



STAPH Meal: Society To Always Procure Healthfully Newsletter

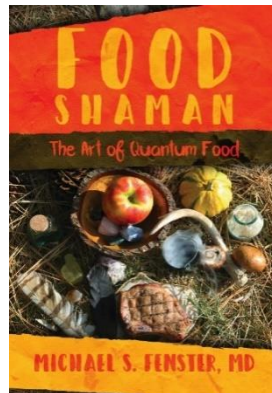
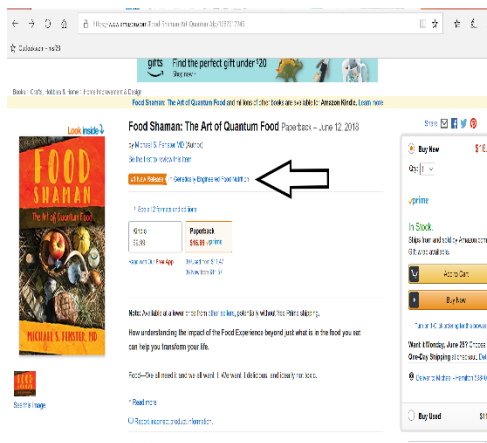
OFFICIAL NEWSLETTER OF CHEF DR. MIKE: THE FOOD SHAMAN
"CREATING CURES, NOT CUSTOMERS"

IN THIS ISSUE: REVERSED₂

JOURNEYS INTO QUANTUM FOOD

"Ultra-processed food is responsible for over 90 percent of the sugar consumed in the modern Western diet."

~ from Food Shaman: The Art of Quantum Food



The NEW groundbreaking book on The Food Experience is now available Click to order!

This week at The Cauldron we chat with Charles Mattocks. Charles is the nephew of musical legend, Bob Marley. Charles launched his own successful career in the arts, first as an award nominated actor. He then became a celebrity chef, writing best-selling cookbooks and appearing on television nationwide.

Then came the devastating news, Charles was diagnosed with type 2 diabetes. He was determined to save his life and knew he had to help others do

the same. "The Diabetic You" documentary, website, and movement came out of that determination to educate and inspire people around the world.

Charles recently aired his hit TV show, *Reversed*, on the Discovery Channel family of stations. It is the first ever reality documentary TV series which focuses on diabetes. It features five people living with diabetes and captures their struggles and their quest for hope.



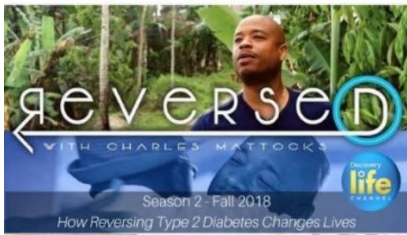
Charles Mattocks, nephew of legendary musician Bob Marley, Award nominated actor, Celebrity Chef and Crusader for a diabetic cure; joins us this week at The Cauldron to discuss Reversed!

(Continued on page 2)

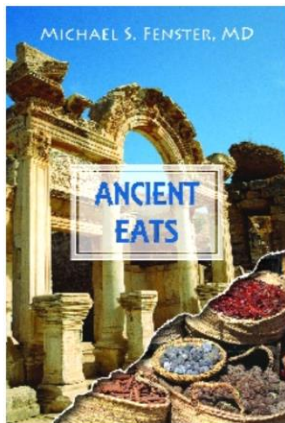
Food Shaman: An Amazon #1 New Release! Got Your Copy?

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 previous book, *Ancient Eats Volume 1: The Ancient Greeks & The Vikings*, on Amazon.com here: ([Ancient Eats](#)). Take a culinary journey into the past!



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!

Reversed
(Continued from page 1)



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

SEASON 2 - IN PRE-PRODUCTION

Following the overwhelming success of season one of Reversed, Charles and his talented team are working on creating another amazing season that will take a new set of guests, on another journey of self-discovery and onto a healing path.

The new season will come with more exciting twists and turns as Chef Dr. Mike, The Food Shaman, will introduce an evidence-based diet. As detailed in The Fallacy of The Calorie and the latest offering, Food Shaman, the approach focuses on quality, not categories. Along the way, in typical Food Shaman fashion, Chef Dr. Mike will destroy inaccurate food myths and antiquated ideas and approaches. The guests will be put in situations where they will be pushed to make the changes to live a better overall quality of life.

Charles recounts that the results of the guests from season 1 have been truly amazing and they have maintained their changes and have become advocates for diabetes and better health.

With a new team led by Chef Dr. Mike and other experts, Reversed2 is bound to change minds and lives!

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

75%

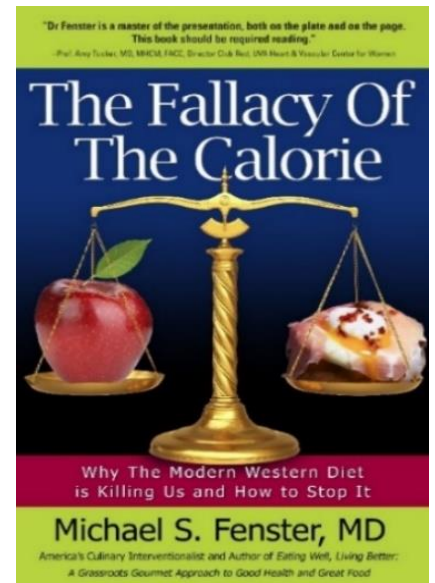
The percent of all the high fructose corn syrup produced used by the processed food industry.

45%

The percentage of additives released under GRAS regulations and therefore untested as to their effects.

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 book that started it all; 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!](#)