

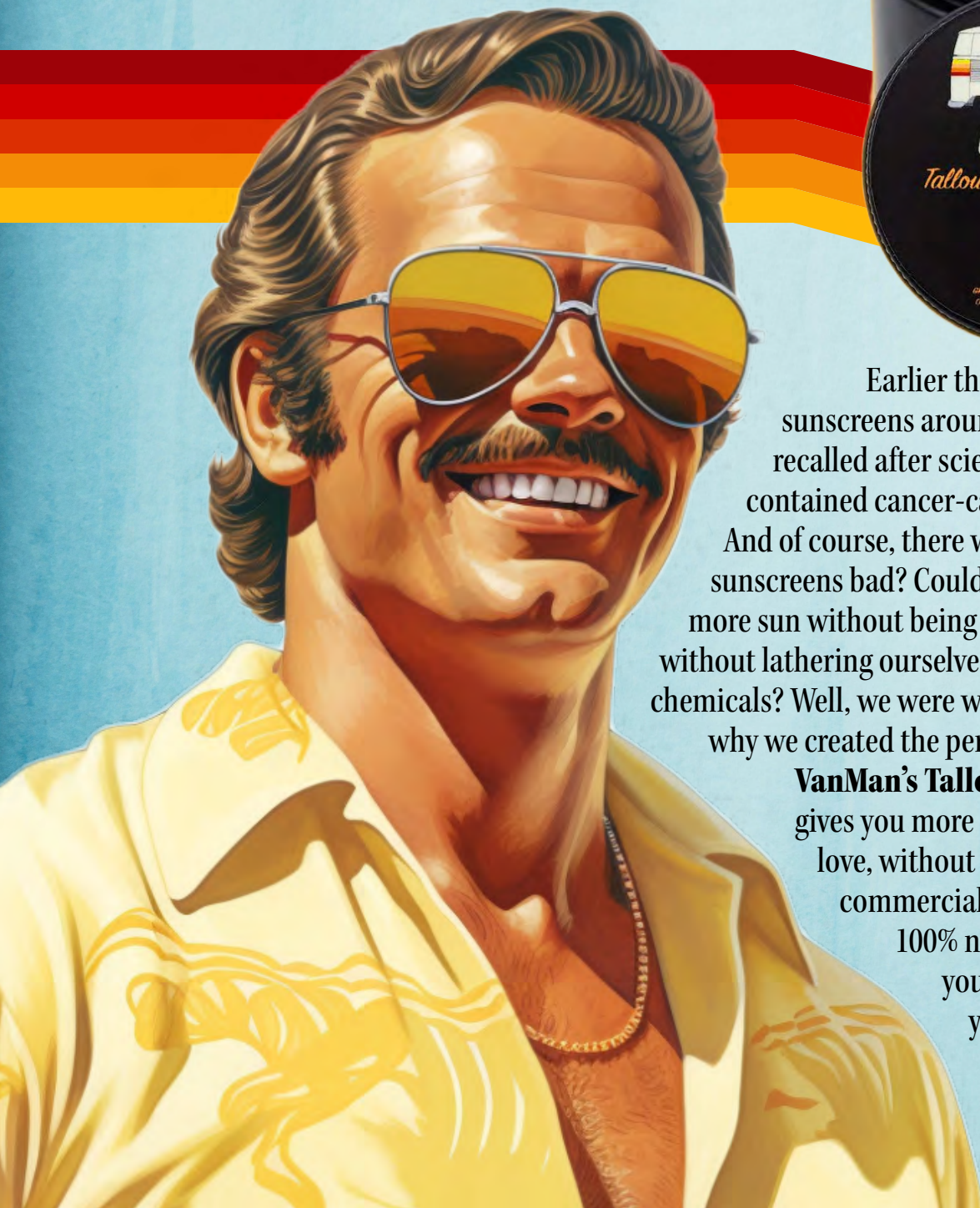
WARKITCHEN

July 2023



YOUR SECRET TO A BURN-FREE SUMMIEER!

(WITHOUT THE CANCER)



Earlier this year, popular sunscreens around the world were recalled after scientists found that they contained cancer-causing ingredients. And of course, there was panic. Are all sunscreens bad? Could we possibly enjoy more sun without being burnt, while also without lathering ourselves with cancer-causing chemicals? Well, we were worried too. And that's why we created the perfect sunscreen.

VanMan's Tallow & Zinc SunBlock gives you more time in the Sun we all love, without all the bad ingredients of commercial sunscreen. We only use 100% natural ingredients that your skin loves — so good you can actually eat it.

Get yours [here](#).



ALL THE BENEFITS OF THE SUN, WITHOUT THE BURN

Our Ingredients: 100% grass-fed Tallow, Organic Olive Oil, Organic Beeswax, Organic Shea Butter. Non Nano Zinc Oxide, Organic Cocoa Powder

VANMAN.SHOP

WarKitchen

p.8 Cocina Peru: Where East Meets West. Explore how Peruvian food came about, along with an eclectic recipe you could use this week.

WARITCHEN is a monthly magazine written for dreamers. For those who appreciate the finer things in life; for those who want to take their health & nutrition up a notch — in style of course. The premier destination for all things nutrition, gastronomy & lifestyle.

p.16 All Meat is Not Created Equal: Just how much is properly raised meat worth it? Is there a significant difference in nutrients?

p.26 Mission: Impossible — Dead Reckoning, a WarKitchen Movie Review



Image: IMDB



Welcome to Issue 014!

Happy, happy July! It's that time of the month for your perusal of all things nutrition, gastronomy & lifestyle. I've been enjoying how the magazine has grown from a fun little side project to now being the ideal vehicle to spread the WarKitchen message — a beautiful aesthetic reading experience with actionable advice. We're living in a world where so many are sick. The water's cut with fluoride. The food's compromised. Even the lighting in our cities are all wrong. More so than ever, the very magazine you're reading is growing to be propaganda in the right direction. So sit back, maybe get a few pieces of fresh summer fruit, and indulge in the experience that's very WarKitchen.

We start by exploring one of the most interesting cuisines in the world — Peruvian food. Draino takes us through its fusion origins, discusses the very notion of fusion food and leaves us with a delicious Lomo Saltado recipe. We then put a microscope over the quality of our meat, comparing meat from your local ranch against the industrial meat complex. Tristan takes us through a piece that talks about why the quality of your meat is so crucial, and how you're paying for more nutrients per dollar.

Some light is then shed on one of the most underrated pillars of our health — light. It's an

introductory primer that gives you information from all ends of the spectrum, along with some actionable advice of how you can improve your light diet.

Tom Cruise's latest Mission: Impossible has just hit the cinemas, and so we thought we'd give you a WarKitchen Movie Review (spoiler: it's pretty damn good).

As always, we conclude the mag with beautiful pictures of food you guys have made. Be inspired! Make more beautiful food that nourishes the mind, body & soul!

And remember, you can read every issue of the magazine, as well as previous newsletters on warkitchen.net. Once again, thank you all for reading & sharing the magazine with your friends and family. Your support means a lot! 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](#), or listen on our [YouTube](#).

