



STAPH Meal: Society To Always Procure Healthfully Newsletter

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

IN THIS ISSUE: AMERICAN HEART

JOURNEYS INTO QUANTUM FOOD: The American Heart Issue

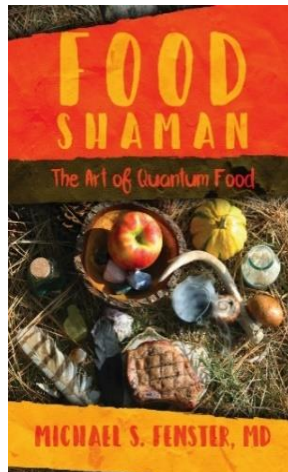
*"Time spent eating and drinking
with good company is time spent
with the gods"*

- The Food Shaman



*Java Rum Lime Ceviche made with Wild Alaskan
Salmon was a feature at the cooking demo*

This past week I had the great honor to participate as a guest speaker, chef hosting a cooking demonstration, and



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the keynote presenter at the American Heart Association Go Red for Women national campaign hosted in Anchorage Alaska.

A big round of thanks to Kristin George, Chef Colin, and Chef Peter in the entire American Heart Association Alaska chapter senior leadership team for making the event such a splendid success.

One of the great features of the program is the free e-book giveaway that accompanies this newsletter. This e-book features three original wild Alaskan salmon recipes by Chef Dr. Mike. All three dishes are American Heart Association approved.

As detailed in the accompanying e-book, these recipes all utilize the same basic protein which is wild Alaskan salmon. However, you could also easily substitute another of your favorite types of fish or even chicken.

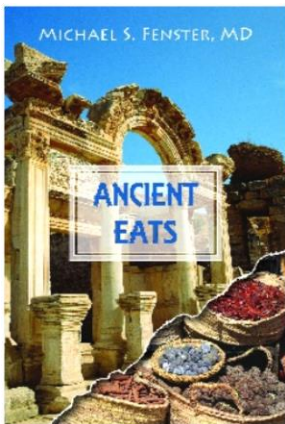
The purpose behind the cooking demonstration was to highlight the wide varieties of tempting tastes that anyone can explore and experience by simply bearing the flavor profile.

By altering the supporting cast of spices and herbs you can deliver a completely different dish. Just imagine your favorite actor starring in a comedy, or drama, or even a horror film.

(Continued on page 2)



Chef Dr. Mike rocked the house when he delivered 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



Salmon Curry was the featured dish during the cooking demonstration. Folks got to sample this and the Java Rum Lime Ceviche as well

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

**American Heart Association
Keynote Address and Cooking
Demo
(Continued from page 1)**



The Food Shaman rocking the Red Carpet

In much the same way, we have the same protein surrounded by a different supporting cast that tells three very different stories. We have a southern India inspired fish curry that obviously delivers the flavor profile from this region.

This contrasts sharply with an equally delicious ceviche from the Caribbean that uses the flavors of citrus and a Java (or your favorite dark) rum to "cook" the salmon that is dusted with the fragrance of allspice.

Finally, there are the Mediterranean inspired flavors of southern France that shine through in a lovely Lavender and Dijon Salmon recipe.



HEALTHY BYTES BY THE NUMBERS

3%

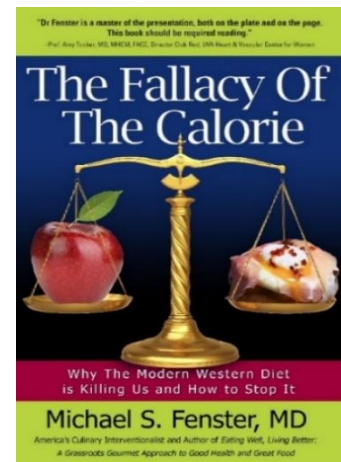
The percentage of US adults consider themselves vegetarians, of whom nearly half are vegan.

66%

The percentage of greater weight loss seen in those eating like a Viking (12 versus 4 pounds weight loss) in the New Nordic Diet versus the average Danish diet

Sanne K Poulsen, Anette Due, Andreas B Jordy, Bente Kiens, Ken D Stark, Steen Stender, Claus Holst, Arne Astrup, Thomas M Larsen; Health effect of the New Nordic Diet in adults with increased waist circumference: a 6-mo randomized controlled trial, The American Journal of Clinical Nutrition, Volume 99, Issue 1, 1 January 2014, Pages 35-45, <https://doi.org/10.3945/ajcn.113.069393>

Learn more about salt, sugar, fats and real versus processed foods in the groundbreaking book, The Fallacy of The Calorie!



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