

# WARKITCHEN

*Romanticizing  
Hormones:  
Women's Health*

*Absolving Tobacco:  
The Plant That Has  
Been Villainized*

*Health & Wellness:  
A Never Ending Pursuit*

*Beautiful Kitchens:  
Ideas to Inspire*



“I actually went to get my haircut after using the oil treatment in my hair. The woman who cut my hair said to keep doing whatever I was doing.”



*VanMan's Protection Oils are the most versatile oils on the market. Some were blessed to have been dipped upon entering the world, and others have used it to rectify damaged hair, regrow hair and moisturize — from head to toe. With no fillers, the proprietary blend of organic coconut oil, emu oil, golden jojoba oil, castor oil, almond oil and cold pressed olive oils make VanMan's Protection Oils an incredibly powerful all-purpose moisturizer and healer. Get yours [here](#).*





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happy  
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# *A FEW WORDS*

**A**nd just like that, June's here. In the last issue, we celebrated a full year of the WARKITCHEN magazine. Your support truly means the world to us and it's what keeps these magazines coming at the start of each month! Every time you share it with a friend, we get ever so closer to fulfilling the vision — of making the world a better place one plate at a time, through the lens of proper nourishment. By beautifying everything around us. By living life with creative zeal. In this issue, we start with a topic that has been controversial, to say the least. Pedro takes us through a journey of absolving tobacco, as he pulls back the veil to uncover the science that actually reveals the many benefits of the plant. Andrea then dives into a topic that's not talked about enough — how women could look at their health from a hormone-focused lens. It's an essential read. We then throw out some ideas as to what constitutes the perfect kitchen. We discuss natural lighting, wooden countertops and just how you can build a kitchen

of your own with its own unique soul. The last piece features Bell sharing her story of her wellness journey. And as always, we complete the issue with the food YOU have made! Take some inspiration, and create some art in the kitchen. Read every issue of the magazine, as well as previous newsletters on [warkitchen.net](http://warkitchen.net). And once again, thank you all for reading & sharing the magazine with your friends and family. Follow us on [Twitter](#) & [Instagram](#). Join the WarKitchen [Discord Community](#). Scroll through the WarKitchen Soirée [Telegram Channel](#) for beautiful pictures you can save. Explore punchy house music with WarKitchen Music on [Soundcloud](#).

*Enjoy the Experience,  
Rocky*



# SUMMER IS HERE.

**“You’ve really taken things up a notch ever since you stopped *cooking with seed oils.*”**



The Renaissance is an apparel-based brand reconnecting us back to where our food is grown & promoting the regeneration of our health through diet, exercise, and the outdoors.

# ABSOLVING TOBACCO



*Pedro Do Amaral*  
*@thucydides*

**T**he men of burning courage that set off in the face of imminent death in the past world wars didn't have nootropics stashed in their med pack ready to pop "sublingually". They didn't have David Goggins shouting in their ears about staying hard. Nor did they

have their Adderall prescription ready in hand in case they couldn't focus on their enemy. No, they had something much more powerful eliciting a quiet confidence with a robust effect on their testosterone levels. They had tobacco — the original "herbal medicine", in the early days of civilization. To this day, medicinal chemists around the world exploit the medicinal properties of tobacco for neurodegenerative conditions. However, that's clearly

not what you hear in the mainstream. Mostly what is purported in popular media is the carcinogenic and mutagenic properties of tobacco after the Surgeon General in the 60's together with statisticians employed econometric analysis to confirm its cancer-inducing effect. But what exactly about tobacco is so carcinogenic? Is it nicotine? Or the tar that's produced from burning it? Or are other chemical constituents responsible for its effects? Let's do a quick exploration.

### ***What in Tobacco is Bad?***

Here are the keywords you need to know:

- Nitrosamines
- Polycyclic aromatic hydrocarbons (abbreviated PAH).

These two classes of compounds are known carcinogens in tobacco. However, the caveat is that they're found in pretty much any food that has been processed. Even a charred steak contains some amount of both of these compounds! This is actually one of the reasons why combining your meat with a source of veggies, or maybe an herbal sauce like chimichurri as is done in Argentina, can be nutritiously fortuitous. The phytochemicals protect you from carcinogens. Air that was truly unforgettable. The amount inhaled from tobacco is the main issue. The inhalation route of exposure is different from oral exposure as occurs when consuming food. We have a couple of defense systems immediately

following oral consumption. Not so much when it comes to the lungs.

As it turns out, a majority of these compounds are actually formed during the processing of tobacco and are not normally part of fresh tobacco! Either which way, since all tobacco products are processed in the end, there is little one can do to avoid exposure.

Yet, little additional attention is paid to the accompanying factors that show interindividual differences in how tobacco products are processed. What do I mean by this? Well, I am sure you've probably met or have known someone who smoked their entire life and is as healthy as an Ox. If tobacco causes cancer, why is this the case?

It turns out you're not the only curious tobacco connoisseur wondering about the answer to this valid question. Researchers investigating the epidemiology of tobacco use and cancer development have indeed confirmed that exposure to tobacco doesn't guarantee cancer, particularly because of how individuals differ in their metabolism of tobacco's associated compounds. Including the formed PAH and nitrosamines!

Diet, lifestyle, source of tobacco, additional contaminants generally present in cigarettes, and other factors could all influence the response to tobacco.

But, what about the medicinal aspects of tobacco?

### ***Tobacco's Lesser Known Benefits***

Tobacco is a plant, and like any other plant, pharmaceutical chemists have been trying to exploit its medicinal constituents for quite some time now. The evidence for the benefits of tobacco actually came as a surprising effect of studying smokers!

Researchers had noticed that individuals who smoked regularly had a much lower incidence of various inflammatory conditions, and most prominent were their lower rates of neurodegenerative conditions. The effects appear to be primarily because of nicotine.

Nicotine is an alkaloid, and like other alkaloids, it's psychoactive. You probably haven't considered before





that caffeine is an alkaloid! Psychoactive compounds in the right quantities generally show protective effects as a whole on cognitive function. So it's not surprising to see that nicotine can provide similar benefits.