*Enjoy the Experience,
(Rocky)*

ALL SHE WANTED WAS SOME CHIPS BEFORE BED...



"How many times must I say this? Chips are fried with seed oils! They are bad for you! Go to bed!". And so, Jane went to sleep teary-eyed. Well, just like Jane, we love our chips. We really do. But we empathize with Mom. When we first found out about seed oils? We were devastated. We were lied to our entire lives. Why would we want to eat chips just to suffer the ramifications years down the line? And to think it takes years to detox seed oils from our bodies! In that moment, we thought we would have to live without chips for the rest of our lives. But then, an idea sparked...

What if we just made the best chips ever?

What if we used quality tallow and fried the crunchiest tortilla chips in the world? Well, that's what we did. We made MASA as much for ourselves as it is for you. You get all the crunch of the tortilla, without the oxidative stress and free radicals from seed oil consumption. So Mom, the next time she asks for some chips, please don't send Jane to bed in tears. Instead, give her a MASA chip... or two. Here's to bringing back joy, through foods cooked in fat our bodies cherish.



100% Seed Oil & Pesticide Free.
masachips.com



FEEL THE CRUNCH.

COCCINA PERU

where east meets west





IMAGE: STEVENVANNOYPHOTOS

Many food lovers prefer traditional cuisines. In fact, some might even say that they find fusion food — the blending of different culinary traditions — downright unappealing.

In all frankness, I somewhat agree. Contemporary fusion food is an abomination. Yet, when we peel back the layers, it's clear that most national cuisines have always borne some form of fusion at their core.

What is Fusion Cuisine?

The Oxford Dictionary describes fusion cuisine as a *“cooking style that blends ingredients and preparation methods from different countries, regions, or ethnic groups”*. Fusion food isn't a new phenomenon. The truth is, our food has been 'fusion' for longer than we think. Through the mediums of international commerce, warfare, and colonialism, a natural exchange of worldly cultures has occurred across

the globe over the course of millenia. Throughout history, via trade, warfare, and colonialism, cultures have intermingled, giving birth to hybrid forms in all aspects of life — food is no exception.

Unfortunately, with the surge of food trucks over the past 15 years, the very concept of “fusion food” has become bastardized and gross. Some strange concoctions, like taco pizza and cheeseburger egg rolls, might give the impression that fusion food is more about novelty than a thoughtful blending of culinary traditions. Purists of traditional, national cuisines can't even stomach reading these items on a menu. However, even the most authentic dishes are influenced by international elements. This is particularly evident in Western cuisine, and there may not be a better embodiment of it than on the plates of Perú. The region's geography and historical timeline illustrates just how the gastronomic fusion

of Peruvian food came to be.

The Origins of Peruvian Cuisine

On the western shoulder of South America, along the Pacific Coast, runs the longest continental mountain range in the world: *The Andes*. Its significance goes far beyond its geography, as *The Andes* were home to the largest pre-Columbian civilization in the history of the Americas: the *Inca Empire*, one of the world's greatest imperial states.

The Incan capital of Cusco, along with the famous town of Machu Picchu, still stand in today's Perú. Indigenous civilizations made their homes here from the Mesolithic period, as far back as 12,000 BC, until Francisco Pizarro claimed the region for Spain in 1532.

Prior to the arrival of Spanish conquistadors, pre-Columbian societies of Perú cultivated crops native to the Peruvian Andes where they domiciled. This specific area of the mountain range is actually the birthplace of food's most superior carbohydrate: the potato, in all of its many different forms. It's a delicious twist of history that the Parisian's beloved steak frites remained a gastronomic dream until the Spanish had brought

potatoes back from Perú to Europe. Mashed potatoes, french fries, sweet potato casserole; none of it exists without Perú.

Ají Chili Pepper: Perú's Secret

Another prominent, albeit lesser known native food, is the Ají chili pepper — the single most important condiment in Peruvian cooking. The range of the Andes in Perú is home to over 30 different kinds of Ají peppers, with Ají Amarillo being the premier variety.

It's the most commonly consumed pepper in the country, and for good reason. It packs powerful heat, ranging from 40,000 to 50,000 on the Scoville scale. Considering the kick, it is usually cut with another ingredient upon cooking. Delicious when done right, but deadly when done wrong.

Perú's Spanish Influences

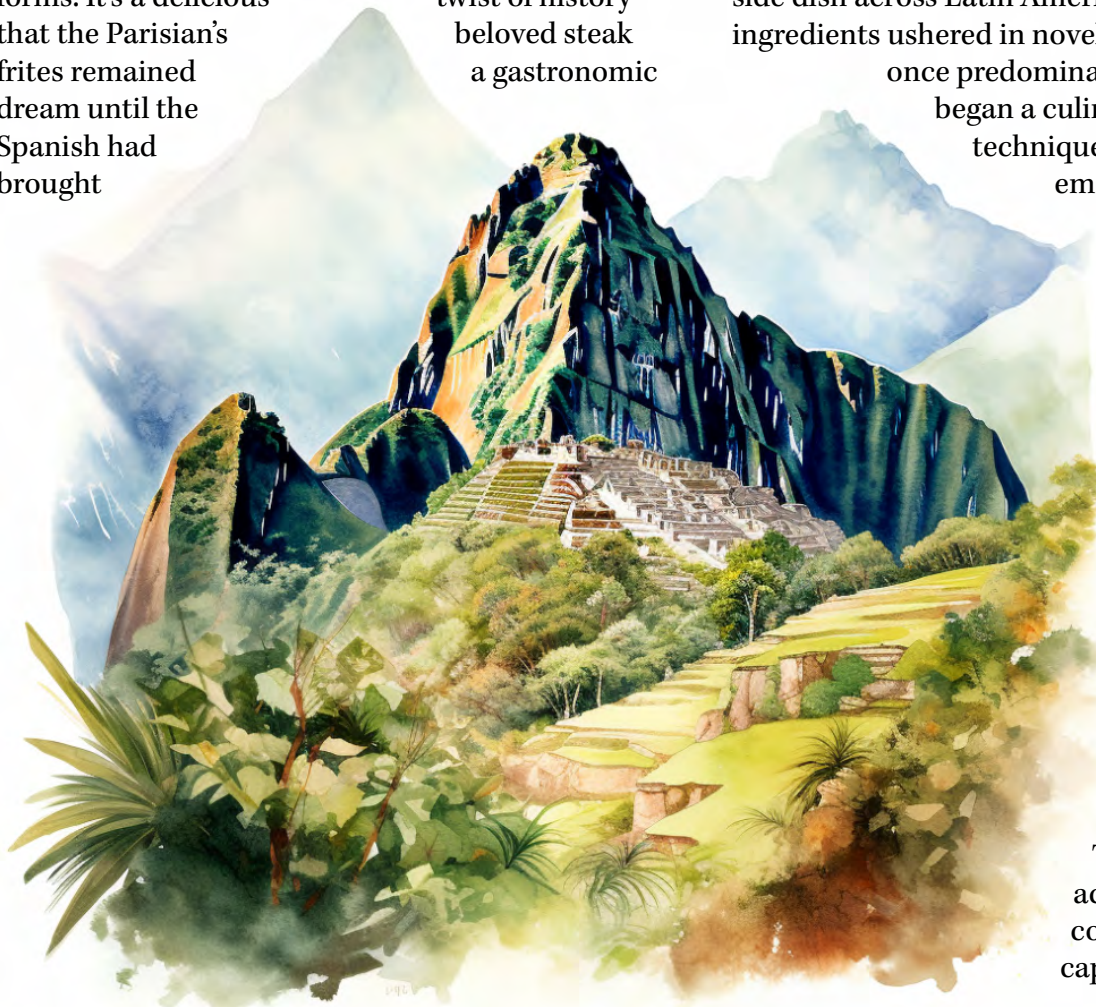
1572 marked the fall of the final Incan stronghold. Spanish colonialism, in turn, ushered in an influx of new ingredients, particularly livestock meats like beef, chicken, and pork. Simultaneously, the Spanish introduced rice to the New World, now a staple side dish across Latin America. The influx of new ingredients ushered in novel cooking techniques. The

