



STAPH Meal: Society To Always Procure Healthfully Newsletter

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

IN THIS ISSUE: CHEESE, PLEASE!

For Good Health; Say "Cheese," Please!



The command "Say cheese," is a phrase so

commonly used to elicit a smile that today it is understood from the simple imperative; "Cheese!" But prior to the 1940s, such photographic cajolery was unknown. Indeed, in the preceding Victorian era the desirable beauty standard was considered a tightly pursed *orbicularis oris* muscle. Whether because of poor dentition, or the prim and proper societal norms of the time, or some combination of both; smiles were only for children, peasants and drunks.

And until very recently, the prevailing conventional wisdom for healthy eating relegated consuming cheese to a failing of the ignorant, simple or misguided. From the late 1940s through the 1970s

there was a mandate from the experts and powers that be to consume less fat and particularly saturated fat; principally those derived from animal sources such as meat, poultry and dairy. That admonishment has continued to echo and drive our poor culinary choices over the ensuing half-century like an unresolved daddy issue.

An uncomplicated historical glance would have revealed that a modest, living, fermented food like real cheese had helped sustain and advance human kind across civilizations and across the globe. While a large portion of the world's population is lactose intolerant and therefore unable to consume or potentially benefit from raw or fresh milk products; cheeses and particularly aged cheeses are an exception.

The milk sugar, or lactose is utilized by beneficial bacteria; *Lactobacillus* comes to mind. Along with the fats, most of which are saturated, and proteins, and through the process of fermentation; raw milk undergoes the transformation from raw milk product to cheese. As certain cheeses age, there is often less lactose present; so much so that for many – even those who are lactose

intolerant and unable to tolerate fresh milk– such delicious pillows of probiotic loaded goodness can be enjoyed.

Until the most recent times real cheeses were often discounted as part of a healthful approach to eating primarily because of their saturated fat and cholesterol content. While the Mediterranean diet was promoted as an ideal dietary model, the dairy aspect of this gastronomy was shoved into a corner where it lingered and mouldered.

Often unappreciated, was the historical fact that fermented dairy had a long and prominent place in ancient diets such as the Mediterranean. This is because while fresh milk can be consumed, it is quite perishable and much more valuable as a raw material. Raw milk can be turned into several products like cream, butter, yogurts, kefir, whey and cheese; all of which have a substantially longer shelf life.

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IT'S A CODE DELICIOUS!



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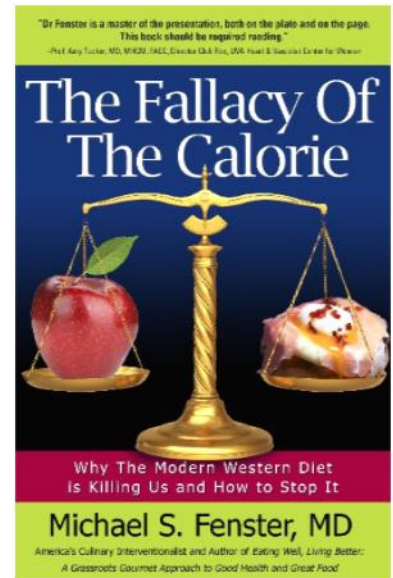
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The Fallacy of The Calorie

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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HEALTHY BYTES BY THE NUMBERS

>40%

The reduction in risk for developing colorectal cancer in those consuming a diet rich in fish like cod

>30%

The decrease in risk of ischemic stroke with fish consumption 5 or more times each week

Theodoratou E, McNeill G, Cetnarskyj R, Farrington SM, Tenesa A, Barnettson R, Porteous M, Dunlop M, Campbell H. Dietary Fatty acids and colorectal cancer: a case-control study. *Am J Epidemiol.* 2007 Jul 15;166(2):181-95. Epub 2007 May 9. 2007. PMID:17493949

He K, Song Y, Daviglius ML, Liu K, Van Horn L, Dyer AR, Goldbourt U, Greenland P. Fish consumption and incidence of stroke: a meta-analysis of cohort studies. *Stroke.* 2004 Jul;35(7):1538-42. 2004.

Cheese reemerged from the shadows with the insights gleaned from the French paradox of the 1990s. The French, who drank wine and consumed butter, cream and over 100 different kinds of cheese, most of which are oh-so-stinky good; all these tasty bits that were *verboden* in the US at the time, had significantly less cardiovascular disease. It turns out it was more than the wine.

A dietary approach like Mediterranean style cuisine, rich in natural, wholesome, and fermented foods, has been shown to reduce generalized inflammation and stress. Oxidative stress and inflammation play major roles in the onset and development of the diabetes and its precursor, metabolic syndrome. Metabolic syndrome is diagnosed by the presence of central obesity and at least two of the following four additional factors: high triglycerides, low HDL or "good" cholesterol, high blood pressure, or increased fasting plasma glucose concentration.

Data from the recent European Prospective Investigation into Cancer and Nutrition (EPIC) study examined 16,835 healthy and 12,403 diabetic participants from 8 European nations. The researchers found an inverse association between cheese, fermented dairy consumption, and the incidence of diabetes. Eating only 55 g/d total of cheese and/or yogurt was associated with a 12% reduction in the incidence of type 2 diabetes.

A new study just released revealed that just 30 g daily of a Parmesan like Italian cheese, Grana Padano, lowered blood pressure as

Cheese, Please!

(Continued from Page 1)

effectively as the typically prescribed antihypertensive pharmaceutical. This occurred, even though the cheese contained the equivalent amount of sodium that would be found in consuming a 1 ounce serving of potato chips.

