



# STAPH Meal: Society To Always Procure Healthfully Newsletter

OFFICIAL NEWSLETTER OF DR. MIKE: AMERICA'S CULINARY INTERVENTIONALIST

IN THIS ISSUE: POMEGRANATE JUICE

## The Food As Therapy (FAT) Experience: Pomegranate Juice



### The Story of fruit juices

For the last several decades, the public has been given contradictory information on the consumption of fruit juices. At one time, such a beverage was lauded as the way to start each morning; a glass of Florida orange juice for vitamin C and off you go! This was followed by a juicing craze that birthed a caveat. We were then told too much fruit juice could raise your blood sugar dramatically and precipitate the development of such modern scourges as obesity, diabetes and heart disease.

From there, Health "experts" even went so far as to recommend avoiding fruit in any form.

As a natural source of many vitamins, minerals, phytochemicals and particularly soluble fiber; fruits have been a mainstay of the hominid diet for millions of years. They are nature's energy snack as many fruits provide easily digestible sugars, as well.



Check out this week's recipe  
featured on Culinary CPR  
with Dr. Mike and Chef Luca  
Paris on page 2

A recent study looked at the potential health benefits of just such a comestible; pomegranate juice. They evaluated the results of 8 previous trials (in what is known as a meta-analysis) that examined the effect of pomegranate juice on blood pressure.

It is important to realize that seemingly small effects yield big results. The

average blood pressure reduction seen with an approved pharmaceutical compound is 5-9mmHg systolic (the top number in a blood pressure measurement).

Pomegranate juice is rich in polyphenols, which gives it high antioxidant capacity and an anti-inflammatory effect.

The effects on blood pressure were comparable to that of an approved pharmaceutical. At least 8 ounces of pomegranate juice per day reduced the systolic blood pressure by 5mmHg.

There was also a significant reduction of 2mmHg in the diastolic (bottom blood pressure number), as well. Again, a result on par with those seen in the consumption of anti-hypertensive medications.

*Sahebkar, A., Ferri, C., Giorgini, P., Bo, S., Nachtigal, P., & Grassi, D. (2017). Effects of pomegranate juice on blood pressure: A systematic review and meta-analysis of randomized controlled trials. Pharmacol Res, 115:149-161. doi: 10.1016/j.phrs.2016.11.018.*

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IT'S A CODE DELICIOUS!



This week on *Code Delicious*: Chef Luca Paris and his Mediterranean Style Red Snapper with Fennel. Check out the recipe below.



**Mediterranean Style Red Snapper with Fennel**

Ingredients

- ½ teaspoon minced garlic
- 1/2 teaspoon lemon zest
- 1/2 teaspoon fresh thyme
- 1/8 teaspoon cayenne pepper
- 4 red snapper fillets (6 ounces each)
- 2 teaspoons olive oil, divided
- 1/2 medium sweet red pepper, julienned
- 3 green onions, chopped
- 1 garlic clove, minced
- ½ bulb of fennel diced fine
- 2 chopped roma tomatoes fresh
- 1/2 cup chopped Kalamata/Castelvetrano olives
- 1/4 cup minced chives

Directions

1. Combine the lemon zest, garlic, thyme and cayenne; rub over fillets. In a large nonstick skillet coated with cooking spray, cook fillets in 1 teaspoon oil over medium heat for 4-5 minutes on each side or until fish flakes easily with a fork. Remove and keep warm.
2. In the same pan, sauté the red pepper and onions & fennel in remaining oil until crisp-tender. Add garlic; cook 1 minute longer. Stir in tomatoes. Bring to a boil. Reduce heat; simmer, uncovered, for 3 minutes or until liquid has evaporated.

Serve with snapper. Sprinkle with olives and chives. Yield: 4 servings.

HEALTHY BYTES BY THE NUMBERS

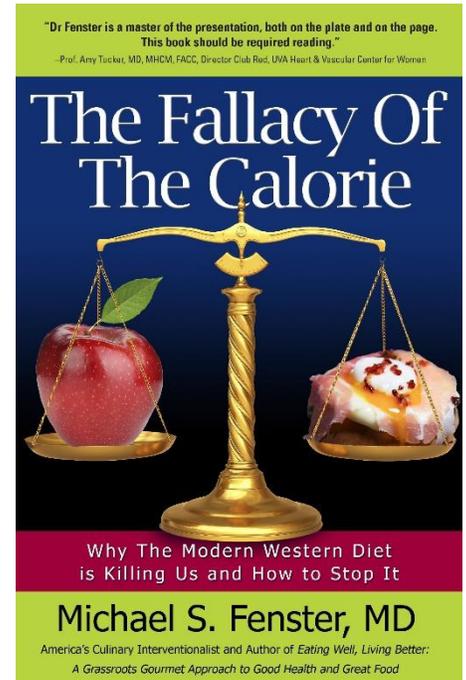
18%

The percent reduction in the risk of developing heart failure consuming 3-6 servings per week of chocolate

10%

The increased heart failure risk from consuming more than 1 serving of chocolate per day Moderation Matters!

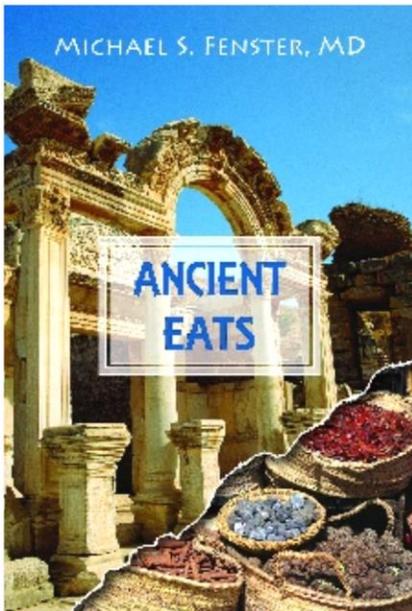
Learn more about salt, sugar, fats and real versus processed foods in the groundbreaking book, *The Fallacy of The Calorie!*



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(Pomegranate continued from page 1)

Always try to purchase organic brands from reputable suppliers without added sugars, etc. Pom juice may affect meds, so always talk to your physician if you have questions



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