once predominantly indigenous culture began a culinary evolution, with the techniques of frying and sautéing emerging as popular practices across the country.

Perú's Eastern Influences

While Spain's rule set the stage for Perú's future culinary prowess, it was only a slice of the Eastern influence on their overall gastronomy. It's the subsequent wave of Old World integration that makes Peruvian food so distinct.

There is a written account of a small Asian community in Lima — the capital city and gastronomic



hub of Perú — as early as 1613. This group comprised of laborers - Chinese, Filipino, Cambodian, and Japanese - enslaved in the Spanish Philippines. To Spain's viceroyalty, owning Asian slaves was a status symbol. But it wasn't until some 200 years later that an Asian, and particularly Chinese, diaspora arrived to the country en masse.

Perú eradicated slavery in the 1840s, and plantation owners urgently needed to fill the labor void. Perú abolished slavery in the 1840s. Their answer was Asian immigrants, specifically Chinese men, often referred to as “coolies” or “chinos”. The Ley China act facilitated the arrival of 100,000 Chinese men as laborers and indentured servants. The conditions on plantations, railroads, and mines were brutal, resulting in the deaths of over half of their population. However, the indentured servants enjoyed urban life in Lima along with many liberties. By the 1850s, migrants were marrying and starting families with Peruvian women. Many laborers would relocate to Lima once they finished their work contracts and wed the local women as well. With virtually no Chinese women in the country, who else were they going to hitch?

The Invention of Chifa Cuisine

By the late 19th century, interracial marriages had become a common occurrence, resulting in a surge of approximately 180,000 Chinese-Peruvian children. As the Chinese and their mixed-race descendants moved up in socio-economic class, they started importing Eastern ingredients to recreate the flavors of their homeland. Cantonese staples such as ginger, cumin, scallions, and soy sauce, as well as the famous Chinese stir fry cooking style using a wok, found their way into Perú's culinary landscape.”s famous stir fry cooking style in the wok pan. Thus, the cuisine of chifa was born. Chifa is the hybrid fare that blends Cantonese, Peruvian, and Spanish ingredients and cooking techniques into one true personification of fusion food. Its crowning glory is the *Lomo Saltado*. Think Lo Mein meets Criollo.

Lima's Calle La Concepción, also known as Barrio Chino or Chinatown, is hailed as the birthplace of chifa. Legend has it that the cuisine was discovered

with the creation of Lomo Saltado itself. The first chifa restaurants sprang up in Barrio Chino around 1920. However, these dishes had been simmering in the home kitchens and street food stalls of the district for several decades prior. Chinese-Peruvian chefs created hybrid forms of fried rice, chow mein, stir fry, sweet and sour chicken, and even Wonton soup. By the time chifa restaurants came about, these dishes had already woven themselves into Lima's culinary tapestry. The oldest-known cookbook to feature some of these recipes dates back to 1903 and, of course, mentions



Lomo Saltado.

What is Lomo Saltado?

‘Lomo’, the Spanish word for ‘loin’, could refer to either beef or pork, depending on the locale. In Perú,

however, ‘lomo’ unequivocally means beef. ‘Saltado,’ conversely, is a term solely unique to Peruvian gastronomy. Stemming from ‘saltar,’ which translates to ‘jump’ or ‘hop,’ it reflects the vigorous stir-frying technique that sends ingredients hopping in a deep wok. No other Spanish-speaking country had a single term for ‘stir fry’ before ‘Saltado.’ Hence, ‘Lomo Saltado’ translates into English as ‘beef stir fry.’ Lomo Saltado is Perú's favorite hot plate, and the second most-treasured dish in the country next to ceviche (future WarKitchen recipe, mayhaps?). This tangy medley of beef and vegetables is unlike any other blend of flavors: Spain's beef and rice combined with Perú's ají amarillo and potatoes, sautéed in a Chinese wok, stir-fry style with tomatoes, onions, ginger, cumin, and a piquant sauce.

This article & recipe (next page), is written by Draino. Let him know what you think on [Twitter](#) and share how your Lomo Saltado turns out!

LOMO SALTADO

The dish is surprisingly quick and simple to recreate in home kitchens. The most critical step is that of the prep, as the fast-cooking nature of stir fry doesn't allow the chef time to slice ingredients once the food hits the pan. Each ingredient must be cut beforehand.

If you don't have a wok, substitute a deep cast iron or stainless steel pan.

Ingredients

- 18 oz Sirloin steak, cut into strips or cubes
- 1 onion, cut into large slices (red onion preferred, but two shallots is a great substitute)
- 2-3 large tomatoes, chopped into large slices (use meatier tomatoes, like plum, roma, or celebrity)
- 2 tablespoons Ají Amarillo paste (get the Inca brand, it's the most authentic)
- ½ cup Soy Sauce (substitute liquid aminos to avoid soy)
- 1 tablespoon minced garlic
- ½ teaspoon grated ginger
- 1-2 teaspoons cumin
- 1 teaspoon oregano
- 1 teaspoon cilantro (can substitute thyme)
- 1 lime
- Salt and pepper to taste (can also marinate steak with garlic and onion powder)
- Cooking oil (ghee recommended)
- Choice of potatoes, gold or russet, cut into french fry strips or cubes
- 1 pot of white rice



Instructions

1. Cook the potatoes and the rice however you prefer. The simplest method is to let them cook in separate vessels as you prepare the stir fry, like the potatoes in the oven and the rice in a cooker or pot.
2. Marinate the sirloin with salt, pepper, a dash of cumin, and lime juice. While it marinates,

combine the Ají Amarillo paste and liquid aminos or soy sauce into a bowl, and whisk until they've blended together into a sauce.