The way that nicotine provides benefits is through modulation of the acetylcholine receptors. We already know acetylcholine is a powerful nootropic. Compounds like alpha-GPC, choline, choline bitartrate, and huperzine are all capitalized for their effects on the acetylcholine system. Nicotine is just another one of those medicinal compounds that modulate this same system.

When nicotine binds to acetylcholine receptors it regulates the immune system and helps quell overactivity. Nicotine also exerts protective effects on the dopaminergic system of the brain. Specifically, the areas most affected by Parkinson's disease – the striatum and mesolimbic system.

In fact, nicotine is so effective at this that even in the case of drug-induced dopaminergic neuronal cell death (researchers give a compound called MPTP known to induce Parkinson's by causing dopamine neuron cell death) it renders almost complete protection. This is precisely why epidemiological studies have revealed that smokers have a much lower incidence of Parkinson's disease.

There are other means of neuronal protection from nicotine, such as modulating complex I present in mitochondria. This is actually the starting protein present in mitochondria that allows us all to respire! Inhibiting this can be equivalent to taking Cyanide. So the fact nicotine supports this suggests great use for those with energy deficits.

Nicotine's ability to bind to acetylcholine receptors is currently being investigated for viral issues. There

seems to be no paucity of the effects this medicinal alkaloid can impart.

### *Précis*

Tobacco, a relic of ancient civilizations, and a humble plant exploited for its medicinal properties in modern civilization, remains a subtle topic of conversation because of its often ignored benefits. Nicotine, the main alkaloid present in tobacco, provides protective neurocognitive effects and continues to have enigmatic effects that are still being explored. Such as its ability to protect and support mitochondrial function, and prevent neurodegenerative conditions.

Grandpa didn't need all the science to justify why he felt clearer when on tobacco, and it wasn't Grandpa's fault that tobacco became so adulterated that it no longer reflected the pure product. The reader is to come to their own conclusions on the vindication of this once popular plant.

*This article was written by Pedro Do Amaral. Let him know what you think on [Twitter](#) or [Instagram](#). You can also read more of his writing [here](#).*

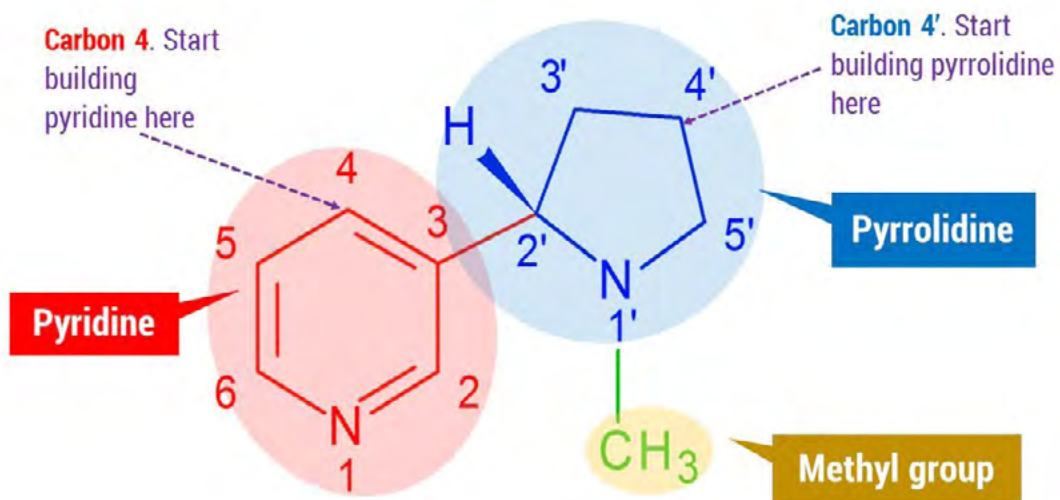
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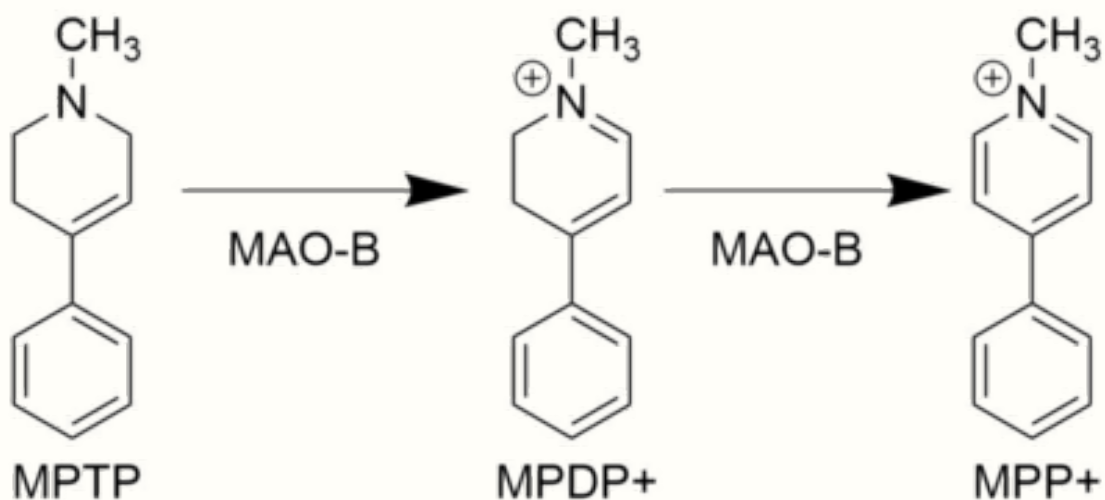
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**When nicotine binds to acetylcholine receptors it regulates the immune system and helps quell overactivity. Nicotine also exerts protective effects on the dopaminergic system of the brain. Specifically, the areas most affected by Parkinson's disease – the striatum and mesolimbic system.**



*Nicotine's molecular structure. The pyridine and pyrrolidine groups allow it to act as a neurotransmitter.*



