



STAPH Meal: Society To Always Procure Healthfully Newsletter

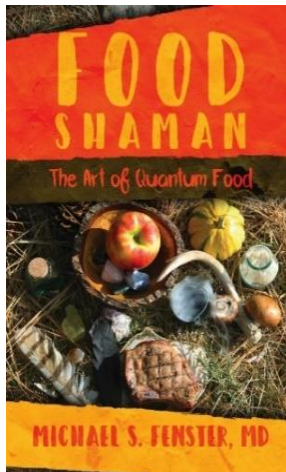
OFFICIAL NEWSLETTER OF CHEF DR. MIKE: THE FOOD SHAMAN
"CREATING CURES, NOT CUSTOMERS"

IN THIS ISSUE: FALAFEL

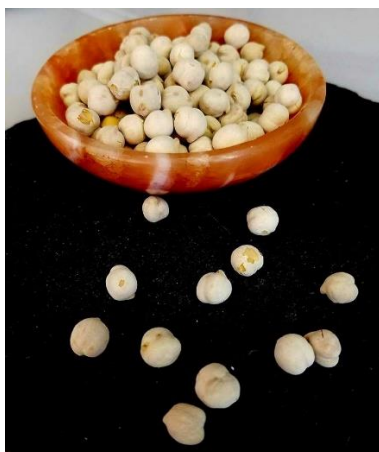
JOURNEYS INTO QUANTUM FOOD: Culinary CPR

*"Much like the quantum physicist,
The Food Shaman looks at the
connection of natural foods and
Nature with life; but without doing
the math."*

*~ Food Shaman: The Art of
Quantum Food (available now)*



*The NEW groundbreaking book on The Food
Experience available NOW*



Chick peas are more than hummus!

Nobody likes to be pigeonholed;
ingredients included!
Great Mediterranean ingredients like
chickpeas, to some, have become a one-
dimensional hummus dip. Adding insult
to injury, it is often a banal, mass
produced brand loaded with additives.
This week, Chefs Dr. Mike and Luca
show you how to expand your game by
dressing up chick peas in a new way;
delicious falafel!

Mediterranean Falafels

Ingredients:

For the Falafels

- 15 oz. dried chick peas
chickpeas, drained
- 4 cloves garlic,
- 1 shallot,
- 2 tbsp. parsley
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- 2 tbsp. all-purpose flour
- kosher salt
- Freshly ground black pepper
- Vegetable oil, for frying

For the Sauce

- 1/2 c. tahini
- 1/2 tsp. garlic powder
- 2 tbsp. warm water (plus more
as needed)
- kosher salt

For Serving

- pitas
 - chopped lettuce
- (Continued on page 2)

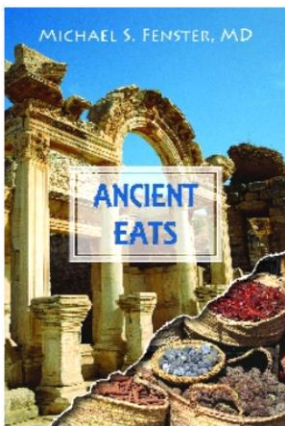
STAY TUNED FOR EXCITING FOOD
SHAMAN NEWS FOR FALL 2019!!!



**American
Heart
Association®**

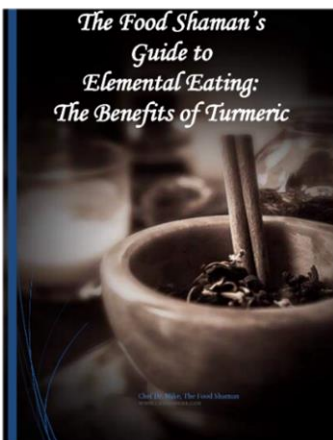
life is why™

Join Chef Dr. Mike as he delivers the keynote address for the AHA Go Red for Women Program during Heart Month; February 2019 in Anchorage, Alaska!



Ancient Eats-Still Available!!

Order Dr. Mike's food based historical tales, *Ancient Eats Volume I: The Ancient Greeks & The Vikings*, on Amazon.com here: ([Ancient Eats](#)) whilst you pick up your copy of Food Shaman



Only newsletter subscribers get the free monograph companions to Food Shaman: *The Art of Quantum Food*.

Falafels (Continued from page 1)



Moussaka is a delicious meal any time of day.

For Serving (continued)

- halved cherry tomatoes
- thinly sliced cucumbers

Directions:

In a food processor fitted with a metal blade, combine chickpeas (that have been in warm water overnight), garlic, shallot, parsley, cumin, coriander, and flour and season with salt and pepper. Blend until mixture resembles a thick paste.

Form mixture into falafel balls.

In a shallow pot, heat 1" vegetable oil.

Fry falafels until golden, then transfer to a paper towel-lined plate.

Make sauce: In a small bowl, whisk together tahini, garlic powder, and warm water. Season with salt.

Serve falafels in pita with lettuce, tomatoes, and cucumber and drizzle with sauce.

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

16-54%

The percentage reduction of Coenzyme Q₁₀ seen in those patients taking statin medications

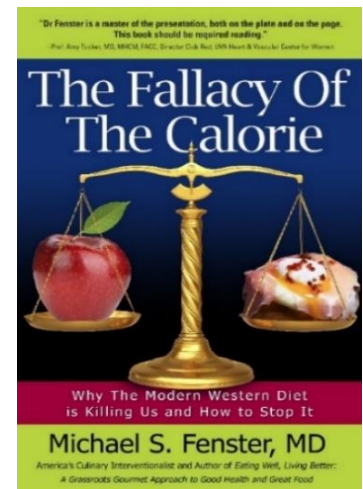
~60%

The reduction in statin associated muscle discomfort in those taking Coenzyme Q₁₀ supplementation.

Qu, Hua. et al. Effects of Coenzyme Q₂₀ on statin induced myopathy: An updated meta-analysis of randomized controlled trials. *Journal of The American heart Association* (7) 19. 2018

Foods rich in Coenzyme Q₂₀ include organ meats, red meats, poultry, fatty fish, legumes, sesame seeds, oranges, strawberries, spinach, cauliflower, and broccoli.

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!](#)