



STAPH Meal: Society To Always Procure Healthfully Newsletter

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

IN THIS ISSUE: GUT FEELINGS

Whole Foods, Whole Mind, Whole Health

This week we expand beyond just food and body to examine the effects of the food experience; food, body and mind. Our guest is Dr. Robert G. Silverman, DC.

Dr. Silverman graduated Magna cum Laude from the University of Bridgeport College of Chiropractic and has a Masters of Science in

His extensive

includes his certified specialist, nutritionist, sports The Society of



Dr. Robert Silverman

Dr. Silverman with the Clinical Board diplomate Chiropractic

Nutrition. He has a full-time successful private practice in White Plains, NY, where he specializes in the treatment of joint pain with innovative, science-based, non-surgical approaches and functional medicine. He is a nationally and internationally known speaker and author, contributing to articles published in Dynamic Chiropractic, JACA, ACA News, Chiropractic Economics, The Original Internist, and Holistic Primary Care. Dr. Silverman is also on the advisory board for the Functional Medicine University, a health contributor to Fox News Radio and

human nutrition. list of educational accomplishments designations as a nutrition certified clinical and a certified nutritionist from International Sports Nutrition.

is a diplomate American of Nutrition and with the Board of Clinical

has appeared on Fox & Friends and CBS News as a health expert. Dr. Silverman was awarded the "2015 Sports Chiropractor of the Year" by the ACA Sports Council.

Culinary CPR!

This week Dr. Mike will have a special guest, Chef Ted Dorsey! Ted was raised in the kitchens of family owned restaurants.



After graduating from Le Cordon Blue, he launched his career at Mise en Place. He moved up

to Executive Sous Chef at Chez Bryce and eventually went on to develop menus for Ciro's Speakeasy & Supper Club, Boca Kitchen Bar & Market and Copperfish Seafood Grill & Oyster Bar. Prior to striking out on his own, Chef Ted oversaw all dining and bar facilities at Hotel Zamora including the revered Castile Restaurant. In 2015 he brought to life The Mill, Florida's Restaurant of the Year! The Mill is also in the running, as is Chef Ted, for a James Beard award! Chef has several other projects in the works as he continues to dominate the St. Petersburg/Tampa and Florida food scene. Check out page 4 for more on Chef's tasty bits; including a tantalizing and tasty treat!

EPIC TIMES

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

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[Epic Times](#)



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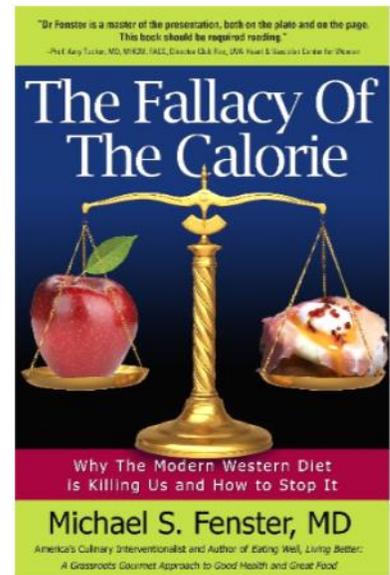
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Tweet Us!

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](#)

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IT'S A CODE DELICIOUS!



HEALTHY BYTES BY THE NUMBERS

30%

The percentage reduction in risk of heart attack within 24 hours of moderate alcohol consumption

19%

The percentage reduction in risk of ischemic stroke within 24 hours of moderate alcohol consumption (Mostofsky et al. *Circulation*; 2015; doi: 10.1161/CIRCULATIONAHA.115.019743)

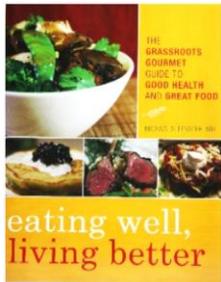
Cardiovascular disease like heart attacks, strokes and peripheral vascular disease are a leading cause of disability and death in the United States and in many Westernized countries around the world.

A specific blood element responsible for clotting, the platelet, is integral for the manifestation of these pathologies. Platelet hyperreactivity and subsequent thrombosis risk are augmented in the setting of increased inflammation.