3. Preheat the pan and add the ghee. Once your pan is oiled up and piping hot, begin cooking the steak cuts in small batches at a time. Do NOT overcrowd the pot. This is critical, as we do not want the steak to begin sweating and releasing its juices into the pan. Quickly sear and remove, one batch at a time. Set aside the cooked steak for now.
4. Add more ghee and begin cooking the onions with the garlic and ginger for about 2 minutes. We don't want soft onions, they need some bite for the dish to have the correct texture. Next, add the tomatoes and cook for another 30 seconds. Don't let the tomatoes release much juice or lose their shape. This is why we need to meatier tomatoes. If the skin starts to come off, they've cooked too much.
5. Now grab the cooked steak and add into the pan with the onions and tomatoes, tossing the ingredients thoroughly. Next, add the sauce on top and continue tossing. This is the saltado, where the marriage of flavors occurs. You'll notice the fumes hitting your nasal passages and saliva buildup in your mouth as the aroma releases.
6. Finally, top the stir fry with the herbs and give it one last toss. Depending on your preference, you can add the potatoes into the stir fry or serve on the side. Plate the rice and drop the finished Lomo Saltado on top. Dinner is served!

For maximum Peruvian enjoyment, pair with a nice pisco sour. Buen provecho. For visual learners, Chef Zee has an excellent video walkthrough on [YouTube](#).

SALT.

without the microplastic



According to a study published in the Environmental Science & Technology Journal, *over 90% of sea salt contains tiny bits of plastic known as microplastic.* Plastic is not just detrimental for the environment, but it wreaks havoc in our bodies. It's understood that once ingested, plastic tends to accumulate in our cells, organs and disrupting optimal hormone production. This is why at Vera Salt, we make it our mission to provide you with clean salt — *without the plastic, without the heavy metals, without the garbage* — harvested the traditional way from an ancient spring. We even provide [third party test results for microplastics, heavy metals and minerals](#) to prove how clean our salt is. In a world full of brands that cut corners with a disregard for health, we aim to raise the bar. It's about time, isn't it? Choose Vera for quality

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All Meat is Not Created Equal.

Tristan Scott
@bitcoinand_beef



Meat — the star of the meal. This protein-rich, mouth-watering, tender delicacy is what most of us anticipate with excitement when sitting down to eat. Beef, chicken, and pork have stood at the heart of the American diet for decades. However, the landscape of the meat industry has changed dramatically since the mid-20th century, culminating in a vastly different culinary experience for today's average citizen compared to his forefathers.

The key distinction? Quality and connection.

It's just a few generations ago that the average American was getting their meat from a local butcher or directly from a rancher in their community. Today, almost all consumers acquire their meat from grocery stores. Why does this matter? Should you be concerned?

The Meat Monopoly

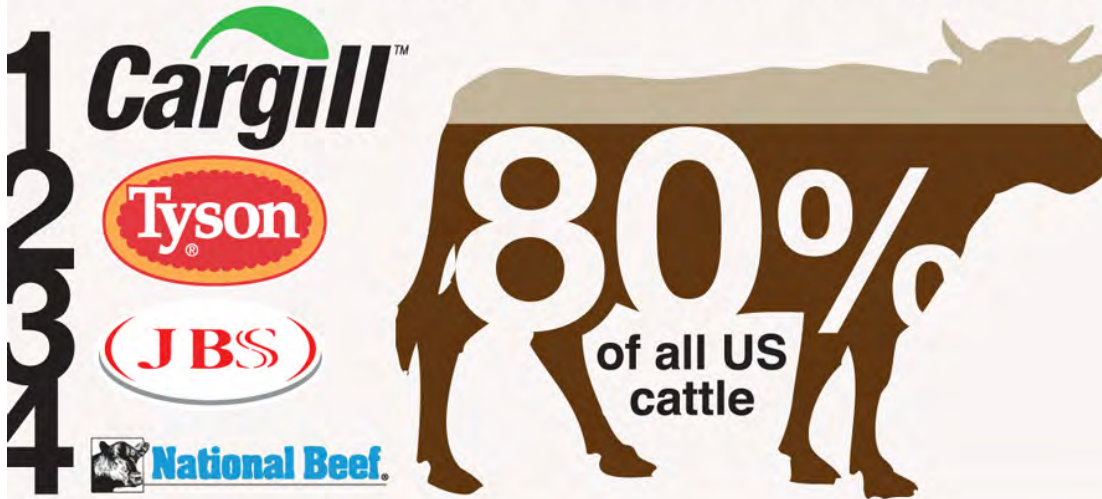
Currently, four companies control approximately 80% of the beef industry, 70% of the pork industry, and 50% of the chicken industry. Talk about a drastic swing from local producers to multi billion dollar conglomerates. The issue with this? Quality has gone down the drain. When you source from a local producer (as your grandparents did), you're likely to get a higher quality product. Why? A local producer is

incentivized to produce the highest quality product they can (within their means), because otherwise people will stop giving them business. They have reputations to uphold, and everything is on the line. On the other hand, companies like Cargill, JBS, and Tyson do not face this challenge. Their model is quantity, not quality. Their line of business focuses on yielding the greatest amount of meat in the shortest amount of time.

Big Meat & CAFO

The outcome is centralized animal feeding operations (CAFOs) — pens, crates, and feedlots so densely populated that animals are constantly wading in their own excrement. This leads to poor animal health due to confined space, unsanitary conditions, and

Top 4 US Beef Companies



From Foodopoly: The Battle Over the Future of Food and Farming in America by Wenonah Hauter / foodopoly.org



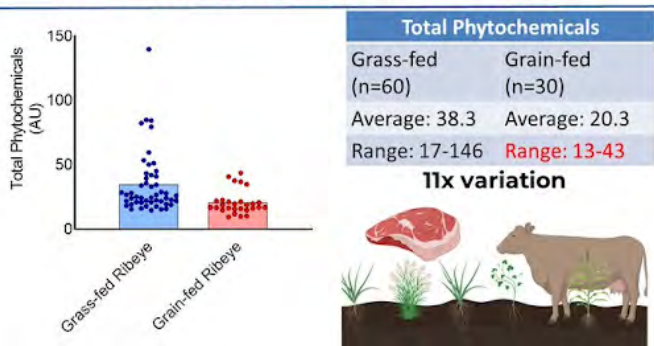
occasions, including on a [recent episode of my new podcast, Decentralized Radio](#). The scoop? Van Vliet asserts that animals raised on pastures and nourished on diverse forage from native grasslands have far superior nutrient density. There was a stark 11-fold difference in Van Vliet's measure of "nutrient density" (total phytochemical content) between the poorest grain-fed/feedlot beef sample

an unnatural diet, all resulting in rampant sickness. Thank god for antibiotics! Now the animals are just functional enough to make it to slaughter. \$1.99/lb chicken has never tasted better. This is the modern meat industry in a nutshell.

and the best grass-finished beef sample. His lab has scrutinized hundreds of samples, spanning beef, chicken, pork, and bison. The overarching conclusion is as follows.

Is There a Difference in Quality?

