



STAPH Meal: Society To Always Procure Healthfully Newsletter

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

IN THIS ISSUE: FATFLAMMATION!

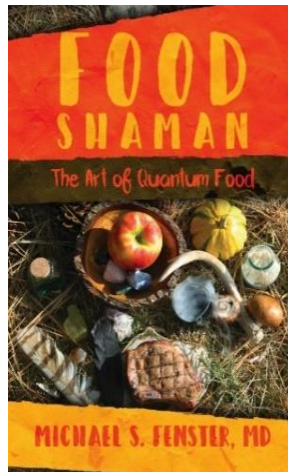
JOURNEYS INTO QUANTUM FOOD: Culinary CPR

"Particularly in the last fifty to seventy-five years, we have altered our food and food pathways to such a degree that 60 percent of the modern diet consists of ultra-processed food."

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



Lori Shemek, PhD, CNC



The NEW groundbreaking book on The Food Experience available NOW

This week, Dr. Lori Shemek joins Chef Dr. Mike at The Cauldron for a two-part discussion of Fatflammation!

Dr. Lori Shemek is well known as a pioneer in creating global awareness of low-level inflammation and how it is responsible for and the core cause of most illness, disease, faster aging and weight gain. She has been sending out

the message about inflammation long before it was a buzz word.

Dr. Lori has uncovered the pathway to the core cause of weight: inflamed fat cells that not only promote unwanted excess weight gain and belly fat, but poor health as well.

Lori Shemek is a Nutrition and Weight Loss expert, a best-selling author and specializes in weight loss resistance. She has helped many people to once and for all lose the weight and feel better fast. She shows people how to spot sneaky foods that create weight gain, to kick sugar addiction to the curb, and shift from eating the wrong foods to the exact foods that burn fat.

Dr. Shemek is the author of *How To Fight FATflammation!* and the best-selling author of *Fire-Up Your Fat Burn!* She is a leading health and weight loss expert and also known as "The Inflammation Terminator."

(Continued on page 2)

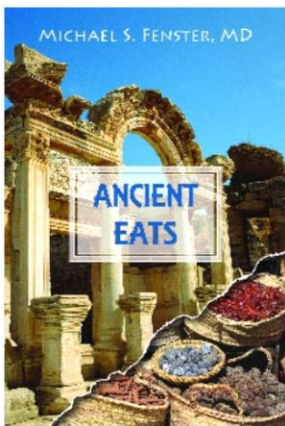
STAY TUNED FOR EXCITING FOOD
SHAMAN NEWS FOR FALL 2019!!!



**American
Heart
Association®**

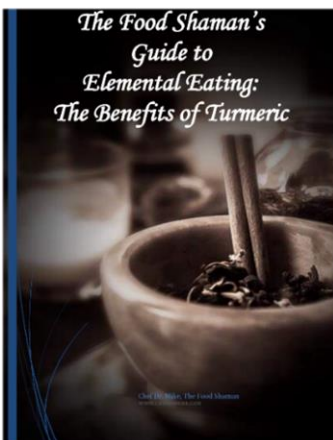
life is why™

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!



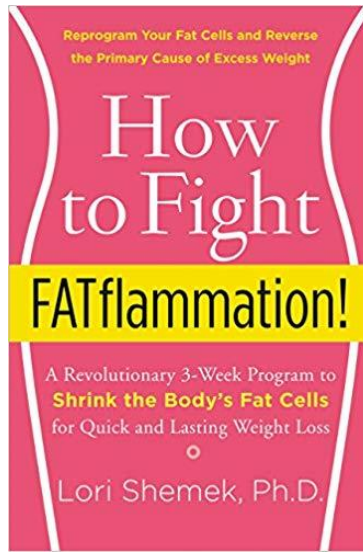
Ancient Eats-Still Available!!

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*.

Dr. Shemek (Continued from page 1)



Check out Dr. Lori Shemek's book for expert advice in weight loss available on Amazon (click to follow the link).

She has made it her mission to help clients lose weight and educate the public on the toxic effects of certain foods and lifestyle choices and how they create inflammation in the body resulting in weight gain. She is a leading authority on inflammation and its role in weight loss, preventing disease and optimizing health.

The Huffington Post has recognized Dr. Shemek twice as one of the Top 16 Health and Fitness Experts, alongside such names as Dr. Oz and David Zinczenko, author of *Eat This, Not That*. *The Huffington Post* has also recognized her as one of the Top 35 Diet and Nutrition Experts. Lori is a health contributor to Fox News; she is also a health expert for the ABC TV show, *Good Morning Texas*.

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

15%

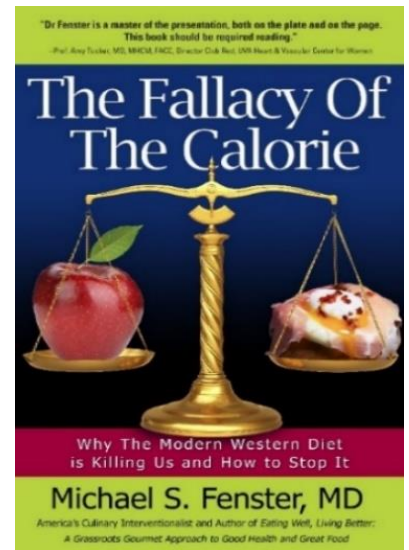
The increased percentage of hypertension among African-Americans compared to Caucasian Americans

~52%

The proportion of increased risk of hypertension among African-Americans due to diet.

Howard, George. et al. Association of Clinical and Social Factors with Excess Hypertension Risk in Black Compared to White US Adults. *Journal of The American Medical Association* 320 (13) 1338-1348, 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!](#)