



STAPH Meal: Society To Always Procure Healthfully Newsletter

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

IN THIS ISSUE: SEAFOOD

The Food As Therapy (FAT) Experience: Seafood



Wild, Farmed, or Pharm'd

What's in your seafood?

She calls to you, cool and tempting.

Framed in the soft orange glow of a setting sun, her scent speaks of sea foam. You touch and feel her firm, yet gentle curves that bespeak a streamlined grace. You bring her closer and she whispers tasty images.

The siren song is irresistible.

You lay down your dollars and buy the filet.

The label reads: "Fresh Atlantic Salmon".

But what exactly have you bought?

If it says Atlantic salmon, it is not wild. Since true Atlantic salmon is critically endangered, the Atlantic salmon sold in the United States is farmed. It may also be genetically modified (GMO), because current labeling laws



Check out Culinary CPR with Dr. Mike and Chef Luca Paris on next week's Code Delicious with Dr. Mike.

do not require any disclosure on that front. It is estimated that approximately 70% of all processed foods contain GMOs in one form or another. A great place for governmental transparency to start would be the grocery store.

If it is not wild caught, then what exactly have you bought?

It is farmed, but the real question is it also pharm'd?

Population pressures and consumer predilections continue to drive the farming aquaculture. China is currently the world leader and produces about 70% of the world's aquaculture. Initially, the bulk of farmed fish were fed a diet of wild caught smaller fish; following the natural law that big fish eat little fish. Approximately one third of all the small wild fish caught are used to produce fish meal and fish oil which is used not only to support aquaculture, but also used in



the pursuit of terrestrial animal husbandry.

Continued on page 2.

IT'S A CODE DELICIOUS!



This week on Code Delicious with Dr Mike: Rima Kleiner joins me to discuss seafood for pleasure and health. Make sure to tune in for more details and information!



health benefits associated with seafood consumption.

Read the rest here: [Link to blog](#)

HEALTHY BYTES BY THE NUMBERS

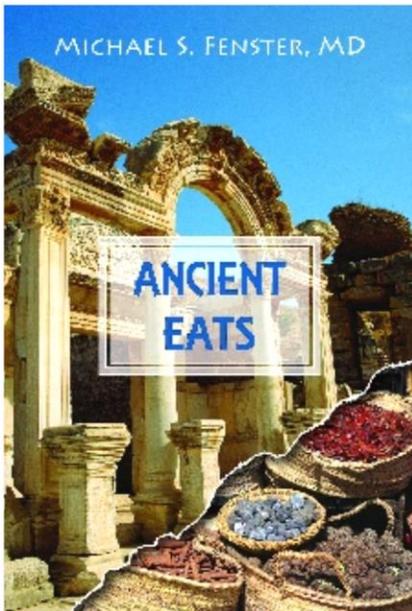
40%

The risk reduction in mortality after being diagnosed with colorectal cancer and consuming a seafood diet rich in omega-3 PUFAs

10%

The risk reduction in developing ischemic heart disease and major cardiovascular events associated with daily tea consumption

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



Ancient Eats-NOW AVAILABLE!!

You can now order Dr. Mike's latest book, *Ancient Eats Volume I: The Ancient Greeks & The Vikings*, on Amazon.com here: [AE Amazon Link](#)



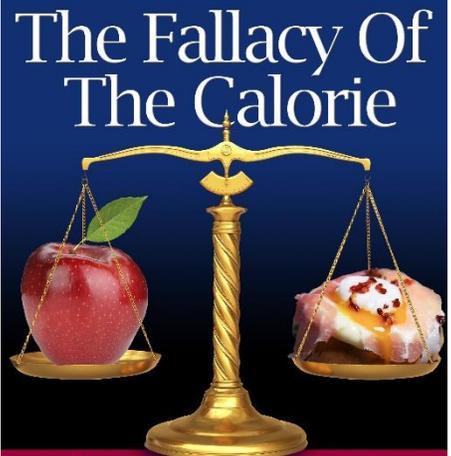
(Seafood continued from page 1)

However, since approximately 50% of the world's seafood is now the product of aquaculture, producers are now looking to cheaper alternatives. This has caused a shift in the feeding practices from the traditional diets of these animals to one that is based on more plant based material and commercial feeds.

These feeds are predominately manufactured from major crops such as soy and corn. The fish oils that have been replaced are the industrially processed vegetable oils primarily made from soy, canola, palm and sunflower sources. The top five crops used in commercial aquaculture feeds are canola, soybean, corn, nuts and wheat; canola and soy alone account for over 50% of all the oils used.

This practice brings to the forefront two important considerations. Firstly, by replacing the natural fish oils with plant based alternatives; the balance of critically important polyunsaturated fatty acids (PUFAs) is thrown askew. The result is a product that is often deficient in eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) compared to its wild-based alternative. Such PUFAs are responsible for many of the

"Dr Fenster is a master of the presentation, both on the plate and on the page. This book should be required reading."
-Prof. Amy Tucker, MD, MHCMI, FACC, Director Club Red, UVA Heart & Vascular Center for Women



Why The Modern Western Diet is Killing Us and How to Stop It

Michael S. Fenster, MD
America's Culinary Interventionalist and Author of *Eating Well, Living Better: A Grassroots Gourmet Approach to Good Health and Great Food*

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