*MPTP, converts to MPP+ and successfully causes Parkinson's disease. Nicotine is able to protect neurons from this compound eliciting Parkinson's.*



# The Shoe That Connects You With Earth Itself

## *BRIO SLIP-ON*

**O**ur bodies yearn for it. And for far too long we've been starved of this vital connection. Rhizal's Brio Slip-On is not just a shoe, but one that dares challenge convention. It redefines what it means to walk on this planet. A continuously growing body of research indicates that engaging in the practice of connecting with Mother Earth, commonly referred to as "grounding", has the potential to induce a state of healing within the body. With an embedded copper plug beneath its soles, every Brio Slip-On forms this unseen, yet vital connection. Unlike traditional rubberized footwear (where this connection is impossible), Brio Slip-Ons naturally transfer electrons from the Earth, reducing oxidative stress, and bring the body back into a state of symbiosis — a process we have done for millennia. The cherry on top is that it comes in the most comfortable of form factors, handcrafted in Turkey with Nubuck cow leather and water buffalo leather shoes. Let your feet be feet again.

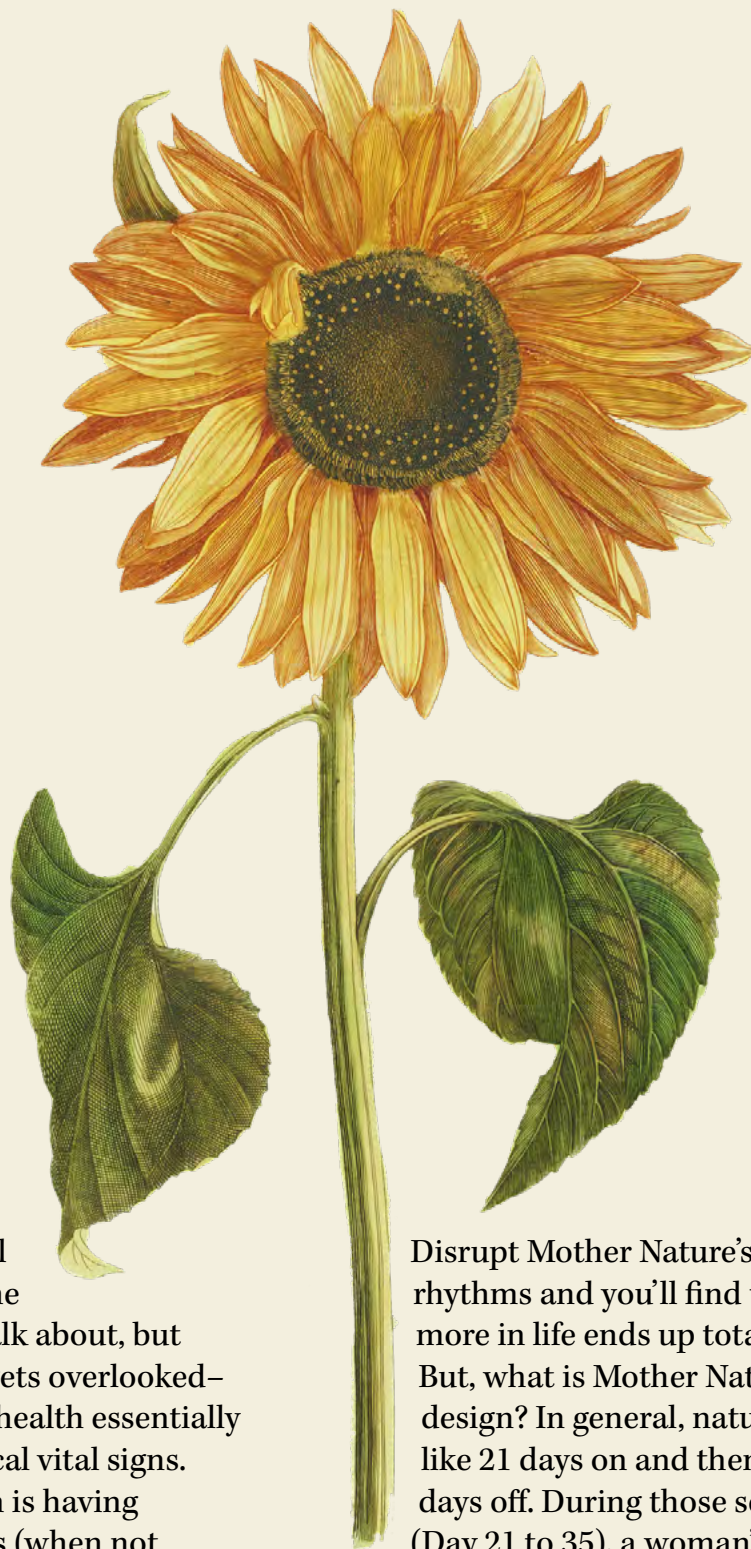
**Brio Slip-Ons. Our Casual Daily Slip-On: A Health Conscious Take on a Modern Classic.**



# *Romanticizing Hormonal Health*

*By Andrea Mew*  
*@andreamew*

## ROMANTICIZING HORMONAL HEALTH



**A** woman's menstrual cycle may not be the prettiest topic to talk about, but it's one that often gets overlooked—despite menstrual health essentially being one of women's most critical vital signs. Indeed, whether or not a woman is having regular, healthy menstrual cycles (when not pregnant or post-menopausal, of course) is an objective measurement of her essential physiological function.

### *Women's Hormonal Health is the First Indicator of Overall Well-Being*

Why in the world are we misled to dread our periods when we should really be romanticizing this elegant, purification process which our bodies are instinctively built to go through?

Disrupt Mother Nature's natural rhythms and you'll find that a lot more in life ends up totally off beat. But, what is Mother Nature's divine design? In general, natural cycles look like 21 days on and then seven or so days off. During those seven days (Day 21 to 35), a woman's body is readying itself for pregnancy (whether she's actively babymaking or not) first by her ovaries releasing an egg and then by her uterine lining thickening and cervical mucus changing to prepare for a fertilized egg to be implanted. This is the ovulatory phase where a woman is at peak fertility and genuinely her hottest. No sperm to fertilize the egg? Day one of her menstrual cycle begins where her body releases that thickened uterine lining.

