



STAPH Meal: Society To Always Procure Healthfully Newsletter

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

IN THIS ISSUE: THE GARDEN OF EATIN'-
JAMAICA

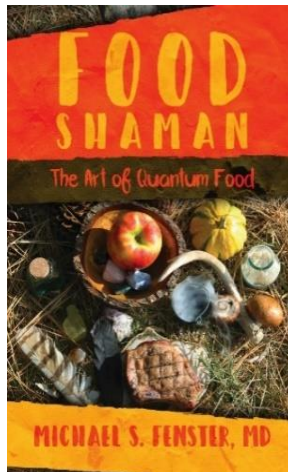
JOURNEYS INTO QUANTUM FOOD: The Jamaica Episode

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

~ The Food Shaman



*Jamaica offers bounty from the land, like this
array of fresh fruit and vegetable dishes, as well
as ocean sweet offerings of fish and seafood.*



*The Amazon Best Seller Available NOW. Ahead of
the curve in looking at food, flavor, and function*

Recently I had the pleasure of participating in a program led by the inimitable Andrew Steed (www.andrewsteed.com); make sure you check out his books and programs if you have not already! As a beautiful bonus, the course was held on the island of Jamaica. Unlike many Caribbean islands, Jamaica is volcanic in origin and boasts a relatively large land mass as well as a wide range

of environments. There are cool air heights that produce some of the world's best coffee from the Blue Mountain area.

There are beaches resplendent with fresh seafood. There are coastal plains where in the past sugar cane was (and in many locales, still is) grown. Trucks can still be seen hauling the harvest to processing plants as well as rum distilleries. In many of the areas formerly dedicated to plantation farming, exciting new varieties of crops are being introduced and grown. There are also incredible wetlands that house all sorts of comestibles, including the uniquely spicily prepared crustaceans known as Jamaican pepper swims or just "swim-swims".

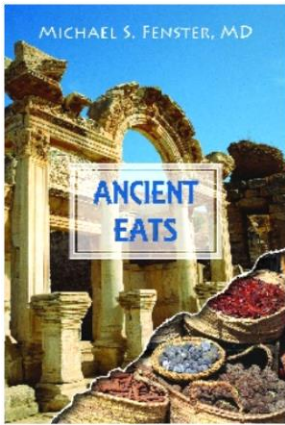
The wide range of ingredients and foods is matched by the fusion of several distinctive cuisines that directly reflect the unique history of this island nation. The native Arawak or Taino peoples

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



Chef Dr. Mike with Miss Jackie, the proprietor of Jackie's on The Reef. Here Jackie educates The Food Shaman on some Jamaican garden gems soon to make their way to the dinner plate!



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



Wherever you go, remember to practice The Art of Source-ry! The more you know about where your food comes from the better-and it doesn't get better than across the road from Jackie's garden!

Jamaica
 (Continued from page 1)



Ackee fruit; a uniquely Jamaican treat that cooks up like scrambled eggs and is often served with fish!

Greeted the first foreigners to this island paradise. Later culinary influences include Spanish, British, African, Scottish, and Irish. Most recently, there has been an influx of various peoples from the Middle-East and Asia. Jamaican cuisine continues to evolve beyond just jerk seasonings.

All of that and more can be found at the resort where the program was centered; Jackie's on The Reef (www.jackiesonthereef.com) located on Jamaica's western coast in Negril; not far from Montego Bay; or MoBay as it's known locally.

Jackie's is a true sanctuary situated right on the ocean. Procuring menu items directly from the sea, local providers or best yet, her garden across the street; within the island paradise of Jamaica, Jackie's on The Reef is a Garden of Eatin'!



Jackie's on The Reef; all the elements of a great food experience

HEALTHY BYTES BY THE NUMBERS

31%

The percentage decrease in mortality seen in those exercising more than 20 minutes per day (between 150-299 minutes per week).

18%

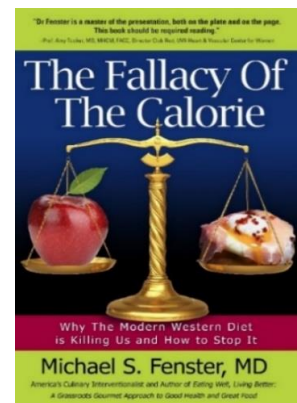
The percentage decrease in overall mortality with just 10 minutes of exercise per week

Zhao, Min et al. Br J of Sports Med. 2019 March; doi: 10.10136/bjsports-2018-099254



Prepared Ackee fruit

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 [chefdrmike.com!](http://chefdrmike.com)