



STAPH Meal: Society To Always Procure Healthfully Newsletter

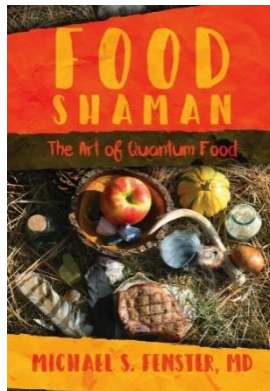
OFFICIAL NEWSLETTER OF CHEF DR. MIKE: THE FOOD SHAMAN
"CREATING CURES, NOT CUSTOMERS"

IN THIS ISSUE: GUT MICROBIOME

JOURNEYS INTO QUANTUM FOOD

"What we choose to eat each day is the most intimate and powerful expression of the interaction between our environment and our genetics."

~ from Food Shaman: The Art of Quantum Food



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

This week at The Cauldron we chat with Dr. Ward Bond, PhD about the gut microbiome. In my forthcoming book, *Food Shaman: The Art of Quantum Food*, I discuss the integral role this symbiotic organ plays in food and health. And how its recent rise to prominence over the last decade has destroyed many of the false narratives previous food and health recommendations and guidelines were built upon.

The interaction between what we eat, our environment, and our genetics is mediated by the microscopic minions in our belly; the gut microbiome. This razor thin interface of over a thousand different bacterial species, has co-evolved to co-metabolize the food we eat over millennia.



Ward Bond, PhD, is a leading holistic practitioner. He has over 30 years' experience and has been sharing his wisdom over the last 17 years through television and radio. Visit him at DrWardBond.com

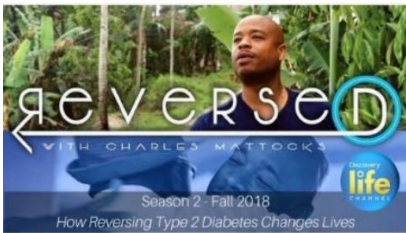
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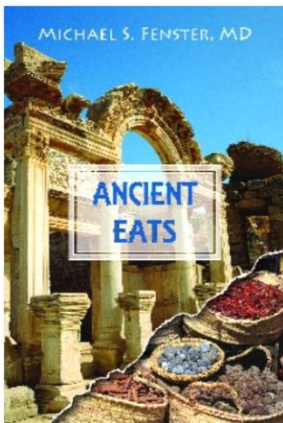
How we produce and procure our food matters!

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!



Subscribe to the podcast on iTunes and don't miss a trip to The Cauldron! While you're there make sure to rate the program!

The Human Gut Microbiome (Continued from page 1)



Source your supplements like you source your food: Quality first.

None of the current guidelines or recommendations, based on a half century of misdirection, misperception, and self-interest consider the ramifications of impacting the gut microbiome.

What we are learning is that the gut microbiome influences and impacts a host of body systems. There is a direct, two way consistently ongoing communication between the bacteria of our gut and our brain and nervous system. This impacts our gut mobility and thus diseases like Inflammatory Bowel Syndrome (IBS). It impacts the immune system (the largest portion of which resides in the gut) and thus impacts disease like ulcerative colitis and Crohn's disease; Inflammatory Bowel Disease or IBD.

The effects reach far beyond just the gastrointestinal tract. Gut bacteria secrete serotonin, the happy juice at the center of such anti-depressants as SSRIs, (serotonin receptor uptake inhibitors) which block the reabsorption (reuptake) of serotonin. Turns out, depression is every bit as potent a risk factor for heart disease as any cholesterol level! And the list goes on.

Make sure you catch this cutting edge, incredibly informative show with a gut microbiome leading expert!

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

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

HEALTHY BYTES BY THE NUMBERS

90%

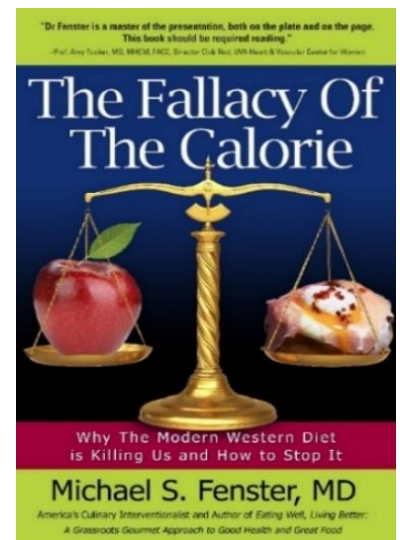
The percent of the metagenome (the DNA of us and everything inside of us) that comes from non-human sources

10%

The percentage of cells that make up a human organism that are human (10 trillion human cells versus 100 trillion bacterial cells that comprise a functioning human organism).

Food Shaman: The Art of Quantum Food. Michael Fenster, MD. Post Hill Press; June 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!](#)