Optimal hormonal health for women is largely determined by the unaffected ebbs and flows of natural estrogen and progesterone, though testosterone does play a part too. [Estrogen](#) peaks around Day 10 to Day 17 and these elevated levels are necessary for heart health, cognitive function, bone density, muscle mass, insulin sensitivity, and our general mood and disposition. [Progesterone](#) peaks around Day 21 as the dominant post-ovulation hormone and it shelters a woman's body from androgens, improves hair, skin, and nail health, decreases breast cancer risk, and improves sleep quality and mood.

When a woman goes on hormonal birth control, she's cutting herself off from Mother Nature's natural rhythms and allowing artificial hormones to guide her body's instinctive processes. Instead of guiding, however, synthetic estrogens and progesterones [disrupt them](#).

### *Hippocrates Once Said to Let Food be Thy Medicine*

As is the case with a luxury car, if you're supposed to fill the tank with premium fuel but you try to use diesel, the car isn't going to run quite right. The same principle applies for women's hormonal health, whether that "fuel" is a woman pumping synthetic hormones through her reproductive and endocrine systems or by not fueling her body quite right with nourishing macros and micros which encourage her body's natural cycling.

During the life-giving menstrual phase where a woman's body is intensely detoxifying, there are a few critical nutrients that may be overlooked. Is it any wonder why so many women struggle with painful PMS symptoms around this time?

The most glaringly obvious nutrient needed at this time is [magnesium](#) which relaxes muscles and alleviates period pain. [Magnesium-rich foods](#) such as pumpkin seeds, chia seeds, flax seeds, almonds, spinach, dark chocolate, legumes, oily fish, and avocado should be high up on a woman's menstrual phase shopping list.

It almost goes without saying that women are in dire need of iron support while we're [bleeding](#) — most women will only lose around 30 to 50 ml of blood but some can lose up to 80 ml. Beef, lamb, veal, and liver are the most bioavailable and nutrient-dense forms of iron supplementation through diet, but if red meat isn't on the menu, oysters, sardines, and eggs can and should be.

One of the hardest pills for a young woman to swallow in our figure-focused, diet culture is that she absolutely needs to increase her [quality fat intake](#) to best protect fertility. We're misled to believe that powdered peanut butter is a proper substitute for the real deal because it keeps our waistlines trim. We're given visual warfare in the form of borderline anorexic bodies decorated in high fashion editorial spreads. But, healthy fats prevent anovulation and ease symptoms of hormonal imbalances so even though they may not seem like the best bikini season selections, it's critical to load up on avocados, nut butters, and fatty fish like salmon.

During the follicular phase, women should be prioritizing bodily equilibrium to recover from menstruation. What better—and more deliciously life-giving—way to maintain homeostasis but by supporting good gut bacteria through fermented foods? Tangy, tart sauerkraut or kimchi, smooth, creamy greek yogurt or skyr, or fizzy, effervescent beverages like kombucha or kvass are wonderful for this. Furthermore,



**LET FOOD BE THY MEDICINE AND MEDICINE BE THY FOOD**

**HIPPOCRATES**



women need quality carbs from cruciferous, crunchy vegetables to keep the rest of the bodily functions moving smoothly and to modulate [estrogen](#).

When a woman reaches her ovulatory phase, her estrogen and testosterone levels are at their highest. Whether actively trying to conceive or not, it's important to eat foods that naturally contain [B vitamins](#) because of their role in [promoting safe conception](#), boosting energy, and producing the next wave of red blood cells. This is where a vegan diet can complicate things, as most vegans end up vitamin B deficient and require artificial supplements. It's in a woman's best interest to naturally get her B12 from beef, sardines, clams, liver, and dairy, her B6 from milk, salmon, tuna, and eggs, and her folate from dark, leafy greens, beans, sunflower seeds, and quality whole grains.

Finally, in the luteal phase, a woman shouldn't forget to ensure her digestive tract is getting enough [quality fiber](#). Cabbage, cauliflower, apples, nuts, and seeds are very important to boosting fiber intake naturally, but there are many other types of soluble grain and fruit fiber that can help with this.

### *Cute Cosmetics and Fancy Femcare Contain Hidden Toxins*

We can't control everything around us, but [endocrine disruptors](#) are a very real cause of women's increasingly common hormonal issues from hypothyroidism to low libido to infertility. Some environmental endocrine disruptors may be unavoidable, but there are [many](#) within our most popular femcare products and cosmetics alike which should be reduced or outright

avoided if we're really looking to decrease our chemical load. Please note that this is not an exhaustive list of all endocrine disrupting chemicals, as there are sadly [too many](#) to include!

One of the first, smartest swaps is to ditch antiperspirants and start using natural deodorants. [Antiperspirants](#) contain aluminum chloride which disrupts estrogen function and could even contribute to breast cancer growth. Struggling to find a natural deodorant that doesn't leave you sweaty or honestly somewhat stinky after a few hours? My tried and true choice is [Salt and Stone's](#) extra strength natural deodorants which come in amazing scents like santal and vetiver, neroli and shiso leaf, or bergamot and hinoki.

Women should also try to steer clear of cosmetics that contain [talc](#), an endocrine disruptor that may actually be linked to ovarian cancer. Sadly, many eyeshadows, blushes, highlighters, bronzers, loose and pressed face powders, liquid foundations and concealers use this asbestos-like product. Instead, double check cosmetics labels to see if they use mica, rice powder, or corn starch. One of my personal favorites is [Physicians Formula](#) (their highlighter gives my cheekbones such dreamy, fairy-like strobing effects) but MILK Makeup, Glossier, Kosas, and Pacifica are also commercially available talc-free brands.

