



STAPH Meal: Society To Always Procure Healthfully Newsletter

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

IN THIS ISSUE: CODE DELICIOUS™ RADIO

Code Delicious™ Radio Show

It was inevitable. The *Grassroots Gourmet*™ message of Dr. Mike has truly fueled an intestinal revolution. Now, after several books, countless articles ranging from Family Circle and The Daily Meal to The Atlantic and U.S. News & World Report, innumerable lectures, presentations and speaking forums; and media appearances from Martha Stewart to his current role as a Fox News national contributor, the day is finally here! Dr. Mike has his own show.

Code Delicious with Dr. Mike is here to break rules; because you can't make an omelette without cracking a few eggs.



Each Wednesday from 2 PM to 3 PM Eastern, Dr. Mike will host a variety of influencers, movers, thought leaders, celebrities, mavericks and outsiders to discuss food in our daily lives, how it relates to our individual and societal health, and all the tasty bits in between.

Check your local station and if you don't see it listed, demand it! You can also listen live each week via radioMD.com and iheartradio.com. Call in with your questions or use twitter to query @WCWD. If you miss an episode you can always download the podcast for free at iTunes.

This week we are discussing politics in food with incomparable [Josh Tolley](#). He hosts the Josh Tolley Show, which is one of the top talk radio programs in the entire nation. He is also a best-selling author, a top 100 business trainer and a consistently in demand international speaker. He is the author of several books and his latest book, *Evangelpreneur*, is changing the lives of readers for the better. As a political insider and expert, you won't want to miss his insights into how the politics of government and industry affect and influence every item on your plate and every bite you take!

Culinary CPR!

Code Delicious with Dr. Mike will also introduce an incredible recurring segment; Culinary CPR (Certified Professional Recipes) with Dr. Mike and Chef Luca Paris.

Chef Luca Paris is an award winning chef and restaurateur from Keene, New Hampshire. A celebrity chef who can actually cook, Chef Luca travels the country giving cooking demos in between running Luca's Mediterranean Café and Market. And, oh by the way, crushing the competition to dominate on national television programs like Guy's Grocery Games on The Food Network.

Each week Chef Luca and Dr. Mike will create and share a recipe with a twist. The featured recipe will be discussed live on air and a discussion follows on flavor, form, function, taste and texture and how potential health benefits or deficits depend on the *quality* of the ingredient choices and techniques used-or not. Only STAPH members get the recipe and tasty bits in each issue!

Look on page 4 of this issue to check out the recipe by Chef Luca and the down low healthful diagnosis by Dr. Mike!

EPIC TIMES

Read the latest of Dr. Mike's monthly Epic Times columns; just follow the link below

READ ON!
[Epic Times](#)



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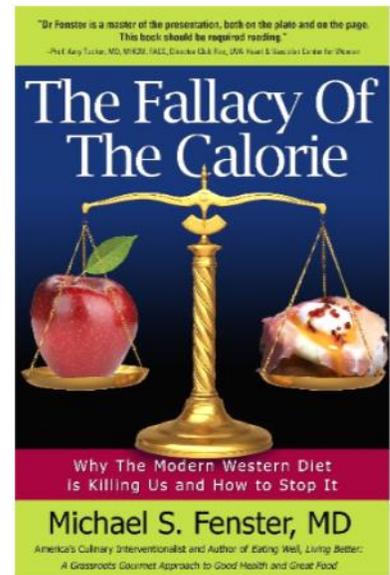
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Tweet Us!

Call in during Code Delicious with Dr. Mike every Wednesday 2 to 3 pm Eastern with questions or comments. Better yet, Tweet us @WCWD!



The Fallacy of The Calorie

If you don't have a copy of Dr. Mike's latest book, the critically acclaimed *The Fallacy of The Calorie: Why The Modern Western Diet is Killing Us and How to Stop It*, click on this link to head over to Amazon.com and get it! [The Fallacy order link](#)

TO LISTEN LIVE TO CODE
DELICIOUS WITH DR. MIKE
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IT'S A CODE DELICIOUS!