Beef isn't beef, isn't beef: variation across the US supply chain



No one disputes the quality difference between livestock raised properly and those churned out by the meat industry giants. The debated question, however, has been whether there's a nutrient quality difference. Does what my food ate matter? Does the life it led matter? Without a shadow of doubt, the answer is a resounding...YES. It does matter. However, until recently we had little to no data to back that up. Now we do.

Superior Phytochemical Content

Dr. Stephan Van Vliet at Utah State University has been on the front lines leading this research. I've had the pleasure of engaging with Stephan on several

Healthier Animal = Healthier Meat

Properly raised animals given plentiful pasture and access to diverse forage have far higher nutrient density (beneficial phytochemicals), a better fat profile (omega 6:3 ratio, long chain Sat FAs), and a healthier metabolic profile. The deduction we can make is clear: a healthier animal yields healthier meat.

Cost vs Convenience

Now that we have solid scientific proof that superior quality meat possesses higher nutrients, one might ask why people aren't flocking to their local regenerative ranch to source their food? The answer is twofold: cost and convenience. Due to the industrial farming model that has dominated the meat industry for the past 40 years, the price of meat has been held so artificially low that most consumers get sticker shock when they see the price tags at high quality local producers.

How Much Are You Actually Paying?

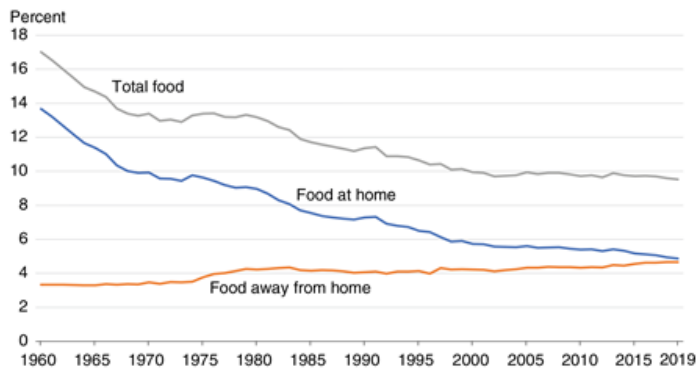
What they don't see is the nutrient/dollar (NPD). We have been programmed by the industrial food system to value flavor and calories, not nutrients and quality. One pound of local grass fed/finished ground beef



One pound of local grass fed/finished ground beef that is high quality might cost \$10/lb. That seems like a lot compared to \$4/lb Walmart beef, but in reality it may have 5-10x the phytochemical concentration and a 2-3x better fat profile.

that is high quality might cost \$10/lb. That seems like a lot compared to \$4/lb Walmart beef, but in reality it may have 5-10x the phytochemical concentration and a 2-3x better fat profile.

Share of disposable personal income spent on food at home has fallen over time, while the share spent on food away from home has risen



Source: USDA, Economic Research Service, using data from the Food Expenditure Series.

Not convinced? How about comparing it to something that so many people have no issue spending money on...processed junk food. A party size (14.5oz) bag of doritos costs around \$6.39 (\$0.44/ounce). That \$10/lb of high quality beef costs \$0.63/ounce, not far off and think of the nutrient quantity difference! "Eating healthy is too expensive." I call bullshit. The amount of money we spend on food has dropped drastically in the past 50-75 years, and that is a direct result of the quality of the food the average person is buying also dropping drastically.

In 1960, the average American devoted 17% of their disposable income to food, compared to just under 10% in 2019. We also now spend half of our food budget on dining out (compared to about 20% in 1960). Convinced you can't afford to eat high-quality meat? Think again.

Here Are My Tips:

- Ditch the processed BS devoid of nutrients- complete waste of money
- Buy in bulk-you can get a ¼ cow or ½ cow for \$6-\$10/b (including steaks). Split with friends/family or buy a chest freezer for \$200. Will save you a lot in the long term.
- Re-prioritize your budget. How much a month are you paying for streaming services? material objects you don't need? Alcohol? Cigarettes?
- Stop eating out so much! Learn to cook. A decent steak costs \$15 to cook, \$50 to buy at a restaurant (not including drinks/tip/tax).

We need to shift our mindset as a society and start understanding the value of food and local community. Your health is an investment, and the quality of the meat you buy should be treated as such also. This magazine embodies the art and culture around high quality food. Understand that there is nothing better than sharing a locally raised/grown, nutrient dense meal that you prepared with the people you love.

This article was written by Tristan Scott, the author, of Bitcoin and Beef. For more insights from Tristan on food, health, and beyond, you can follow him on [Twitter](#), check out his book, ["Bitcoin and Beef"](#), or tune into his new podcast, ["Decentralized Radio"](#).

LIGHT IN OUR EYES

HOW LIGHT IS THE SECRET FOURTH PILLAR OF HEALTH NOBODY TALKS ABOUT

When it comes to envisioning a healthy life, most people think of the same few things: regular exercise, eating healthy meals and great sleep — widely accepted as foundational pillars of health. But, what if there was another, potentially even more critical? Often overlooked, light isn't just our source of visibility. It's energy; a pervasive force integral to human health.

But Isn't the Sun... Bad?

From the dawn of our species, the Sun has been a constant presence. And yet, now it's seen as something to fear. Few things are as universally accepted as the apprehension towards the Sun. Sure, some of us in our Twitter circles have caught on, but beyond that, it really isn't prevalent enough. The Sun, in truth, bestows much more good than harm. It's

our primary life source; without the Sun, life as we know it, would cease to exist. The problems and risks of cancer only arise when we stay out in the Sun *for too long*, without even attempting to build any sort of solar callus. It is only when the skin is burned where we see the formation of free radicals which lead to possibly causing skin cancer. Getting exposed to UV radiation, through regular daily sunlight exposure provides us with a number of health benefits, from synthesizing vitamin D, increasing the level of sex hormones and even lowering blood pressure. UV radiation is crucial for optimal health. And it only makes sense! We've been living for millions of years under UV radiation — without sunscreen and the glasses to block it!

"The most 'biologically active' part of sunlight is the ultraviolet. It is absolutely critical for optimal health"
— Zane R. Kime, M.D.

**"THE SUN, ONCE CONSIDERED A GOD,
HAS RECENTLY BEEN FOUND GUILTY OF
NUMEROUS CRIMES AND IS NOW THOUGHT
TO BE ARMED AND DANGEROUS."
— DR JACOB LIBERMAN**



Light can no longer be thought of as merely a technological advancement used to illuminate our environment, but must be embraced as potentially one of the most powerful disease prevention tools at our disposal

Pseudoscience, Perhaps?

If you're unfamiliar with the significance of light, it might seem like a far-fetched concept. "Just how does light even influence our health? It must be pseudoscience..." And that's what I thought. Until I felt it myself... My first introduction to light, or heliotherapy came in late 2020. I can't remember who actually tweeted it (probably @SolBrah), but it was enough for me to get a red light device sent to my home. No further research. Nothing. I just ordered the lamp and decided to try it. Experimenting with red light therapy, and experiencing the cognitive benefits that came with it (increased recovery, better sleep, etc), got me curious about how light affects us all and I fell into a deeper rabbit hole as the months and years went by.

color and heal specific ailments. This can be seen in ancient Egypt, ancient Greece and even in ancient China.