[Phthalates](#), notoriously known as the "everywhere chemical," are in most common household products from food storage containers to shower curtains to nail polish to detergents and more. However, femcare products like tampons, pads, and even period underwear have been found to have [higher occurrences of](#)

***We can't control everything around us, but endocrine disruptors are a very real cause of women's increasingly common hormonal issues from hypothyroidism to low libido to infertility.***



[phthalates](#) than other consumer plastics! Look, it's going up in a pretty sensitive area so it's probably in a woman's best interest to keep this [multifaceted endocrine disruptor](#) far away from her reproductive system. I'm a big fan of femcare company [Garnuu](#), which sells clean period products and empowers women to take control of their natural cycles.

Again, I could go on and on about the other endocrine disrupting chemicals found in things like soaps, lotions, shampoos and conditioners, and perfumes such as [BHA/BHT](#) (skincare products), [ethanol](#) (perfumes, toners, acne products), or [PABA](#) (chemical sunscreen) but the list just gets too long.

### ***Redefining Priorities Not Only for Ourselves, but for Posterity***

Don't misunderstand—there are a certain amount of chemicals that are just fully unavoidable. We can only do so much on our end to protect our bodies and foster healthy hormonal cycles when there's a whole external world out there rife with roadblocks.

That said, it's really each and every one of our best interests to try to make smart swaps where we can and not sweat the small stuff, since extra stress is also an endocrine disruptor! If you're a woman, you may not be looking to conceive, carry, and then raise a child right now but you should be cognizant of the many ways you can set yourself up for a healthy pregnancy down the line.

Surprise surprise, even the World Health Organization has admitted that infertility rates have risen to urgent, concerning levels. You may be uninterested in motherhood entirely or perhaps it's your dream to have children of your own; either way, your natural hormonal cycles are an elegant system which are a vital sign for your overall health and should be supported in any way, shape or form.

***Andrea Mew is the Storytelling Coordinator at the Independent Women's Forum and a contributing writer at Evie Magazine. In all respects of life, Andrea abides by her passions for freedom, femininity, and facts.***

***You can connect with Andrea on [Twitter](#) or [Instagram](#) at @andreajmew. You can read more of Andrea's writing [here](#).***

# The Highest Quality Tallow Money Can Buy

There's good reason why VanMan's Tallow & Honey Balm costs more than the average jar of tallow you see on the market.

Give us a minute to explain, and you'll soon understand what makes a tub of tallow balm worth \$111.

Or even better, let's hear from Melanie — a happy customer.

*"I've tried moisturizer from \$5-\$500. I have a whole routine of acids and cleaners that I put on my face nightly. But by God I will never stray from this. I travel with it, put it on nightly and have used it on my kids for rashes and eczema. It clears it up overnight and every time I'm blown away."*

**The versatility sells itself.** VanMan's Bison Tallow & Honey Balm works for just any skin ailment. Heck, some have even used it as pomade. Name another product that effectively

treats so many conditions.

*"I get compliments all the time on my skincare and when people ask I go down the dark rabbit hole of "well you see, there's this dude on IG who makes things with bison fat but it's totally amazing!"*