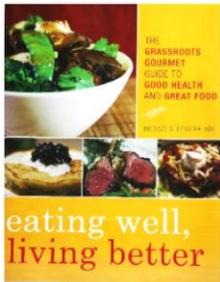
HEALTHY BYTES

19-24%

The risk of developing diabetes on statin medications (Journal of General Internal Medicine; Castro, MR, *et al*, 2016 Feb 5. [Epub ahead of print] p 1-7)

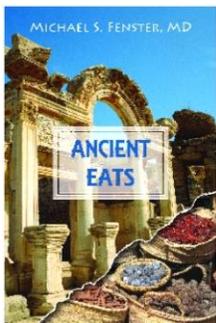
23-30%

The mortality reduction for those taking statins in the same study



Have It All

Don't forget to order Dr. Mike's first book, with over 100 recipes, to complete your collection: [Eating Well, Living Better](#)



Ancient Eats

Be the first to know the most! Pre-order Dr. Mike's forthcoming book, **Ancient Eats Volume I: The Greeks & The Vikings**, on Amazon.com here: [AE Amazon Link](#) and get special pre-order discount pricing!



Beet juice, a natural source of nitrates, adds muscle strength to patients suffering from congestive heart failure

PSYCHOLOGY TODAY

Read all of Dr. Mike's monthly columns in Psychology Today; just follow the link below

READ ON!
[Psychology Today Column](#)

In people who suffer from a weakness of the heart muscle or cardiomyopathy (CM), the effects can extend to the entire body and result in congestive heart failure (CHF). Skeletal muscle strength, velocity, and power are markedly reduced in patients who suffer from CHF. The result is decreased exercise tolerance and a significantly decreased quality of life. This generalized weakness turns out to be a potent predictor of early mortality.

Enter the humble beet.

Just Beet It

(Circulation Heart Failure, 2015 doi: 10.1161/CIRCHEARTFAILURE.115.002141)

The beet is a very powerful nutritional source; including many phytochemicals, minerals and is one of the most potent natural sources for nitrates (NO₃⁻). Yes, those are the very same nitrate compounds that are often used to caluminate our most beloved bacon; but that is a story for another day. Suffice to say for now that when this nitrate is ingested can serve to increase the available nitric oxide (NO) in the body. Nitric oxide is so important for the maintenance of proper cardiovascular health that it had previously been named the molecule of the year.

These patients consumed beetroot juice which contained the naturally occurring nitrates. Others in the control group drank the same beetroot juice that had first undergone a process to remove the nitrates. The people with the natural and untreated beetroot juice increased the available nitric oxide in their body by 35 to 50%.

Two hours after ingestion, they underwent testing of skeletal muscle strength. Just drinking the beetroot juice increased their available skeletal muscle power by roughly 10% without any adverse side effects.



So the next time you're looking for a powerhouse of pick me up, consider skipping the artificial energy drink and beeting it to the punch.

Coggan, A. R., Leibowitz, J. L., Anderson-Spearie, C., Kadkhodayan, A. Thomas, D. P., Ramamurthy, S. Peterson, L. R. (2015). Acute Dietary Nitrate Intake Improves Muscle Contractile Function in Patients with Heart Failure: A Double-Blind, Placebo-Controlled, Randomized Trial. *CIRCHEARTFAILURE*, 8:914-920, doi:10.1161/CIRCHEARTFAILURE.115.002141.

Culinary CPR!

Kingfish Rum Glazed Grilled Shrimp over Corn Salad with Cilantro-Mint Dressing

By Chef Luca Paris

Ingredients

For the marinade:

- 24 jumbo shrimp (1-1½ pounds), shelled and deveined
- 2 tablespoons olive oil
- 1 tablespoon lime juice
- 1 garlic clove, minced
- Salt and freshly ground black pepper

For the glaze:

- ½ cup dark brown sugar
- 1 stick unsalted butter
- ½ cup KINGFISH Silver Rum
- 2 tablespoons Dijon mustard
- 1 tablespoon champagne vinegar
- ¼ teaspoon black pepper
- Pinch of salt

Vegetable oil, for the grill

Directions

In a large mixing bowl, stir together the oil, lemon juice, garlic and salt and pepper to taste. Add the shrimp and toss to coat. Allow to sit for 15 minutes while preparing the glaze.

