



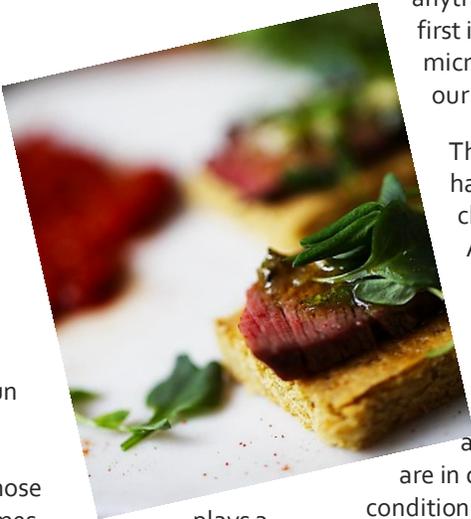
# STAPH Meal: Society To Always Procure Healthfully Newsletter

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

IN THIS ISSUE: FOOD VALUE PART II

## Determining the Value of Food: Do We Have It Wrong? (Part II)

But within the last decade, that variable of quality has become more complicated. Only recently have we begun to appreciate that a direct remnant of those prehistoric times



plays a critical role in mediating us between health and wellness or disability and disease. The human gut microbiome is that collection of an estimated 100 trillion cells that inhabit our innards, compared to the only 10 trillion human cells that make up our body.

Our personal cadre of minions derives in part from genetics and in a large part from the environment. There is no bigger environmental impact upon both

ourselves and our minions than what we choose to consume each day. In fact, anything we choose to consume first interacts with the gut microbiome before it ever reaches our own.

Therefore what we choose to eat has a tremendous impact on the character of our gut microbiota. According to some studies, in just as little as a day we can significantly alter the bacterial composition of our alimentary associates. We are in charge of the condition of our own internal garden.

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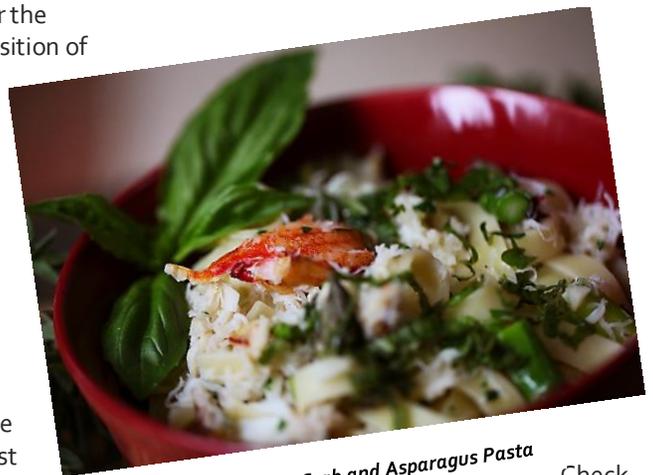
### Culinary CPR!

This week Dr. Mike and Chef Luca Paris continue the Mediterranean seafood feast with a sumptuous fresh crab and pasta dish!

Chef Luca, nationally renowned celebrity chef, successful restaurateur,

and Food Network star adds his insights and commentary to a traditional Mediterranean classic utilizing fresh seafood, herbs, spices, olive oil and vegetables.

Born in Italy, and returning often to visit friends and family, Chef Luca is an expert in the arena of Mediterranean and Italian cuisine.



Crab and Asparagus Pasta

Check out page 4 for more on Doc and Chef's tasty bits.

IT'S A CODE DELICIOUS!



EPIC TIMES

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

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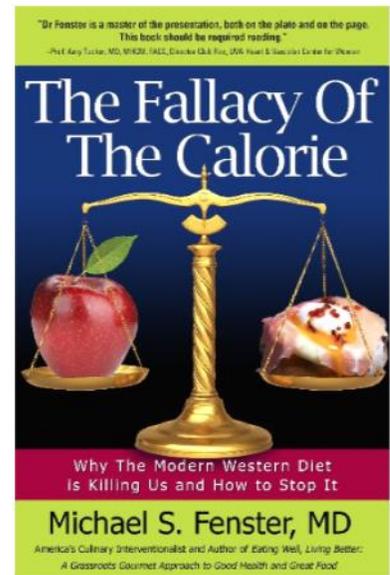
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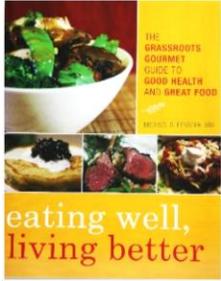
Call in during Code Delicious with Dr. Mike every Wednesday 2 to 3 pm Eastern with questions or comments. Better yet, Tweet us @WCWD!



### The Fallacy of The Calorie

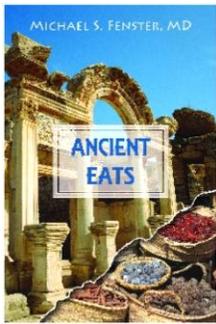
If you don't have a copy of Dr. Mike's latest book, the critically acclaimed *The Fallacy of The Calorie: Why The Modern Western Diet is Killing Us and How to Stop It*, click on this link to head over to Amazon.com and get it! [The Fallacy order link](#)

TO LISTEN LIVE TO CODE DELICIOUS WITH DR. MIKE JUST CLICK ON THE LINK: [LISTEN NOW](#)



### 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!

19%

The percentage of heart attack patients diagnosed with subsequent depression

83%

The increase in mortality risk in those diagnosed with depression

(2.Szapkowski N, Bennell M, Qui F, Kurdyak P, Wijeyesundera H. Poster 1275M-05. Clinical consequences of a new diagnosis of major depressive disorder in patients with stable ischemic heart disease. Presented at the 65th Annual Scientific Session and Expo of the American College of Cardiology. April 2-4, 2016; Chicago, IL.)