**We only use the finest ingredients.**

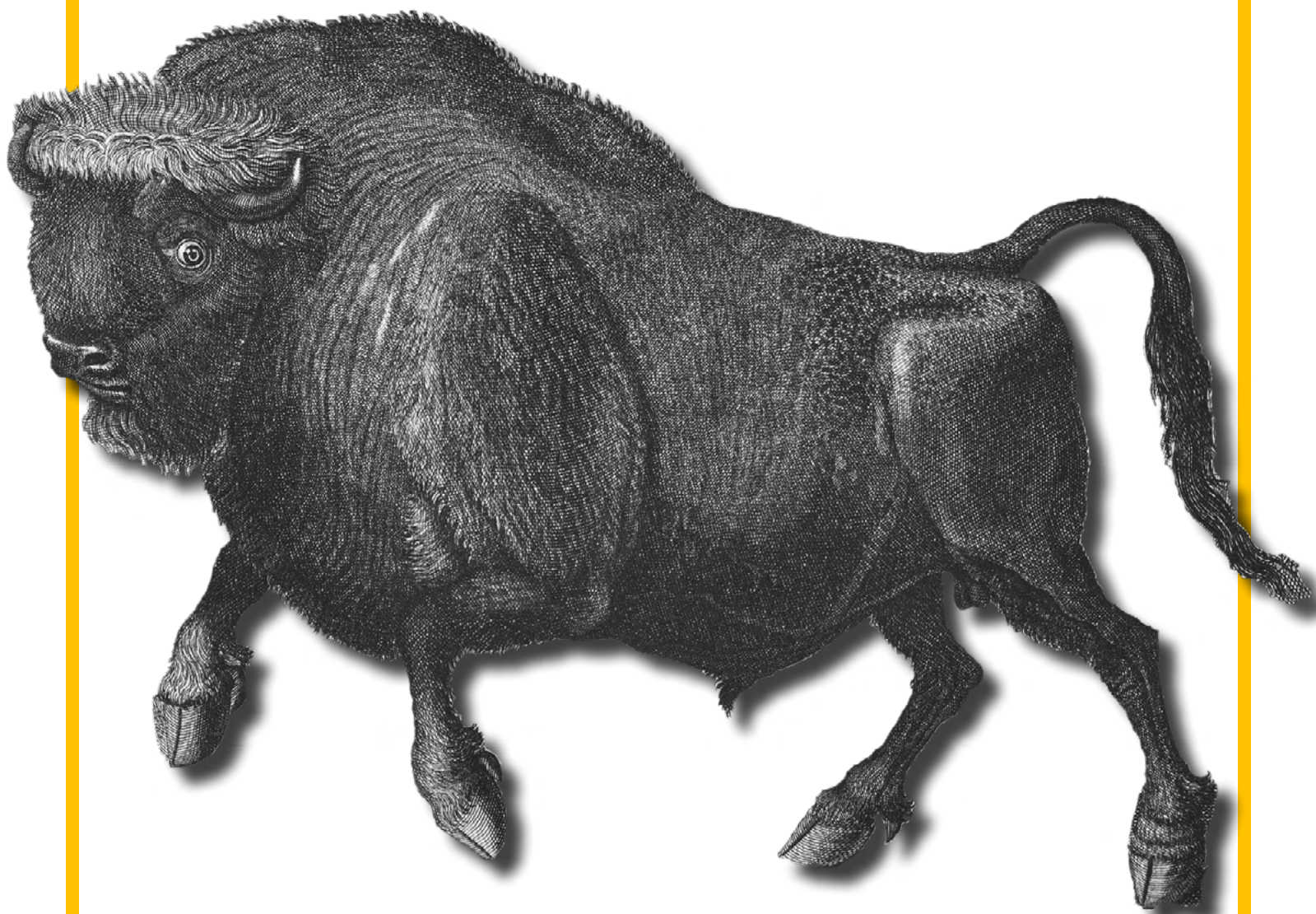
VanMan's Bison Tallow & Honey

Balm has been meticulously crafted with only the most premium of ingredients — 100% grass fed bison tallow and 850+ Manuka Honey and Royal Jelly. You deserve the best.

*"Is this expensive? I mean maybe. Is it worth it? Absolutely. You know the scene in Half Baked where Bob Saget asked Dave Chappelle if he's ever sucked dick for coke? Yeah that's me with this tallow balm. Buy it."*



**Criminally underpriced.**  
**Almost always sold out.**



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# IDEAS FOR A BEAUTIFUL KITCHEN

**T**he kitchen is much more than a place to prepare food; it's the heart and soul of a home. It's where secrets and stories are spilled over the best aromas. It's where you cultivate LIFE FORCE. It's a sanctuary of flavors and creativity. Yet, the average kitchen today doesn't inspire. Instead, it's depressing. Ugly. You have bright blue fluorescent lights. The same tones of grey. And everything else is just rudimentary. From the same old taps, to boring stove tops. Why are all the beautiful kitchens we see always old? Why don't we have more modern designs that seek to inspire? You should feel energized by your surroundings every time you sear a steak. Here are ideas that may spark inspiration — whether you're starting a new kitchen build from a blank canvas, or you've been looking to revamp yours.

## *Natural Lighting*

One common theme among most beautiful kitchens is the abundance of natural light. Large windows that let in streams of sunlight make a world of a difference. They enhance the culinary experience, and it lifts everything — from your mood to the flavors on your stove. There's simply no better form of lighting. Use natural lighting in the day and warm incandescents or candlelight at night. If that doesn't work, you could always use warm candlelight-esque OLEDs. That's how you curate a warm, welcoming atmosphere anywhere, really — and it's no different with kitchens. Though, understand that the type of lighting you choose [affects how your furniture and cabinetry looks](#). Warmer lighting options make wooden cabinetry pop, which is why you often see this pairing in iconic kitchens.

## *Wood & More Wood*

There's something about wood that injects soul into any space. From cars to flooring to kitchenware, it doesn't just make a difference visually, but it adds a unique warmth and character. Consider wooden blocks on your countertops to act as cutting boards. Or you could even contrast a more contemporary kitchen design with a rustic wooden dining set. The world of wood is diverse in and of itself, and you could go with mahogany, oak or

walnut — really depending on the style you're curating.

## *Tiles With Character*

Picture sunflower-yellow walls against cobalt-blue cabinets. [Talavera tiles](#) lining the backsplash, every one hand painted and made from scratch. We're past the wave of minimalism now. It's the era of expression and fancy tiles are an easy way to inject character in your kitchen. There are also so many different cultures and unique designs you can take inspiration from, whether its from Morocco, England or Spain.

## *The Type of Stone*

Marble, granite or quartz, stone countertops can lend a soft touch to your kitchen; it balances everything out. The type of stone you choose carries with it its specific texture and color that completes a kitchen — especially solitary islands. It's wise to always contrast the color of the stone you pick, depending on the shade of cabinetry.

## *Wildcard Pieces*

The overall aesthetic of a kitchen can be dramatically elevated by integrating one or two standout pieces. [A rustic farmhouse sink](#) is one way you can easily do this, especially in open kitchen concepts. You could also hang a piece of art, or place a unique sculpture somewhere on the island. A set of vintage lights could also give some character to your kitchen. Even a classy vintage faucet — maybe of brushed bronze.

## *Finding Your Own Style*

At the end of the day, your kitchen is a very personal space and the aesthetic you develop is a reflection of yourself. I'd say the best way to find "your style" is to look at beautiful kitchens — across various cultures. You'll instinctually be drawn to the details you like and you'll quickly identify what you don't. From there, you can slowly take those pieces and start assembling your own puzzle in your head. To help you with that, I've left you with some pictures that could serve as inspiration for building a kitchen that is both modern in design, yet classy and ever so timeless.

*Beautiful kitchens are the heartbeat of a home.*



*The House of Hackney Kitchen, London Fields (DevolKitchens)*



*Talavera Tile With Arched Recess in a Darker Color*



*Dark Cabinetry with Wooden Countertops (Image: Farrow & Ball)*



*Andrei Dmitriev's Russian kitchen  
(Image: Architectural Digest)*



*Tuscan Kitchen  
(Image: Decoholic)*



*Rooftop Kitchen  
(Image: Architectural Digest)*

# WARKITCHEN introduces Optimal Fuel. A playbook disguised as a cookbook.



Optimal Fuel is designed to equip you with everything that you need. From the information that helps dispel the lies we've all been told, to the very techniques and recipes you need to cook healthy food that actually tastes good. Start transforming your nutrition today. **Get yours [here.](#)**



# *A Never Ending Pursuit of Health & Wellness*

**Isabella Rose**  
*@wellbybell*

I've always thought of myself as a healthy individual. Throughout my teenage years, despite growing up with food allergies, I was able to stay physically active without complications. I could eat almost anything I wanted. Yet, I found myself drawn to the world of nutrition, particularly after a high school phase where alcohol was the primary means of entertainment. I craved more from life; something my friends at the time couldn't quite comprehend. In many ways, the world of wellness had a magnetic pull on me. I like to describe it as a domino effect — one aspect leads to another, and then another, highlighting the expansive and unending journey that is wellness. My personal journey involved continuous learning and unlearning. I believe that's essential. After all, once we think we know everything and that there's nothing left to learn, where do we go from there?