In a medium saucepan, combine the brown sugar, butter, rum, mustard, vinegar, pepper and salt. Bring to a boil, then reduce heat to medium. Simmer the mixture, stirring occasionally, until thick and syrupy, 5 to 8 minutes. Taste for seasoning and adjust as needed. Remove from heat and set aside. Prepare your grill (outdoors) or grill pan (indoors). Brush the grill grate with oil. Grill the shrimp until cooked through, 2 to 3 minutes per side, generously basting with the glaze. Serve the shrimp over the corn salad immediately. Reserve some glaze as presentation for the plate.



Corn Salad with Cilantro-Mint Dressing

For the dressing:

- ½ cup fresh mint leaves, chopped
- ¼ cup fresh cilantro, chopped
- ¼ cup champagne vinegar
- 1 to 2 teaspoons honey
- Kosher salt and freshly ground black pepper
- 6 large ears corn, husks and silks removed
- ¼ cup light olive oil

Olive oil, for brushing 6 scallions, green and pale green parts thinly sliced

Directions

Combine the mint, cilantro, vinegar, 1 teaspoon of the honey and some salt and pepper in a blender, and blend until smooth. With the motor running, slowly add the olive oil and blend until emulsified. Taste, and then add more honey, salt and pepper as desired. Set aside for later use.

Preheat the grill to medium-high. Brush the corn with some oil, and then season with salt and pepper. Grill, covered, until charred on all sides and the corn is tender, 2 to 3 minutes per side. Cool slightly and remove the kernels from the cobs. Combine the corn, and green onions in a bowl, then season with salt and pepper. Add the dressing and toss to coat.

The Diagnosis:

This recipe is so fantastic on so many levels, it's difficult to know where to begin. It's a lovely way to reintroduce that absolutely delicious entrée, shrimp and grits, with a delightfully different flavor and texture profile.

The star of this dish is the shrimp. For many years, shrimp were on the dietary *verboden* list because of their cholesterol content; like so many other tasty, nutritious and wholesome foods.

Per gram shrimp are among the foods that supply the diet with the highest levels of cholesterol. However as I've highlighted in my latest book, *The Fallacy Of The Calorie*, and in many other venues dietary cholesterol has little to nothing to do with blood lipid levels.

Studies looking at shrimp consumption found that overall cholesterol levels did not rise or in fact decreased slightly. Several studies actually showed an increase in cholesterol; but it was in the **good** cholesterol or HDL which was accompanied by a decrease in the bad, or LDL, cholesterol.

It's this type of data that has recently forced an acknowledgment of the misguided dietary advice over the last half-century. In the newest guidelines, the cholesterol recommendations for dietary intake; which had been at 300 milligrams per day, were completely abolished.

The success here depends on choosing fresh, quality shrimp. I avoid farmed shrimp, especially from countries where the feed and rearing methods are unknown. Such variations from natural, wild shrimp can actually lead to changes in the nutritional value as well as the flavor.

Also, when picking fresh shrimp, avoid shrimp in which the shells are damaged, loose or slimy. Likewise, avoid any with dark black spots as this may indicate that they have been dry-docked for some time. By law, your fishmonger must display whether the shrimp have been previously frozen.



And as always, with any seafood, use the sniff test. Fresh seafood should smell like the sea; sweet and briny!

GRAND ROUNDS



Culinary Rx

Dr. Mike teaching in the kitchen classroom at the inaugural Culinary Rx course for culinary and health professionals in the summer of 2015. Continuing education was awarded for chefs (CE via ACF) and health professionals including MDs (CME in association with The University of Virginia)



Fox News

Dr. Mike taping a segment on The Mind Diet for Fox News national with Dr. Manny Alvarez in 2015



Book Signing Tour

Getting ready for a book signing event and lecture at a Barnes and Noble bookseller in 2015

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