



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 & BRAIN HEALTH

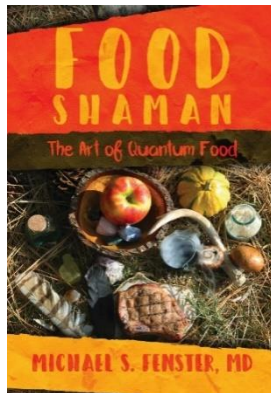
JOURNEYS INTO QUANTUM FOOD

"Over the long term, counting calories is neither biologically nor behaviorally relevant. Food is relevant."

~ from Food Shaman: The Art of Quantum Food



The closer we look, the difference between health and wellness or disability and disease seems to hinge upon authenticity for ourselves and our diet!



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, he's back! We can't get enough of his wisdom and common-sense recommendations. It's Bond, Ward Bond PhD!

It was thought for a long time, and this belief still permeates many approaches to food and diet, that the brain-gut interaction was a one-way communication. It was thought that the brain could influence the gut via the vagus nerve; in much the same way a boss dictates to their employees. In

other words, it was a central command, one-way conversation.

As I detail in *Food Shaman*, turns out we could not have possibly been more wrong! In fact, many scientists now feel the human gut, with its extensive



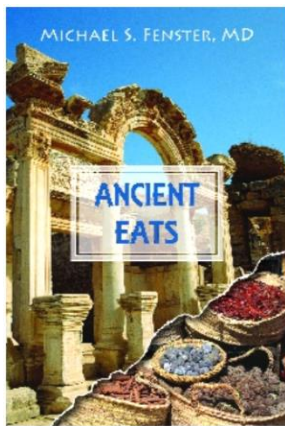
Ward Bond, PhD, is a leading holistic practitioner. He has over 30 years' experience and has been sharing his wisdom over the last 17 years through television and radio. Visit him at DrWardBond.com

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THE NEW SHOW IS HERE!!!



Join Chef Dr. Mike and the Dream Team in Fall 2018 on Discovery Channel; 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 Gut-Brain Interaction

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

neurological wiring (on par, neuron wise, with the brain of a cat or dog) was our "first" brain. They go on to speculate that the entire purpose of our now impressive cerebral capacity was to make sure the "first" brain got fed!

What we are learning is that the gut microbiome influences and impacts not only the gastrointestinal tract, but a host of body systems including the brain. The data is now clear that bacterial products can enter the blood stream and make their way to the brain. The packages from our wee beasties then crosses the blood-brain barrier and exerts neurological effects in a manner particularly reminiscent of human hormones.

There is a direct, robust and *two* way consistently ongoing communication between the bacteria of our gut, the neurons of our gastrointestinal system and our brain.

This revelation, which has only come to light within the last decade, provides a great opportunity to intervene with novel treatments for problems ranging from IBS and IBD to depression and dementia. This includes YOUR ability to control what those bacteria are and thus the message that they ultimately whisper to cerebrum! Don't miss this insightful discussion!

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

60%

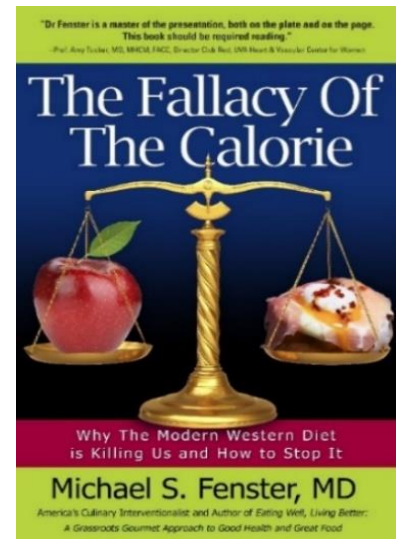
The percent of daily sodium that comes from store-bought take away and restaurant foods

1%

The percentage of the world's population-yes THE WORLD POPULATION- served by McDonald's every day (~68 million people)

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!](#)