



STAPH Meal: Society To Always Procure Healthfully Newsletter

OFFICIAL NEWSLETTER OF DR. MIKE: THE FOOD SHAMAN

IN THIS ISSUE: DIABETES

Diabetes

"Sweets to the sweet, farewell!"

*Hamlet Act 5, scene 1, 242
- William Shakespeare*

When Hamlet's mother, the queen, delivers "Sweets to the sweet," she's not offering candy. The queen's "sweets" are funeral bouquets scattered in the grave of Ophelia, Hamlet's lover and fiancée.

But in our modern world where sugar permeates so much of the ultra-processed, pre-packaged and pre-prepared foodstuffs that make up the modern Western diet (MWD); to be sweet is to be potentially deadly. The syrup'd drink becomes a funeral bouquet like a grub becomes a locust.

As I wrote in [The Fallacy of The Calorie](#), a few years back, diabetes is much more than simply an abnormality of sugar metabolism. It is an insidious, chronic disease of persistent inflammation.



Join Charles Mattocks and Dr. Mike this week on Code Delicious discussing Diabetes and his new TV show, [Reversed](#)

A huge exposure to the potential development of such disability and disease comes through what we choose to eat each day.

While the excess sugar found throughout the MWD is a concern; what has been offered as a solution may be even more concerning!

In [The Fallacy of The Calorie](#) the data linking food additives like artificial sweeteners to abnormalities of the gut microbiome was introduced (the forthcoming *Food Shaman: The Art of Quantum Food* covers recent advances in greater detail).

While the initial data was thought provoking; one of the largest observational trials, the Women's Health Initiative, lends powerful experimental evidence to cement such a connection.

This study examined almost 65,000 women from across the globe and examined the effects of artificially sweetened beverages (ASBs) on Type 2 Diabetes Mellitus (T2DM) risk.

This is a critical factor, for as the authors note:

In the face of a rapidly growing diabetes epidemic, individuals have turned to artificially sweetened foods and ASBs during the past 3 decades.



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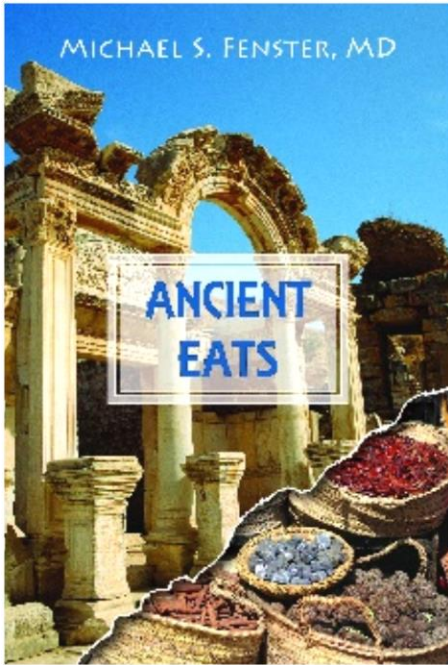


Diabetes (continued from Page 1)

Implicit and explicit messages from manufacturers and conventional wisdom have suggested that the use of artificially sweetened products would help in weight control and might help prevent diabetes as well as metabolic syndrome.

Now he has transformed that experience into the first ever T2DM reality show so that others may likewise be moved.

Join us on *Code Delicious* for a truly inspiring and taste-driven tale! And don't forget to tune into Discovery Life every Tuesday at 7pm, starting July 18th, for episodes of [Reversed](#)



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: [1](#)

[Reversed](#) airs July 18th at 7pm on



Tune in every Tuesday

Turns out that ASBs, like excess sugar, increase your risk of T2DM. Just 2 or more (12 ounce, 355ml) diet sodas increases your risk over 20%. For every ASB that is replaced by water, the risk drops 5%.

HEALTHY BYTES BY THE NUMBERS

21%

The increase in risk of T2DM with 2 or more artificially sweetened beverages (ASB) per day

5%

The percent decrease in risk with each glass of water substituted for an ASB

Huang, M., Quddus, A., Stinson, L., Shikany, J. M., Howard, B. V., Kutob, R. M., . . . Eaton, C. B. (2017). Artificially sweetened beverages, sugar-sweetened beverages, plain water, and incident diabetes mellitus in postmenopausal women: the prospective Women's Health Initiative observational study. *AJCN*, doi:10.3945/ajcn.116.145391

There are a number of mechanisms that are likely involved, chief among them diet-induced alterations to the gut microbiome.

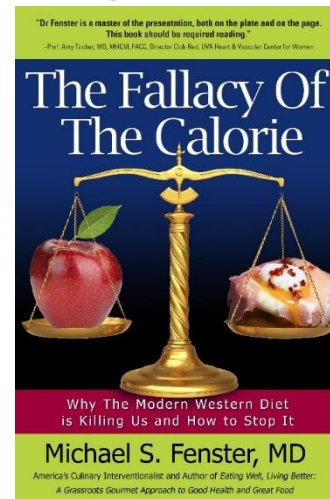
But within the darkness lies a silver lining. For if food got us the wound; it can get us well.

This week Charles Mattocks, nephew of music icon Bob Marley and an accomplished artist and chef himself, joins me on Code Delicious to explore solutions to T2DM; beyond popping pills.

Charles is also patient who suffers with T2DM; a diagnosis which blindsided him in the midst of great fame and fortune.

Not content with patent platitudes and pill prescriptions, Charles explored what factors he could impact and control.

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.



Natural and scrumptious foods like free range and pastured heritage breed meats from **Butcher Box** are great source of nutrition and flavor!