That was my belief until my health suddenly and dramatically deteriorated within the span of a month when I was just twenty years old.

## ***Beautiful Hawaii***

I challenged myself frequently with getting out of my comfort zone back then. In the summer of 2020, I set out on my first solo trip out to Hawaii. I chose a hostel close to the beach to prioritize building new relationships, and set forth on my new adventure. I was nervous as heck, but there was a solidified trust in whatever happened within me. I couldn't deny that. The days were filled with sunset ocean swims, breath-taking views of the sky with its purple

and orange hues, and physically demanding hikes that tested my body's limits. I ended up staying for three months. Throughout the trip, I incorporated my knowledge of "healthy





eating” without obsessing over it. This freedom around food was liberating yet fleeting.

### ***Moving & Change***

Coming home from this mini-temporary living situation I knew my family had been preparing to move from New York to down south and I was all for it. The idea of moving to an entirely new location, meeting new faces and having a new life sparked curiosity in me. We moved in July of 2020, 2 weeks after I came home. To preface the story I’m about to tell you, there was a lot that was changing all around me during this period of moving. I’ve thought it over and I cannot pinpoint the one major factor that triggered what was to come. I will say knowing what I do now, I can see how much of it began with ignoring the many cues my body was so blatantly giving me. Mentally and physically. I ignored my intuition regarding my relationship and job at the time and became disconnected from friends, family, and, most importantly, myself. The work of *Gabor Maté* comes to mind when contemplating this phase. I was solely driven by external perceptions, neglecting the fundamental necessity of cultivating a relationship with oneself.

### ***The Carnivore Trap***

September 30th of 2020 was the day that my body started speaking to me. I was 30 days into the 75 Hard

Challenge, an amazing challenge that

strengthened me, but also pulled out my weaknesses. I physically could not take the challenge anymore. Working out was extremely difficult, I was sleeping 12+ hours a day, and my digestion slowed immensely triggering bloating that would cause my jeans to go up a few sizes. I was under stress to say the least. In an attempt to manage these symptoms, and with what I was exposed to online at the time, I adopted a carnivore diet, which initially helped. The first

month was magical. All the symptoms I had been experiencing — fatigue, bloating, brain fog — disappeared. I felt alive, free from the burdensome symptoms that had affected my daily life. It seemed to work, right? A month into the diet, while rinsing my hair in the shower, I noticed an alarming amount of strands falling out easily. Each shower for the next month brought tears as I witnessed my hair thinning and falling out. To see such a shift in my physical state was frightening. My menstrual cycle vanished during that time and did not return until 6 months later.

### ***Rock Bottom***

I can’t recall the exact day, but at some point, the bloating became a constant presence in my life. It never subsided. I woke up and went to bed with the constant discomfort of my abdomen distending away from my body. I was even asked multiple times if I was pregnant, although it never bothered me. Looking back, it’s somewhat laughable. What I faced during that time would ultimately become the catalyst for a life-changing transformation. Recognizing this fact provided me the strength and motivation. I was determined to endure it all, no matter how difficult it became. These symptoms didn’t leave my side until the start of 2023. Over a year of constant bloating, missed menstrual cycles, fatigue so severe that walking down my driveway

to grab the mail became a challenge, emotional eating,

brain fog, digestive issues, and reactions to almost every single food out there. The endless cycle of trial and error left me feeling hopeless. Nonetheless, I refused to give up. It was a tremendous challenge. During that period, I consulted a holistic doctor and two other practitioners, spending nearly \$20,000 on promised cures. However, I still struggled with severe bloating, which made me want to hide from the world. It truly amazes me that we’ve

gotten to a point where treating symptoms has begun creeping into holistic/functional medicine practice as well. I observed this throughout my own healing journey. In fact, distancing myself from complete reliance on practitioners marked the beginning of my healing process. Without discrediting the approach as a whole, I acknowledge that I'm one individual out of millions choosing this path. Many have regained health through the aid of practitioners. However, in my personal experience, I don't believe any of the numerous supplements I took significantly contributed to my healing.

### ***Complicated Solutions***

I was told a number of things about why I was so sick encompassing a wide range of possible causes. I was given numerous diagnoses. I was told healing was going to be extremely difficult, and my gut was in a really bad place. I persisted nonetheless. I let go of fixating on specific issues assigned to me as the sole explanations for my sickness. Instead, I adopted the mindset of "*when you hear hoofbeats, think of horses, not zebras.*" I removed the need to micromanage every aspect of my life. I released the fear surrounding food, elimination diets, supplements, and the pursuit of perfection in healing. Healing didn't happen overnight, and truthfully it's an ongoing process. Yet, I'm in a much better place now.

### ***Bouncing Back: A Beautiful Life***

Signs of good health SURROUND me on a daily basis. My hair has grown past the middle of my back, and I have strong, healthy nails that grow astonishingly fast. My physical body responds positively to the nourishment provided by movement, food, and positive thoughts. I feel a renewed desire to swim, surf, and engage in life's adventures. It's the next chapter. I am now capable of doing the things I once couldn't. A year ago, walking up a small set of stairs caused pain throughout my entire body. Today, I run up those same stairs. Simply because I can. Simply because each new day presents an opportunity to celebrate the extraordinary resilience of my body.

By reconnecting with life and acknowledging the single fundamental factor that fosters healing, the body, I wake up each day grateful to be here in this health.