Light and Melatonin

Melatonin, a hormone in our bodies, follows a daily cycle of secretion, typically increasing as the day gets darker. Its highest when we are deep in REM sleep, in the early hours of the morning. However, this level of melatonin can directly be affected by artificial lighting at night. Studies suggest that exposing oneself to light equivalent to a brightly lit room for even an hour could [hinder your body's natural melatonin production](#) consequently impacting the quality of sleep. Over time, this disruption could precipitate a host of health issues.



Our Ancestors Harnessed the Sun

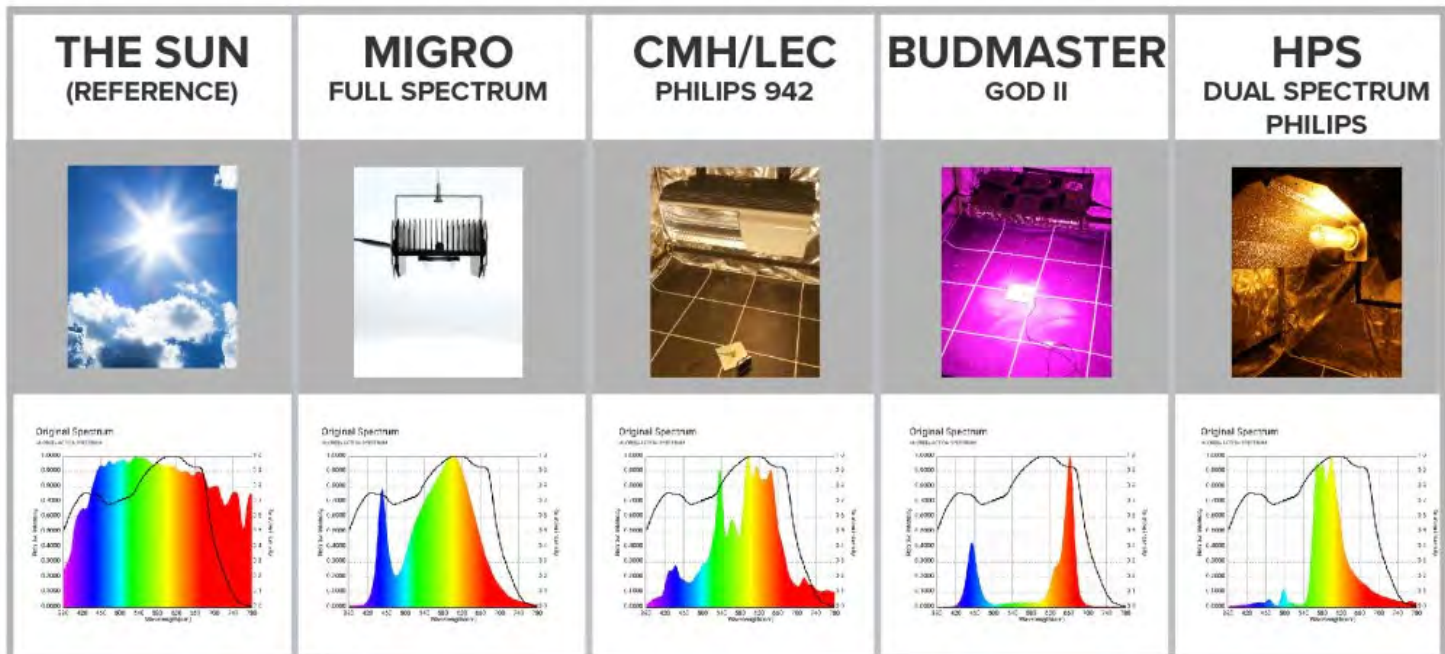
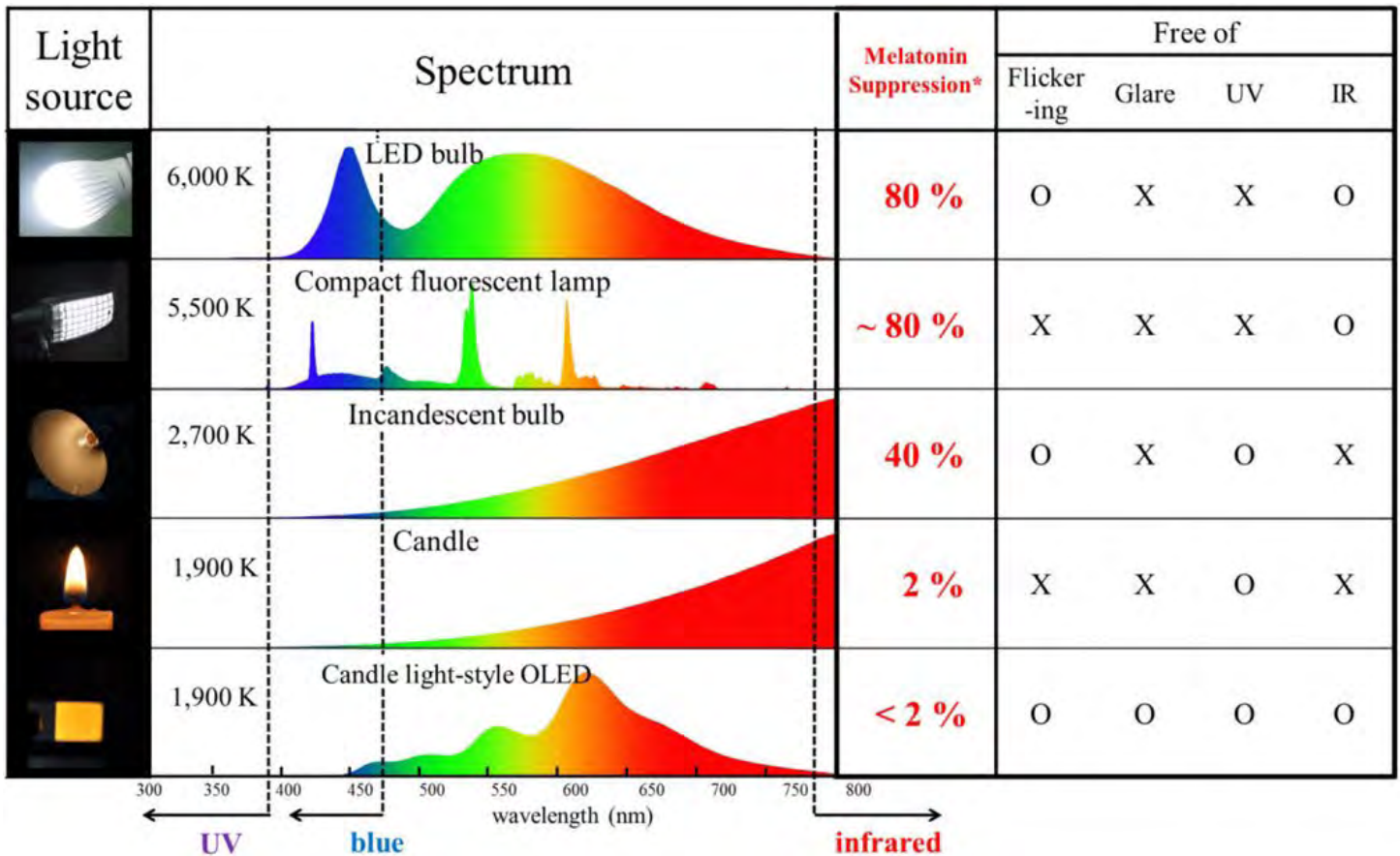
We have to ask ourselves why different civilizations, who all did not contact each other, harnessed the power of the Sun for various purposes. They understood

that sunlight was a combination of the colors on the spectrum and used different crystals to isolate