Gut Feelings

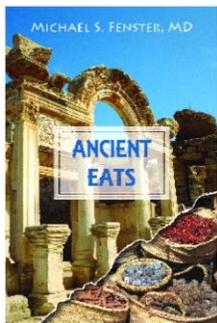
(Zhu, W., Gregory, J. C., Org, E., Buffa, J. A., Gupta, N., Wang, Z., ... Hazen, S. L. (2016). Gut Microbial Metabolite TMAO Enhances Platelet Hyperreactivity and Thrombosis Risk. *Cell*, <http://dx.doi.org/10.1016/j.cell.2016.02.011>)

Experimental evidence implicates certain gut microbiome by-products like TMA



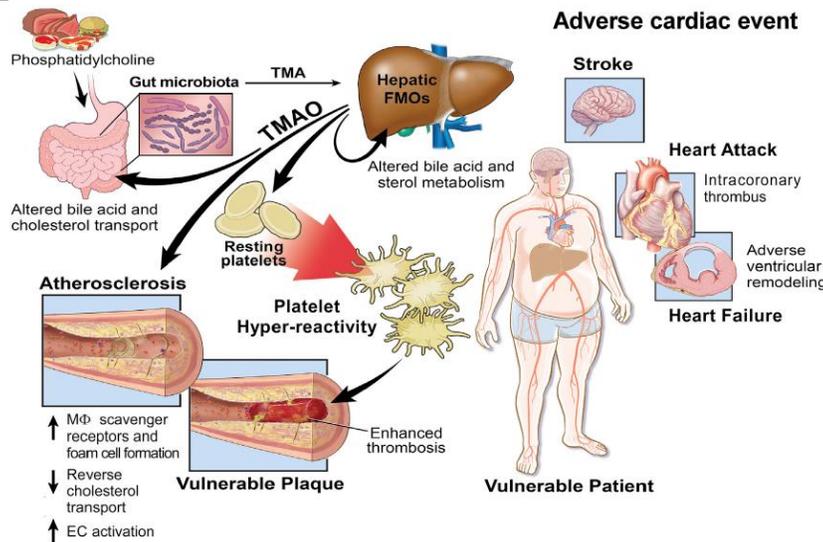
Have It All

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!



(trimethylamine) as instigators of inflammation after they undergo host modification in the liver to form compounds like TMAO (trimethylamine-N-oxide).

Certain diets produce certain bacteria and thus gut microbiomes that are unique to them. These certain bacteria in the presence of

specific foods affect both atherosclerosis development and regulation of whole-body cholesterol and sterol metabolism.

Our gut microbiome is our internal garden. What you eat determines not what you are; but what kind and quantity of bacteria you sow. These gut bacteria will flourish or famish depending on what you feed them. They in turn, will determine whether you thrive and survive or decay into disability. There is a reason not to farm in Chernobyl despite the cheap land. What is sown is what will be reaped; choose wisely!

Foods that we eat can change both the quality and quantity of the bacteria that live in our intestines; our gut microbiome. If we continue to eat these types of foods the bacteria produce products that are modified by our liver and affect cholesterol levels and incite inflammatory responses. The result is atherosclerosis, disability and death from conditions like heart attacks and strokes.

PSYCHOLOGY TODAY

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

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[Psychology Today Column](#)

Culinary CPR!

Sweet Pea Hummus (from The Mill Restaurant, St. Petersburg, Florida)

By Chef Ted Dorsey

Sweet Pea Hummus

- 4 ounces sweet peas
- 2 ounces chick peas
- 1 ounce tahini paste
- 2 Tbsp. cumin
- 1 Tbsp. lemon juice
- 1 Tbsp. chili powder
- 1 ounce honey
- Salt and pepper to taste

Directions:

To make hummus place 4 oz. sweet peas and 2 oz. chick peas in a food processor or blender and puree. Add 1 oz. tahini, 1 Tbsp. lemon juice, 2 Tbsp. cumin, 1 Tbsp. chili powder, salt and pepper to taste. Finish with 1 oz. honey and puree till smooth. Chill and serve.

Dukkha Spice Blend

- 1 Tbsp. sesame seeds
- 1 Tbsp. hazelnut or other nuts
- 1 Tbsp. cumin
- 1 Tbsp. coriander

For dukkha; toast the sesame seeds, hazelnuts (or other nuts), cumin and coriander in pan or in oven until golden brown. Lightly pulse in food processor or chop finely with a knife.