There's a simple sentence that encapsulates how I healed my body from the state that once left me gazing into the mirror, struggling to recognize myself (largely due to facial swelling):

*We are surrounded by healing remedies that are free, abundant, and available to us every single day. Use them.*

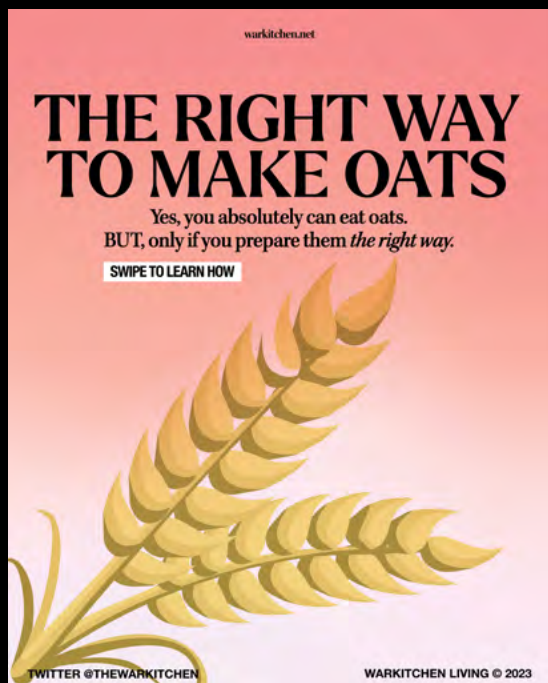
*This article was written by Isabella Rose. Let her know what you think of her story on [Instagram](#) or on [TikTok](#).*



# Highlights of the War Kitchen

MAY 31

The Right Way to Make Oats



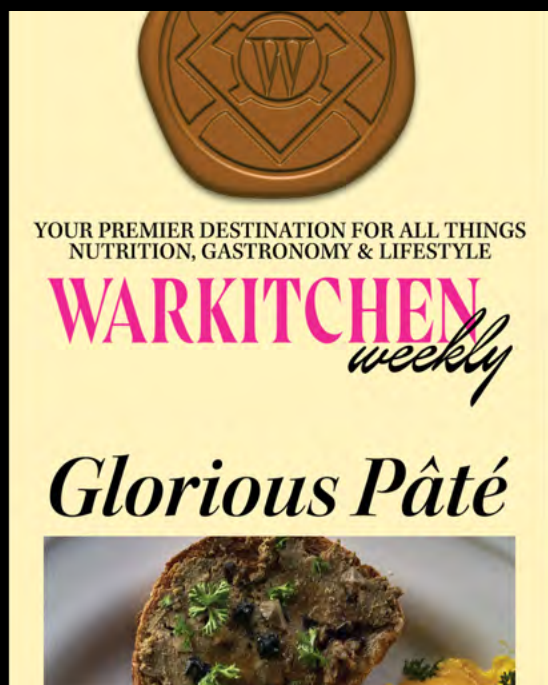
JUN 06

It's Actually Really Simple



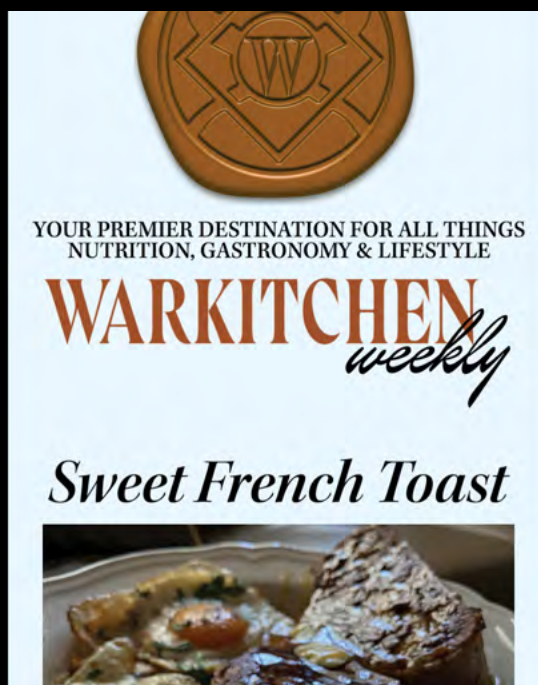
MAY 14

Pâté is King (#027)



MAY 28

Sweet French Toast (#027)



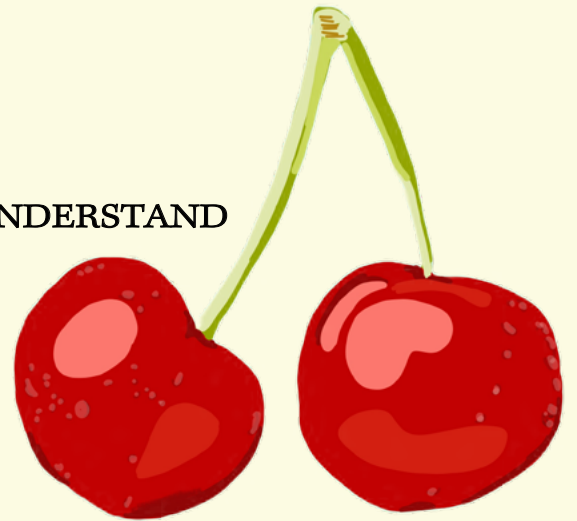
All the images are clickable. Link takes you right to the post.

# They Don't Call it Sunday For No



SUNDAYS ARE THE BEST DAY OF THE WEEK. WE UNDERSTAND THAT. IT'S WHY WE PRIDE OURSELVES IN MAKING YOURS THAT MUCH BETTER, WITH THE WARKITCHEN WEEKLY. NO, IT'S NOT JUST A 'NEWSLETTER'. IT'S A TASTEFULLY CURATED EXPERIENCE OF ALL THINGS NUTRITION, GASTRONOMY & LIFESTYLE. IT'S A FEAST FOR THE EYES, A TREAT FOR THE SOUL. AN EXPERIENCE IN OF ITSELF.

THE CHERRY ON TOP YOUR WEEKEND,  
*LET US KNOW WHERE TO SEND IT:*



*Roddy*

**WARKITCHEN.NET**

**ALWAYS SEEKING BEAUTY**



# WARKITCHEN EATS OF THE MONTH



# WARKITCHEN EATS OF THE MONTH



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Till Next Time,  
Rocky

