



# 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 COLLEGE OF  
CARDIOLOGY

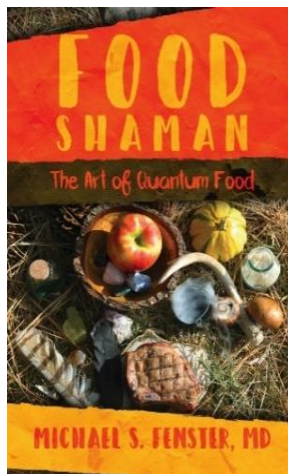
## JOURNEYS INTO QUANTUM FOOD: The New Orleans Episode

*"Viewing food only through the lens of nutrition is like saying a tear is nothing more than carbon, salt and water"*

*- The Food Shaman*



*Using real, authentic ingredients like those found in this from scratch crawfish bisque highlights regional foods with local flavor profiles that makes food both delicious and fundamentally nutritious as well.*



*The Amazon Best Seller Available NOW. Ahead of the curve in looking at food, flavor, and function-at least according to latest ACC Guidelines!*

This past week I had the pleasure to attend the American College of Cardiology meeting in New Orleans, one of my favorite food cities, after participating as a guest speaker, chef hosting a cooking demonstration, and the keynote presenter at the American Heart Association Go Red for Women national campaign in Anchorage, Alaska.

One of the major revelations released during the conference was the announcement of the first ever primary prevention guidelines.

One of the recommendations-among the top 10 take-aways listed on page 2-is a healthy diet. But as we all know, easier said than done, especially in a place like New Orleans!

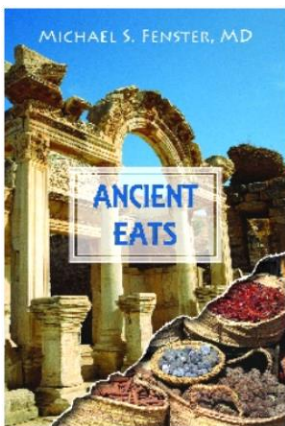
What exactly does "eat a healthy diet" mean? Sounds great, but as readers of my books and followers of the Food Shaman know; how do we define that?

As I introduce in *Fallacy of The Calorie* and expand upon in *Food Shaman: The Art of Quantum Food* is an approach to ingredients that concentrates on natural, wholesome, unadulterated foodstuffs with minimal post processing. Increasingly (as detailed in *Food Shaman*) the evidence is showing that HOW we produce food is as important, if not more so, than WHAT the base ingredient is.

(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



*Avoiding ultra-processed foods that define the standard American diet is a key to better health and superior taste*

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

## American College of Cardiology (Continued from page 1)



*The Food Shaman rocking the Red Carpet*

### Primary prevention guideline: The top 10 takeaways

1. Most importantly, have a healthy lifestyle throughout life.
2. Use team-based care, and evaluate each person's social determinants of health to inform management.
3. Perform a 10-year atherosclerotic cardiovascular disease risk estimation on adults age 75 years or younger.
4. Eat a healthy diet, and maintain normal weight.
5. Engage in physical activity.
6. Manage type 2 diabetes appropriately.
7. Stop smoking tobacco.
8. Use aspirin infrequently for primary prevention.
9. Use statin treatment appropriately to reduce risk and low-density lipoprotein cholesterol levels.
10. Manage blood pressure to recommended levels, generally less than 130/80 mm Hg.



### HEALTHY BYTES BY THE NUMBERS

1%

The percentage increase in heart disease seen in 2015 following over 40 years of steady declines.

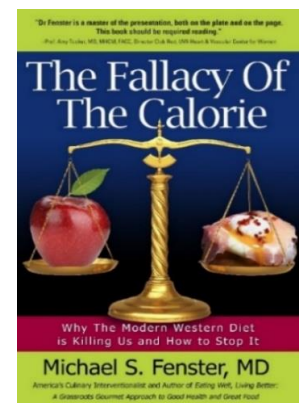
20%

The percentage increase in type 2 diabetes seen with just one serving per day of sweetened-sugar sweetened or artificially-beverages

Arnett DK et al. *J Amer Coll Cardiol.* 2019 March 17;doi: 10.1016/j.jacc.2019.03.010.

By looking carefully, even in a place renowned for fried, fried, fried; one can find chefs crafting scrumptious food with fresh ingredients that retain the local flavors. That recipe delivers great health as well as taste!

### 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!](#)