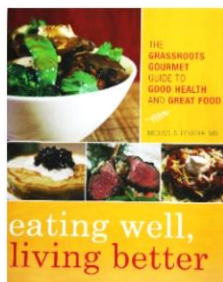
Previous studies had isolated some particular tripeptides in certain types of cheese and demonstrated a relationship to being able to lower blood pressure. These particular compounds are formed through the interaction of human gastrointestinal enzymes and the gut microbiota. (Follow the link to [Psychology Today](#) to read the complete article)

PSYCHOLOGY TODAY

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

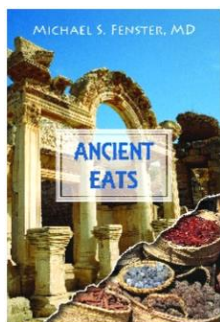
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Ancient Eats

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



For *been on reducing fat, saturated fat, cholesterol, and calories. This oversimplified and misguided approach neglects both the complexity of the gut microbiome/human gastrointestinal interaction and the importance of the composition, the QUALITY, of the ingredients!*

Culinary CPR!

Pan Seared Cod with Tomato Caper Salsa (*Merluzo con Salsa di Pomodoro e Caperi*)

By Chef Luca Paris

Ingredients:

- cherry or grape tomatoes; 1 pint halved
- Capers; 2 tsp. rinsed and chopped
- fresh oregano; 1 Tbs., chopped
- balsamic vinegar; 1 tsp.
- shallots, 1 tsp., diced
- Kalamata olives; ¼ cup, diced
- fresh parsley
- pepperoncini; ¼ cup, roasted and sliced
- kosher salt
- black pepper
- skinless northern cod fillet; 1 ½ to 2 lbs., cut into 4 even pieces
- all-purpose flour (AP flour); 1/3 cup
- extra-virgin olive oil; 4 Tbs.

Directions:

In a medium bowl, mix the tomatoes, capers, pepperoncini, parsley oregano, vinegar, oil, olives, 1/2 tsp. salt, and 1/4 tsp. pepper.

This mixture can be made two or three hours in advance and must sit out at room temperature at least a half hour before using it as the sauce for the fish

Season the fish with 3/4 tsp. salt and 1/4 tsp. pepper and dredge it in the flour, shaking off the excess. Heat the oil in a 12-inch (preferably nonstick) ovenproof skillet over medium-high heat until shimmering hot. Add the fish, evenly spaced, and cook without touching until it browns and releases easily from the

pan (check by gently lifting one of the corners), about 3 minutes. Flip the fish, add white wine and lemon juice to keep fish moist while it continues to cook, transfer to the oven till flaky. Roast until



the fish is just firm to the touch and opaque when you pry open a thicker piece with a paring knife, 3 to 6 minutes.

Let the fish rest for a couple of minutes and then serve with the tomato mixture spooned over it. Serve with flavored cous cous and baby arugula salad.

The Analysis

This is classic Mediterranean cuisine. Light, fresh, wholesome and simply scrumptious.

Cod is a delicious, firmly fleshed white fish that pan sears beautifully. Like many other cold deep water fish, cod is particularly rich in the beneficial anti-inflammatory omega-3 fatty acids; as well as excellent sources of vitamins B12, B6 and niacin. Seafood like cod is a great source of the particular omega-3 fatty acids eicosapentaenoic acid (EPA) and the docosahexaenoic acid (DHA). DHA is particularly critical for the maintenance of brain function and neurogenic health. Many studies have demonstrated the diets rich in such fish protect against the many modern disability and disease is that we confront today like diabetes and cardiovascular disease.

Consumption of omega-3 rich fish such as cod several times per week (roughly 10 ounces per week) significantly reduces the risk of sudden death from heart attack. Eating cod as infrequently as one to three times per month may

significantly reduce the risk of ischemic stroke. Consumption of foods rich in omega-3 polyunsaturated fatty acids (PUFAs) like fish also demonstrate less hypertension, metabolic syndrome and diabetes.

A diet rich in fish can also reduce the risk of certain malignancies. Diets rich in fresh fatty fish like cod have a lower risk of leukemia, multiple myeloma, renal and non-Hodgkin lymphoma. In addition to the omega-3 PUFAs, cod is a good source of selenium. Taken together, such a consumptive pattern can significantly reduce the risk of colorectal cancer. Diets rich in fish also appear to reduce the risk of Alzheimer's type dementia, other forms of neurodegenerative decline and improve mood.

However, the cod is not the only ingredient to pack powerful anti-inflammatories in each bite. Capers are high in the particular flavonoids rutin and quercetin. These particular flavonoids are powerful antioxidants, anti-inflammatories and also possess analgesic properties.

Capers are a familiar ingredient in the ever ubiquitous fried fish condiment, tartar sauce. The buds of the caper bush, which grows all over the Mediterranean region, are picked and salted or pickled. They are referred to as simply capers. They are sold by their size: non-pareil (up to 7 mm), surfines (7–8 mm), capucines (8–9 mm), capotes (9–11 mm), fines (11–13 mm), and grusas (14+ mm). If the buds are allowed to flower, the resulting fruit can be harvested. These are known as caper berries. In ancient times, the dried caper leaves were used as a substitute for rennet for making cheese.

If you'd like to learn more about the original Mediterranean diet, Classical Ancient Greek cuisine, and its modern applications; make sure to pre-order my upcoming book (Koehler Books), *Ancient Eats Volume I: The Ancient Greeks & The Vikings*, on Amazon.com here: [AE Amazon Link](#).

Watch Dr. Mike on Fox News talking on the Mediterranean Diet variant; The MIND Diet [link here](#)



Fox-ey

Dr. Mike on Fox News National with Dr. Manny discussing a Mediterranean diet variant; Then MIND Diet



Toss'em in

A few bits of aged wholesome cheeses like blue can add an entirely new dimension to fresh summer salads!



Aged Well

Aged cheeses make a great topping for freshly sautéed vegetables

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