



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 2 OF WHAT IS MAKING
OUR CHILDREN SICK

JOURNEYS INTO QUANTUM FOOD

*"Modern food is industrial
food...crops designed to be used in
association with pesticides."*

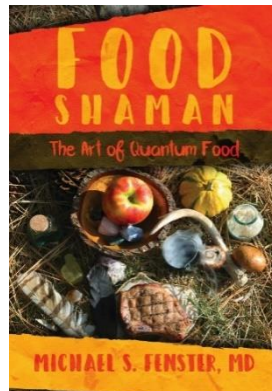
*~ What is Making Our Children
Sick? By M. Perro & V. Adams*



How we produce and procure our food matters!

This week at the Cauldron we conclude our discussion with Michelle Perro, MD.

It is an unpleasant turn of fate that genetically modified organisms (GMOs), originally developed to *reduce* pesticide



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

use has actually resulted in the converse. Millions of acres of cropland are now inundated with pesticide resistant weeds. This results in more toxic combinations and amounts of herbicides and insecticides (see Chef Dr. Mike's companion monograph to Food Shaman *Elemental Eating: The Roundup Chronicles*, free for newsletter subscribers).

As Michelle points out, the very foods themselves have now become biological pesticides. They deliver unto us a

plethora of food-based chemical toxicants.

When we eat such foods—a recent study in the UK found ~30% of breads contained the herbicide Roundup—the toxins get into our gut and into our bloodstream.



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 2 of What is Making Our Children Sick!

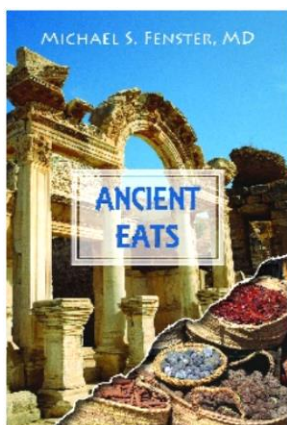
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THE NEW SHOW IS HERE!!!

.LIFE CHANGING.

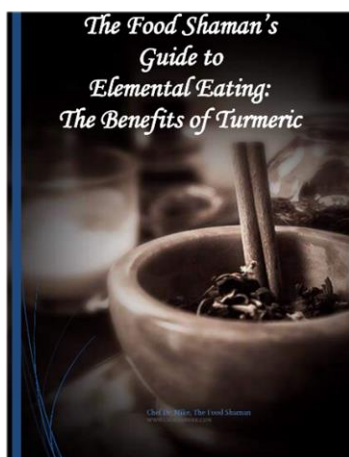


Join Chef Dr. Mike and the Dream Team in Fall 2018; helping folks move beyond Big Pharma for Diabetes Treatments.



Ancient Eats-Still Available!!

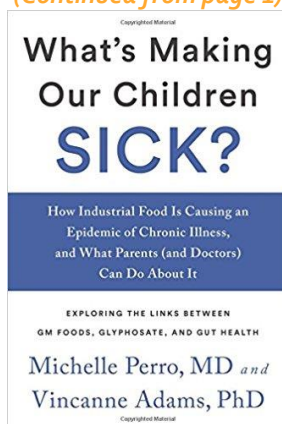
Order Dr. Mike's latest book, *Ancient Eats Volume 1: The Ancient Greeks & The Vikings*, on Amazon.com here: ([Ancient Eats](#)) before Foods Shaman hits the shelves!



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.

A recent congressional report revealed the detectable levels of the pesticide glyphosate, the active compound in Roundup, can be found in the blood of 90% of Americans.

Dr. Perro discusses the concept of eco-medicine; a form of medicine that places a primary emphasis on the simplest medicine of all; food.

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.

Dr. Perro discusses the rationale and science behind her belief that *everything* we eat should be organically based. That even conventional "healthy" foods like fruits and vegetables are contaminated with chemical toxicants because of the industrial way they modified or grown. She reveals why we need to go beyond the obvious "fake" foods, junk foods, and fast foods and re-examine what we eat, from the ground up; literally!

As Dr. Perro points out, our current situation is unsustainable. Our current approach has failed us. Tune in and see how we *can* reverse the trend; one delicious bite at a time!

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

90%

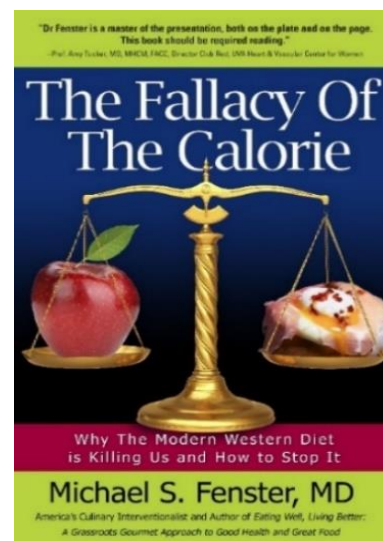
The percent of Americans with detectable levels of the pesticide glyphosate, the active chemical in Roundup, in their blood.

40%

The percentage of US children with some form of allergy.

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 [chefdr mike.com!](#)