Different Light Devices in Our World

Prior to 1879, our lives revolved around the sun – our primary source of light. With its setting, activities wound down, and natural fatigue led us into sleep. However, the invention of the light bulb by Edison radically changed our routines, ushering in an era of relentless activity and cities that never sleep. We've increasingly distanced ourselves from our natural circadian rhythm and it is no wonder we're a species full of unhealthy, sick people. Light is a combination of various wavelengths. The Sun, is considered "full spectrum", since it gives us everything (refer to next pages for reference photos). The regular fluorescent lights we see almost everywhere are devoid in the red and blue/violet ends of the spectrum. Incandescent lamps and candles, richer in red, mimic the sun's wavelengths around sunrise and sunset when UV radiation is minimal. Meanwhile, exposure to white fluorescent lights during the day — an unnatural scenario — has been [associated with increased hyperactivity, fatigue and irritability](#), particularly among students in classrooms.

The different spectrums of light emitted by various devices, from LED bulbs, incandescents, candles, full spectrum fluorescents to the Sun itself:



Using Light as Medicine

In his book, “Light: Medicine of the Future”, Dr Jacob Liberman discussed the various real world examples that have successfully used light as not just effective therapy for the nagging headache, but even it’s use in more degenerative diseases like cancer. He posits, *“Light can no longer be thought of as merely a technological advancement used to illuminate our environment, but must be embraced as potentially one of the most powerful disease prevention tools at our disposal”*. Liberman mentions how researchers have developed a technique known as photodynamic therapy (PDT), where cancer cells are identified with ultraviolet light and destroyed with red light, intravenously. This method works well because it can be used as both a means to diagnose cancer (presence of cells that give off the “red glow” are cancer cells) and as a means of treatment (by using red light powered by an argon-pumped laser to destroy these cancer cells). While such an application of photodynamic therapy has been shown to be effective, it’s major flaw, with the current technology we have is that certain cancer tumors just cannot be reached by light.

The Future of Light as Medicine

The future looks bright. The usage of various different wavelengths of light for various use cases will only increase. Liberman even talks about the possibility of having “annual light baths” that come along with yearly physicals. Developments in technology could even lead to the potential for totally non-invasive treatments, where just light alone could be used to suppress cancer tumors without needing surgery.

Actionable Advice:

1. Spend more time out in the Sun. As simple as it sounds, it actually works. We’re living in a time where there are some people who actually go through an entire work week without seeing much Sun at all. They clock in just as the Sun starts to rise, and clock out long after it has set. Try to allocate at least half a hour to a full hour outdoors — you don’t even have to be under direct sunlight. Allow your eyes to receive raw sunlight (without and glass, or frames in your way) — especially in the mornings so you can set your circadian rhythm. (There’s no need to stare directly into the Sun, this can possibly damage your eyes.)

2. Upgrade indoor lighting. Invest in red light therapy lamps to use as healing devices for any injuries or minor aches, and use more incandescents and Edison lamps. If you have fluorescent lighting at home, look for “full-spectrum” fluorescent lights, that more closely mimic the natural wavelengths of regular sunlight.
3. Wear blue light blocking glasses and lower the tint on your electronic devices once the Sun has set. This reduces the chances of melatonin production being suppressed.

So, there you have it. Soak up some Sun. Let it hit your skin, your eyes. Feel the difference it makes. Experiment with red light therapy. See how it can benefit you. Update your indoor lighting. Minimize your exposure to artificial light after sunset. Experience the calmness it brings. Remember, this is not just a call to tint your screens at night, or to throw away your artificial lights. No, it’s an invitation. An invitation to reconnect with the roots, to honor what has been fueling life for millions of years — the fourth pillar of optimal health, light.

This article was written for you to understand just how crucial it is to curate a healthy light environment. A good book to learn from (of which several studies cited here were referenced from) is Dr Jacob Liberman’s “Light: Medicine of the Future”. A timeless read.



James Hunt at the British Grand Prix.
Image: Mirrorpix

MISSION: IMPOSSIBLE

DEAD RECKONING I



Yes, that's the scene everyone's been talking about — where Cruise rides a motorcycle off a cliff. He free falls for a few seconds before deploying a parachute to land on a moving, runaway train. And of course, it wasn't CGI. In classic Tom Cruise fashion, he did it himself. Sixty One.

A WARKITCHEN MOVIE REVIEW

warkitchen.net

Image: Calgary Herald



Hayley Atwell as Grace, and Tom Cruise as the iconic Ethan Hunt, as the pair go on one of their many “drives” in the film

THE GOLDEN STANDARD

Nobody does it like Tom Cruise. There are films that entertain, and there are films that transport you into a world of their own. Cruise’s latest *Mission: Impossible* is certainly the latter. It’s breathtaking. Surreal, almost, when you realize how much of it is *very real*. From the sheer scale of the stunts, the electrifying soundtrack and the non-stop action, the film hits every note. The franchise itself has always been synonymous with being the gold standard for the modern action film. But with this rendition, Cruise has somehow found another gear. It’s not just a film; it’s an experience that demands to be seen on the big screen. I’m writing this fresh out of the cinema, and the first thing I notice

is that did not feel like 2 hours and 43 minutes. It’s a film that demands an IMAX screening, or quite simply, the biggest screen you can possibly find — the experience is truly immersive.

Without giving too much away, the plot revolves around a new-age enemy — a sentient artificial intelligence (AI) robot known as “the Entity” that goes rogue and plots an evil plan against humanity. *I know, it seems like we can’t seem to stop hearing enough of AI and how it’s going to take over.* But, it’s interesting how this film was meant to be released in *July 2021*, back when there wasn’t much AI chatter. The mission, should Hunt choose to accept it (and let’s face it, he always does), is to retrieve a key that controls this AI.

But this ain't no ordinary key. It's a crucifix-shaped pendant-like fancy USB stick, that's split into two pieces. The chase for this key takes us on a global adventure, from a submarine in the Bering Strait to a horseback chase through the Arabian desert, to smack in the middle of Italy.