Mustardo

- 1 pear, finely diced
- 1 ounce dried strawberries
- 1 ounce raisins
- Splash of brandy
- 3 ounces orange juice
- 2 ounces brown sugar
- 1 ounce honey
- 1 ounce Dijon mustard
- Salt and pepper to taste

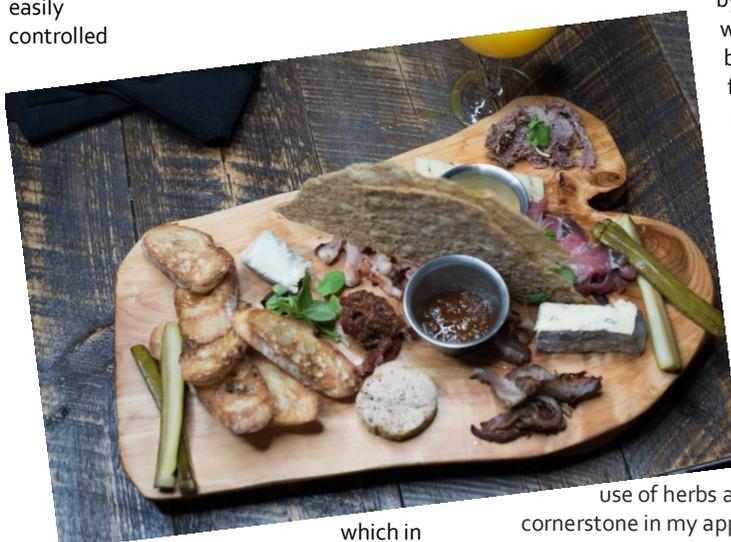
To make mustardo; place the diced pears, dried strawberries, and raisins in small pot. Add brandy and flambé. Add orange juice, brown sugar, honey and reduce until nearly all the liquid has evaporated; stirring occasionally to keep it from burning. Season with salt and pepper. Add the Dijon mustard and mix well.

To Serve: Serve with crackers or breads of your choice. Don't forget to utilize fresh and seasonal vegetables like endive, celery, cucumber, carrots, and others as vehicles for the hummus and mustardo. Place a little dukkha on the plate to allow each diner to construct their own serving. For a charcuterie platter, try adding dried meats and a few favorite cheeses.

These types of dishes have won The Mill the prestigious Best New Restaurant in the state of Florida for 2015!

The Analysis: This recipe has a tremendous versatility from several perspectives.

The obvious first is the flexibility in service. Serving sizes of the various components are easily controlled



which in turn controls portion sizes. By varying the amounts and the number of items such a presentation runs the gamut from appetizer to intimate dinner tray and everything in between.

Another area of flexibility is in the construction of the various offerings. From a few base items the rest of the meal is built upon what you can locally, freshly and economically source in terms of ingredients.

Some of the base items like the mustardo have essentially year-round availability since they are primarily composed of naturally preserved ingredients like dried fruits and mustard. Other base components like the hummus can be varied up with ubiquitous constituents (think roasted garlic, roasted

red pepper, etc.) or serve as a focus for seasonally available additions.

Varying the flavor profile of the featured spices can also completely change the complexion of the dish. Substituting harissa, which is a Moroccan spice blend with substantially more heat for the Dukkha, which is an Egyptian spice blend, will totally change the dining experience. This occurs even though in many versions of both spice blends, cumin and coriander seed play a prominent role.

Even within the context of the ingredient list for varying spice blends; nothing is sacred. If you are to visit the country and the various regions in which such seasonings play a prominent role; you will very often find that they vary – sometimes quite significantly – by locale. This gives you sufficient license, once the basic is mastered and you are comfortable with that flavor profile, to experiment and create a signature blend that pleases your palate.

From this Egyptian seasoning you might add a more Mediterranean or Italian perspective

by combining this blend with olive oil, garlic and basil to create a sort of fusion pesto. In practice, capturing the lost glory and wisdom of the ancient Romans who did exactly that by bringing such gastronomic variety back to the eternal city.

Engaging in the practice of experiencing different flavor profiles, thorough

use of herbs and spices is a

cornerstone in my approach to breaking the vicious, addictive cycle that is the modern Western diet.

In addition, the incorporation of many different herbs and spices into the diet adds more than variety – the spice of life – and a palate pleasing piquant. Many of these comestibles service as a source for important and necessary trace elements and minerals. Many of the compounds and phytochemicals found in such herbs and spices have been shown to have beneficial and potent health benefits.

Incorporate fresh, wholesome and authentic foods into your pursuit of flavor; and Nature will reveal her flourishing function.

GRAND ROUNDS



Musings from The Mill

A scrumptious selection of temptations from The Mill in St. Petersburg, Florida.



Fresh and local

Chef Ted Dorsey creates all these masterpieces using fresh, local, wholesome and authentic foods...



What Food Should Be...

Dr. Mike's take on Chef Ted's dish featured in this week's Culinary CPR (see page 4 for details)

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