



STAPH Meal: Society To Always Procure Healthfully Newsletter

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

IN THIS ISSUE: LIVIN' SHARP

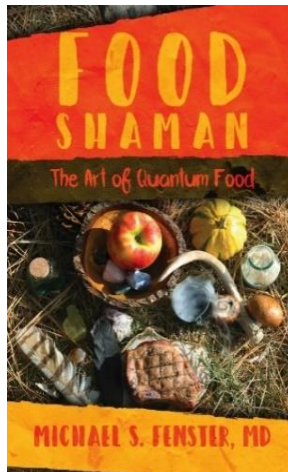
JOURNEYS INTO QUANTUM FOOD: Livin' Sharp

"A lifetime of regrets is no life at all."

~ The Food Shaman



This week at The Cauldron social media icon Bethany Sharp, from the [Livin' Sharp Blog](#), joins us to share wellness tips.



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

This week at the cauldron we welcome Bethany Sharp, social media influencer and the force behind the mega-hit lifestyle blog site, [Livin' Sharp](#).

As all of you know, a central tenet to The Food Shaman practice is authenticity in all we do; in all our relationships including our relationship with food. That's why it was such a pleasure for

Bethany to share her insights in expanding that principal beyond the dinner table. As she says:

In my life journey, one thing I've discovered is that a big part of the recipe to feeling great about yourself is learning to be yourself, love yourself, and live life authentically as the person you are and were created to be. When you achieve this, then you become the full package and your outer beauty radiates even more! So, how do I define "Livin' Sharp", and what do I really want you to remember when you see the name? BE YOU. LOVE YOU. LIVE YOU.

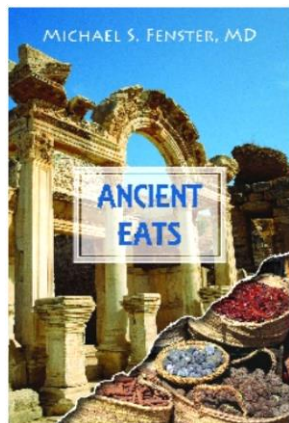
This week on JiQF, Bethany speaks from the heart about her personal journey, trials and tribulations as well as her many great successes that led her to formulate, enact, and share her story and philosophy.

As a lifetime lover of all things
(Continued on page 2)

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



Nest week on JiQF it's another episode of Culinary CPR featuring the unusual cut of lamb breast..



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!

Living' Sharp (Continued from page 1)



This week Bethany Sharp discusses her philosophy for happiness & wellness: Be You. Love You. Live You™

entertainment, Bethany stepped onto the stage, discovering her passion for dance and stage performance, at the early age of four.

She has gone to continued success as a NFL cheerleader for the Tennessee Titans, acclaimed actress, and in 2012 was named Mrs. Tennessee America and competed at Mrs. America later that year, placing in the top six.

Later that same year she was chosen by Nashville Lifestyles Magazine as one of [Nashville's 25 Most Beautiful People of 2012](#), alongside Lisa Marie Presley.

Bethany is a woman who has other women at heart, because when she loves a product or service, she will shout it from the rooftop! No beauty "secrets" here....she wants everyone to know about the things she finds that enrich her life.

She believes in sharing her ideas about becoming your best self, both inside and out. So, now in her 4th decade of life, this loving wife and busy mother of three young boys, three bonus daughters, and two dogs, is excited to explore all things lifestyle with you through her blog, [Living' Sharp](#).

HEALTHY BYTES BY THE NUMBERS

20%

A family history of heart disease is associated with a 20% increase in depression risk

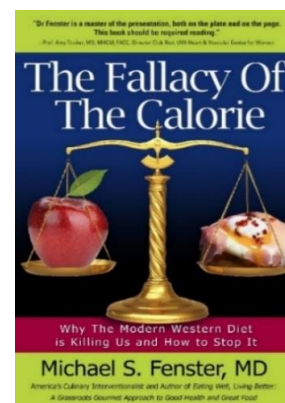
11%

In women with breast cancer (stage I to III), exercise was not only safe, but reduced their 10-year cardiovascular risk by 11%

Golam M. Khandaker, Verena Zuber, Jessica M. B. Rees, Livia Carvalho, Amy M. Mason, Christopher N. Foley, Apostolos Gkatzionis, Peter B. Jones & Stephen Burgess. Shared mechanisms between coronary heart disease and depression: findings from a large UK general population-based cohort. *Molecular Psychiatry* 2019

Lee K, Tripathy D, Demark-Wahnefried W, et al. Effect of Aerobic and Resistance Exercise Intervention on Cardiovascular Disease Risk in Women With Early-Stage Breast Cancer: A Randomized Clinical Trial. *JAMA Oncol.* 2019. doi:10.1001/jamaoncol.2019.0038

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!](#)