



# 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! PART 2

## JOURNEYS INTO QUANTUM FOOD: Culinary CPR

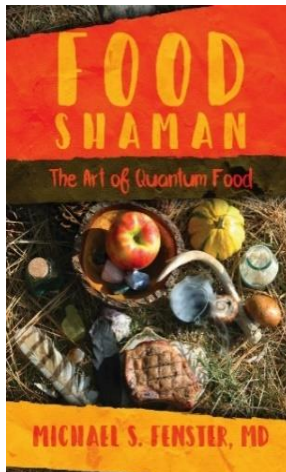
*"In simple terms, it is not how much you eat or its caloric content; it is the quality of the food that matters."*

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



*"You have the power within you to create the life you love."*

*~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 part two of a discussion of Fatflammation!

Dr. Shemek holds a Doctorate in Psychology; she is a Certified Nutritional Consultant and a Certified Life Coach.

She has been a featured guest on numerous radio talk shows as well as TV; Dr. Lori is a health expert on the

Discovery Channel TV show *REVERSED*, featured on CBS' *The Doctors* TV show, she has been interviewed in CNN, Fox News, *The Ricki Lake Show – Friends of Ricki*, Dr. Oz's *Good Life Magazine*, *Ladies Home Journal*, *Shape Magazine*, *Woman's Day Magazine*, *Health Magazine*, *Redbook Magazine* and many others. Lori has authored numerous articles and is actively doing speaking engagements for events, organizations, large and small. She is a leading health and weight loss expert and also known as "The Inflammation Terminator."

This week Dr. Shemek return to The Cauldron to share tips on how to combat obesity associated with inflammation. As both Chef Dr. Mike and Dr. Shemek discuss, "Cutting calories doesn't cut it!"

Dr. Lori Shemek shares her expertise discussing potential interventions in many areas beyond just dietary choices; massage therapy, antibiotic usage, exercise and fitness, and emotional balance.

(Continued on page 2)

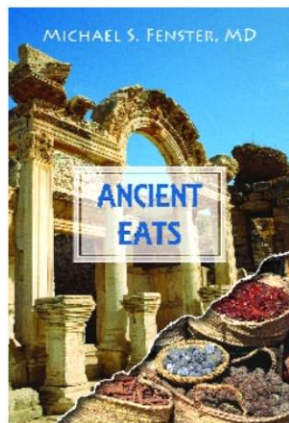
STAY TUNED FOR EXCITING FOOD  
SHAMAN NEWS FOR FALL 2019!!!



**American  
Heart  
Association®**

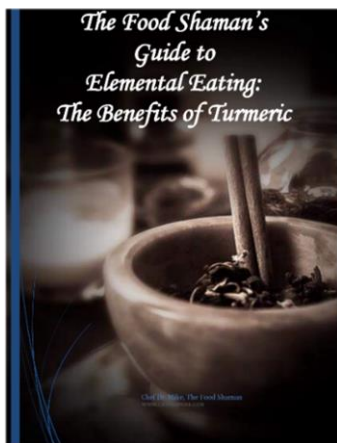
life is why™

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.

This two part series is packed full of valuable information, useful tips, and practical advice. It is something you don't want to miss and be sure to share it with your friends and family.

You can learn more about Dr. Shemek's work at [www.drlorishemek.com](http://www.drlorishemek.com).

You can view Doc's award-winning cooking videos here: [Dr. Mike Cooks](#).

Check out The Food Shaman's latest musings at [PsychologyToday.com](http://PsychologyToday.com)

### HEALTHY BYTES BY THE NUMBERS

75%

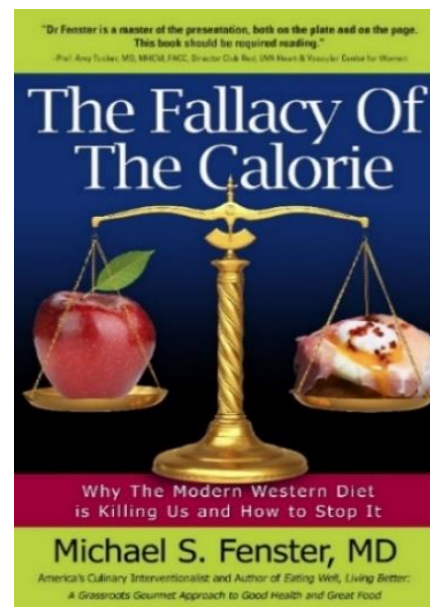
The percentage of total sugar production that is used to mass produce highly processed foodstuffs found in the modern Western diet.

>90%

The proportion of sugar in the modern Western diet that comes from ultra-processed food

Fenster, Michael S. *Food Shaman: The Art of Quantum Food*. Post Hill Press, 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](http://ChefDrMike.com) or catch the podcasts on [iTunes](#) or [chefdrmike.com!](http://chefdrmike.com)