*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 foods like those of the modern Western Diet, the bacteria produce products that incite inflammatory responses. The result is obesity, atherosclerosis, disability and death.*

Consumption of the processed, preserved, prepackaged, and pre-prepared offerings that constitute the bulk of the modern Western diet are associated with the development of an infertile internal landscape. It becomes a seething cesspool capable of yielding only the slow poison of chronic, continuous inflammation; one readily apparent in the malevolently odiferous greeting found in any airport bathroom.

Many of our modern food products and additives like artificial sweeteners and emulsifiers to name a few, were felt to be totally inert with respect to our metabolic pathways following ingestion. And while it may be true that they do not directly interact with us, research has now shown that they can have a significantly detrimental effect upon our gut microbiome. The end result is a

disturbance in our symbiotic organ that has coevolved to co-metabolize our food with us, and maintain the homeostatic point of health and wellness.

Therefore in our original definition of food value, where we defined value of some food X as dependent upon both quantity and quality; we now see that food quality itself must be further defined. The original equation,  $V_x = N_x + Q_x$ , now

becomes more precise. There is an aspect of

## Food Value

(Continued from Page 1)

quality that can be objectively quantified as it relates to the *food as fuel* nutritional approach. This is the objective nutritional quality of food X;  $Q_{ONX}$ .

The objective nutritional quality of food X with respect to its direct impact on humans can be determined to some extent; these are the guidelines with respect to intake of proteins, carbohydrates, fats and RDAs for vitamins, minerals, trace elements and the like.

(Follow the link to [Psychology Today](#) to read the complete article)

### PSYCHOLOGY TODAY

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

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# Culinary CPR!

## Crab and Asparagus Pasta with White Wine and Lemon Caper Sauce

By Dr. Mike

### *Spring Time Seafood Treat!*

- 8 ounces of your favorite dried pasta (either ancient grains like Einko, Kamut or genuine dried Italian pasta recommended)
- 16 ounces of crab (fresh if you can get it)
- 1 bunch fresh asparagus (baby or pencil preferred)
- 1 Tbsp. olive oil
- 2 Tbsp. minced garlic
- 2 Tbsp. minced shallot
- ¼ cup chopped parsley
- 2 Tbsp. fresh thyme
- 1 Tbsp. capers
- ¼ cup white wine
- 2 Tbsp. lemon juice
- 1 tsp. lemon zest
- ¼ cup grated pecorino cheese
- Salt and pepper to taste
- High quality extra virgin olive oil to drizzle
- Basil ribbons to garnish



garlic and shallot, and cook the garlic until it just begins to color; 1-2 minutes. Add the wine and cook until almost all the liquid is gone. Add the crab and asparagus and cook another 1-2 minutes. Add the pasta, and add the reserved pasta water as needed to prevent scorching or sticking. Add the parsley, thyme, capers, lemon juice and zest. Season and continue to cook for another 1-2 minutes. Add the cheese, fold in and remove from the heat. Season with salt and pepper.

Drizzle with high quality olive oil, re-season if needed, garnish with basil ribbons (chiffonade cut) and serve.

### The Analysis:

Asparagus is one of the original ingredients found in the Mediterranean diet cupboard. While grown worldwide today, and one of the early heralds of springtime bounty, asparagus can trace its origin back over 2,000 years to the eastern Mediterranean. A great source of fiber, vitamins A, C, K, and B complex they also deliver protein along with their unique flavor. The parboil allows them to be ready ahead of time to finish cooking in the dish along with the crab and other components and remain tender; yet avoid being over cooked.

The use of pasta derived from ancient grains or authentic Italian pasta (which per the Italian Pasta Purity Law of 1967 requires the use of durum wheat; an ancient variety for all exported Italian pasta) avoids many of the proteins and other products associated with the much more ubiquitous modern bread wheat. The gluten produced by ancient grains is distinct compared to the gluten found in the vast majority of foodstuffs that compromise the modern Western diet.

Different wheats are like different car manufacturers in terms of their protein and thus their gluten production. Gluten is formed by through the combination of gliadin and glutenins. There is a world of difference between a Ford Pinto and Ferrari Enzo.

This is why, for example, the bread making properties of different wheat flour types can create (or not in the wrong circumstance) distinctly different breads and in many baking instances, one type cannot be substituted for another.

When drizzling the olive oil over the top for the final finish; this is where you want to splurge on the good olive oil. For heating in a pan to cook with; a cheaper bulk olive oil is completely acceptable. But when the recipe calls for taste and texture considerations; go for the gusto. Purchase a high quality, cold pressed extra virgin olive oil with a flavor profile you enjoy.

When you know where to splurge for that extra "oomph," you can take your creations from mediocre to magnificent in a most economical fashion!

### **Directions:**

Bring a large pot of salted water to a boil. If you cannot find baby or pencil asparagus, fresh asparagus may be used but make sure to peel the stems and discard the woody bases. Add the asparagus and blanch for about 1-2 minutes, the exact time will depend on the thickness. Remove and shock in an ice bath. Cut into bite size bits, approximately ½ inch in length and set aside. This step can be done up to a day ahead of time.

Heat a large pot of salted water and bring to a boil. Cook the pasta according to directions for *al dente*. Drain and remove; reserving 1 cup of pasta water. In a large sauce pan (big enough to hold pasta plus ingredients) heat the olive oil over medium heat. Add the

## GRAND ROUNDS



### The Doctors

Dr. Mike on set for the April 20<sup>th</sup> episode of The Doctors; sharing the pasta recipe above!



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### Kitchen Rounds

Dr. Mike discussing the finer points of beef and pasta on The Doctors



### Set Up

Dr. Mike hanging out pre-taping getting the food shots just right!