THE FOOD SHAMAN
"CREATING CURES, NOT CUSTOMERS"

IN THIS ISSUE: PART 1 OF WHAT IS MAKING
OUR CHILDREN SICK

JOURNEYS INTO QUANTUM FOOD

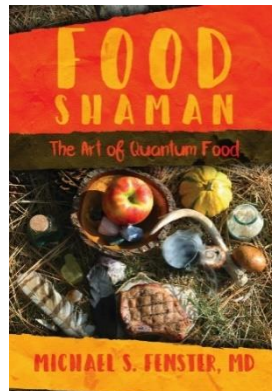
*"The more insidious danger is
foods that are full of pesticides,
hormones, and antibiotics."*

*~ What is Making Our Children
Sick? By M. Perro & V. Adams*



How we produce and procure our food matters!

This week at the Cauldron we start part 1 of an incredibly important conversation. We are joined by Michelle Perro, MD. She is pediatrician who over a decade



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

ago transformed her practice and the lives of her patients by including pesticide and health advocacy as part of her practice.

She has directed and worked as an attending physician from coast to coast; from New York's Metropolitan Hospital to UCSF Benioff Children's Hospital in Oakland, California.

She created a holistic urgent care center, Down to Earth Pediatrics and currently works with Gordon Medical Associates

in Northern California when she is not lecturing or consulting.

The statistics affecting American youth—and the youth of many industrialized countries where the modern Western diet has taken hold—are staggeringly depressing.



Michelle Perro, MD, is a veteran pediatrician with over 35 years of experience in acute and integrative medicine. She joins us this week at the Cauldron for Part 1 of What is Making Our Children Sick!

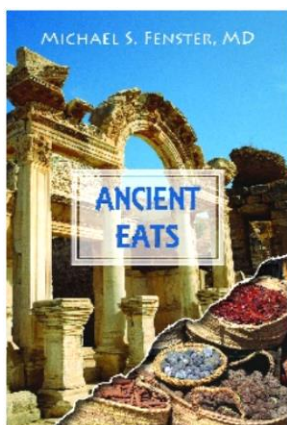
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THE NEW SHOW IS HERE!!!

.LIFE CHANGING.

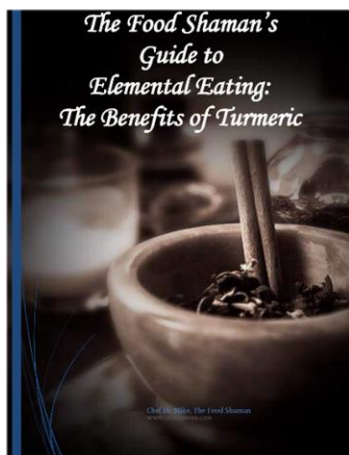


Join Chef Dr. Mike and the Dream Team in Fall 2018; helping folks move beyond Big Pharma for Diabetes Treatments.



Ancient Eats-Still Available!!

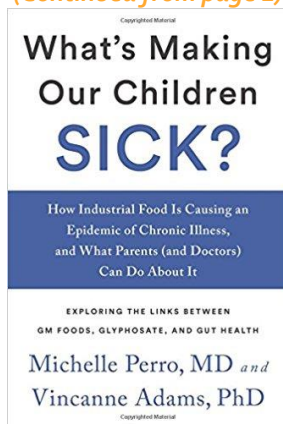
Order Dr. Mike's latest book, *Ancient Eats Volume 1: The Ancient Greeks & The Vikings*, on Amazon.com here: ([Ancient Eats](#)) before Foods Shaman hits the shelves!



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

What is Making Our Children Sick?

(Continued from page 1)



A must read for all parents, physicians and concerned persons.

Almost 10% of children today suffer with asthma, a dramatic increase from several decades ago. Some areas of the US have seen the rates of eczema/atopic dermatitis soar to almost 20%. One in ten of the 1.6 million Americans who suffer with Crohn's disease is a child. Eight percent of children suffer from GERD.

We know the link between diet and type 2 diabetes (T2DM). Over a decade ago, T2DM accounted for only 3% of all new cases of adolescent diabetes. It now accounts for 45%. Over 20% of American children are obese.

Almost 1.5% of all children suffer from autism and 11% suffer from attention deficit/hyperactivity disorder (ADHD).

Over 20% of children do or will suffer a serious mental disorder. Over 60% of children suffer chronic headaches and seven percent are chronic migraines.

Tune in this week for Part 1 to explore these problems and look toward solutions.

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

50%

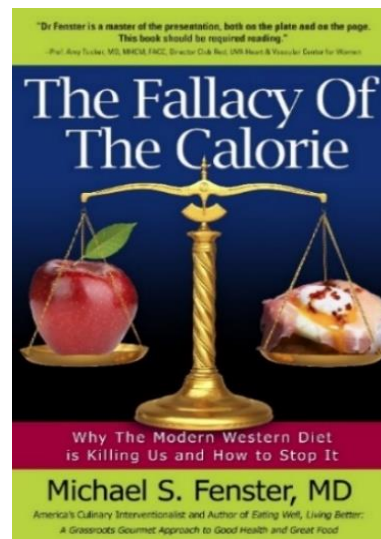
The percent increase in food allergies in the last decade.

24%

The percentage of children from middle to high school, by some estimates, with IBS.

What Is Making Our Children Sick? How Industrial Food Is Causing an Epidemic of Chronic Illness, and What Parents (and Doctors) Can Do About It. Exploring the links between GM Foods, Glyphosate, and Gut Health. Michelle Perro & Vincanne Adams, Chelsea Green Publishing, White River junction, Vermont;2017.

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!](#)