



STAPH Meal: Society To Always Procure Healthfully Newsletter

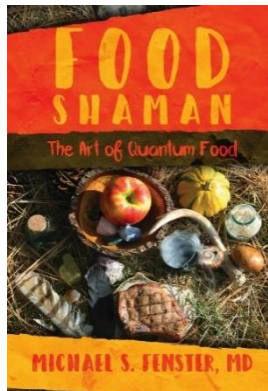
OFFICIAL NEWSLETTER OF CHEF DR. MIKE: THE FOOD SHAMAN
"CREATING CURES, NOT CUSTOMERS"

IN THIS ISSUE: SHRIMP SCAMPI

JOURNEYS INTO QUANTUM FOOD

"Anyway, like I was sayin', shrimp is the fruit of the sea. You can barbecue it, boil it, broil it, bake it, sauté it. Dey's uh, shrimp-kabobs, shrimp creole, shrimp gumbo. Pan fried, deep fried, stir-fried."

~ Bubba Blue, Forrest Gump (1994)



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

Shrimp Scampi with Pasta

Ingredients:

- 1 pound linguini
- 4 tablespoons butter
- 4 tablespoons extra-virgin olive oil, plus more for drizzling
- 2 shallots, finely diced
- 2 cloves garlic, minced
- 1 pound shrimp, peeled and deveined

- Pinch red pepper flakes, optional
- 1 pound shrimp, peeled and deveined
- Kosher salt and freshly ground black pepper
- 1/2 cup dry white wine
- Juice of 1 lemon
- 1/4 cup finely chopped parsley leaves

Directions:

For the pasta, put a large pot of water on the stove to boil. When it has come to the boil, add a couple of tablespoons of salt and the linguini. Stir to make sure the pasta separates; cover. When the water returns to a boil, cook for about 6 to 8 minutes or until the pasta is not quite done. Drain the pasta.



Shrimp, so many choices...so much flavor!

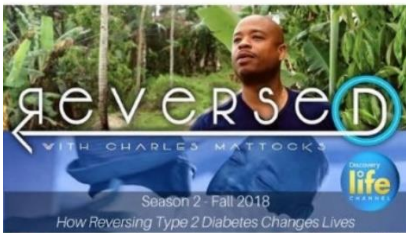


Culinary CPR with Chef Dr. Mike & Chef Luca Paris!

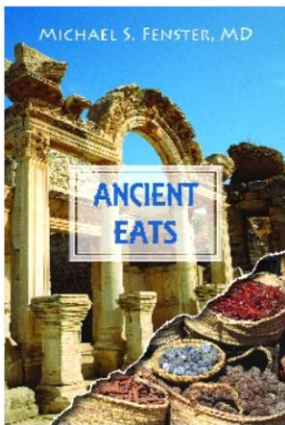
(Continued on page 2)

THE NEW SHOW IS HERE!!!

.LIFE CHANGING.

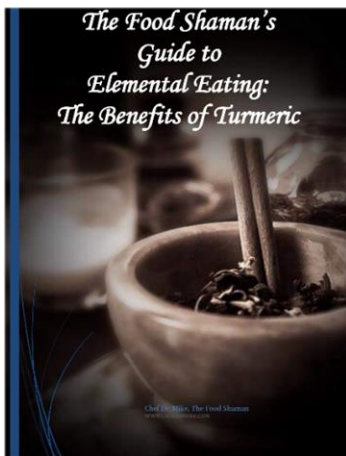


Join Chef Dr. Mike and the Dream Team in Fall 2018; helping folks move beyond Big Pharma for Diabetes Treatments.



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*.

Shrimp Scampi

(Continued from page 1)



Shrimp Scampi served with greens, tomatoes, and couscous

Directions (continued):

Meanwhile, in a large skillet, melt 2 tablespoons butter in 2 tablespoons olive oil over medium-high heat. Sauté the shallots, garlic, and red pepper flakes (if using) until the shallots are translucent, about 3 to 4 minutes. Season the shrimp with salt and pepper; add them to the pan and cook until they have turned pink, about 2 to 3 minutes. Remove the shrimp from the pan; set aside and keep warm.

Add wine and lemon juice and bring to a boil. Add 2 tablespoons butter and 2 tablespoons oil. When the butter has melted, return the shrimp to the pan along with the parsley and cooked pasta. Stir well and season with salt and pepper. Drizzle over a bit more olive oil and serve immediately.



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

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

HEALTHY BYTES BY THE NUMBERS

57%

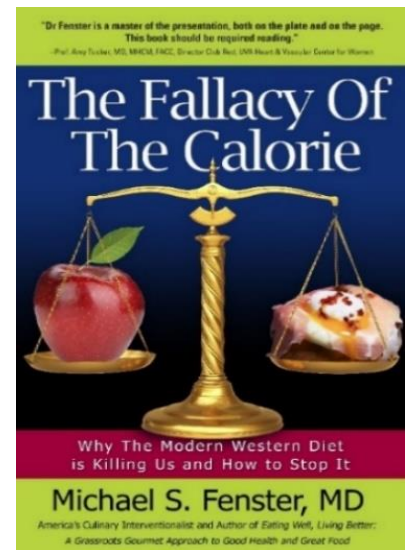
The percentage increase in risk of cardiovascular disease (CVD) in those obese patients with metabolic syndrome

50%

The likelihood of developing metabolic syndrome if you are obese

Metabolically Healthy Obesity, Transition to Metabolic Syndrome, and Cardiovascular Risk. Morgana Mongraw-Chaffin, PHD, Meredith C. Foster, SCD Cheryl A.M. Anderson, PHD Gregory L. Burke, MD, Nowreen Haq, MD, Rita R. Kalyani, MD, Pamela Ouyang, MD, Christopher T. Sibley, MD, Russell Tracy, PHD Mark Woodward, PHD, Dhananjay Vaidya, PHD. JACC, vol 71, No17; 2018

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!](#)