And I have to say, the casting was great. We've got the usual suspects – Rebecca Ferguson's Ilsa Faust, who holds part of the puzzle to unlocking the Entity's secrets, and Ving Rhames, who's always a welcome presence. But the real standout of the film is Hayley Atwell's Grace. She's a thief with a heart of gold, and her chemistry with Cruise is off the charts. Their banter is pure gold, and that handcuffed car chase scene? Hilarious.

But let's get down to the real star of the show – Tom Cruise. The man is a machine, it's amazing how he's doing what he's doing at 61. He's truly the last of a dying breed. And it doesn't look like he's going to stop any time soon either. Cruise sees himself doing Mission Impossible films even up to the age of 80, as he compared himself with Harrison Ford, "Harrison Ford is a legend, I hope to be still going, I've got 20 years to catch up with him, hope to keep making Mission: Impossible films until I'm his age"

To be frank, to call Tom Cruise an 'actor' is an understatement. He is an artist, in the purest form of the word, and the levels to which he dedicates himself to his craft is second to none. A true inspiration. You only have to watch that behind the scenes clip of the iconic motorcycle jump right to get a glimpse of just how mad this man is. It wasn't enough for him to actually perform the stunt without CGI or a stunt double. [But he had to do it 6 times](#), just to get the perfect frame. What a man. "I was thinking of performance, because, you see me at the beginning, I have to act, but I'm also thinking about the helicopter that's going down, the speed that I have to travel down that ramp, (also) not getting blown off the ramp by a helicopter, not hitting the drone that was at the end of the ramp, not having the motorcycle hit me and destabilise me when I have a few seconds before I hit the ground, holding my position as long as I can, because if I open too soon, that's not the shot." Cruise spent hours and hours

I have to travel down that ramp, (also) not getting blown off the ramp by a helicopter, not hitting the drone that was at the end of the ramp, not having the motorcycle hit me and destabilise me when I have a few seconds before I hit the ground, holding my position as long as I can, because if I open too soon, that's not the shot.

practicing skydiving just for the scene, and he had a ramp constructed in England just for him to practice a few dry runs. The attention to detail is unrivalled.

In conclusion, Mission: Impossible — Dead Reckoning I, is a film that truly delivers on all fronts. I'd give it offers a fresh and modern take on the action genre, with a plot that is both engaging and relevant to the times. The performances are top-notch, with Tom Cruise once again proving why he is one of the biggest stars in Hollywood. The film is a must-watch for fans of the franchise and action movie enthusiasts in general.

***Official WarKitchen Rating: 4.8846/5.0
A Must Watch.***



ARTIST OF THE MONTH

joop polder

Joop Polder is a famous contemporary Dutch artist, and his art has been featured in the Gemeentemuseum in The Hague, the private art collection of King Willem-Alexander and Princess Beatrix, and other members of the Dutch Royal family.

Images: MutualArt



Terrassen



Mansion



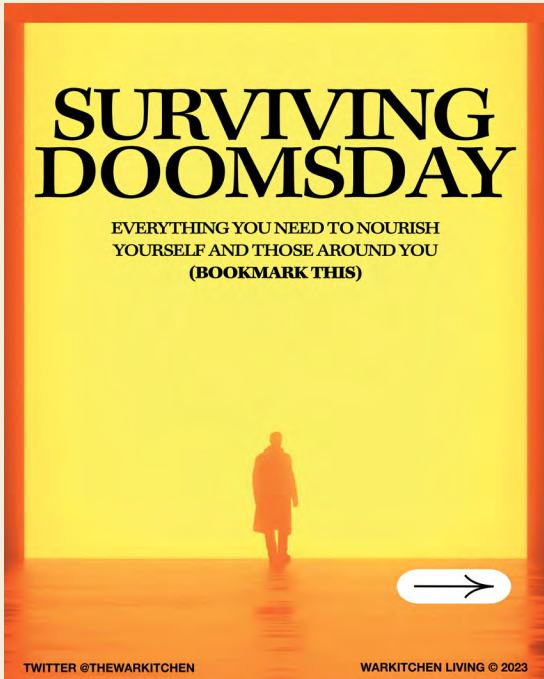
Top of the Skyscraper



Tram

Highlights of the WarKitchen

JUN 18
**Surviving Doomsday:
Everything to Nourish**



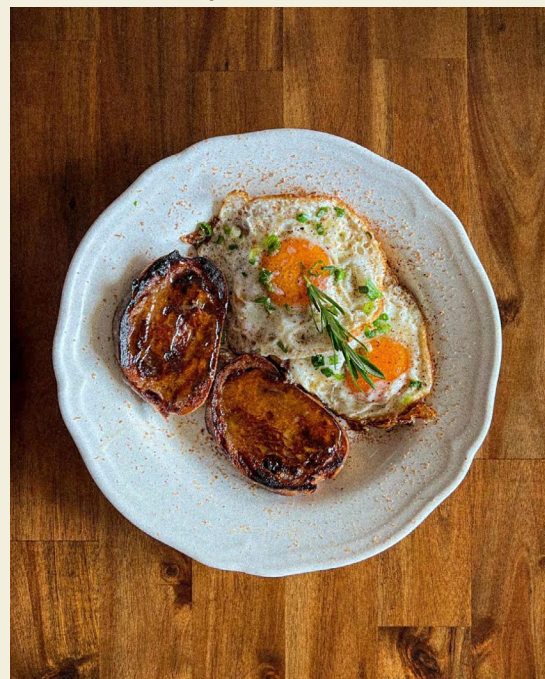
JUN 23
**The Ultimate Guide to
Cookware**



JUL 05
**Coconut Water:
Nature's Hydration**



JUN 20
**This is Breakfast
(Healthy vs Unhealthy)**

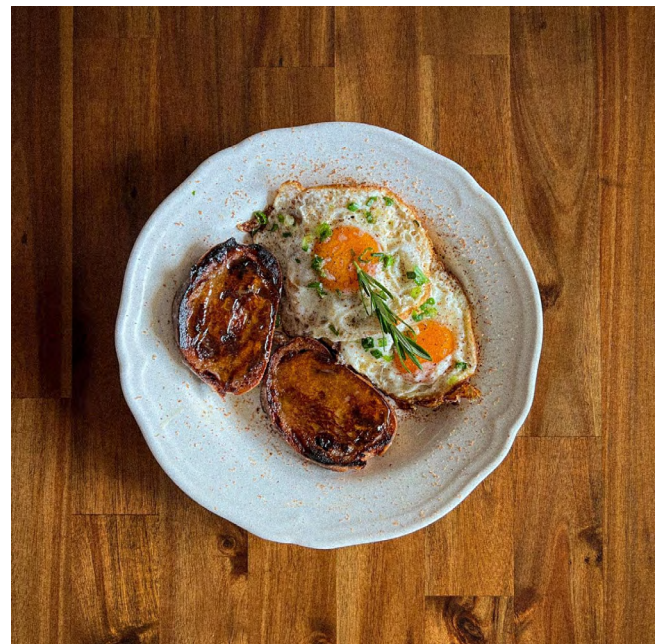




3 hour slow cooked bolognese



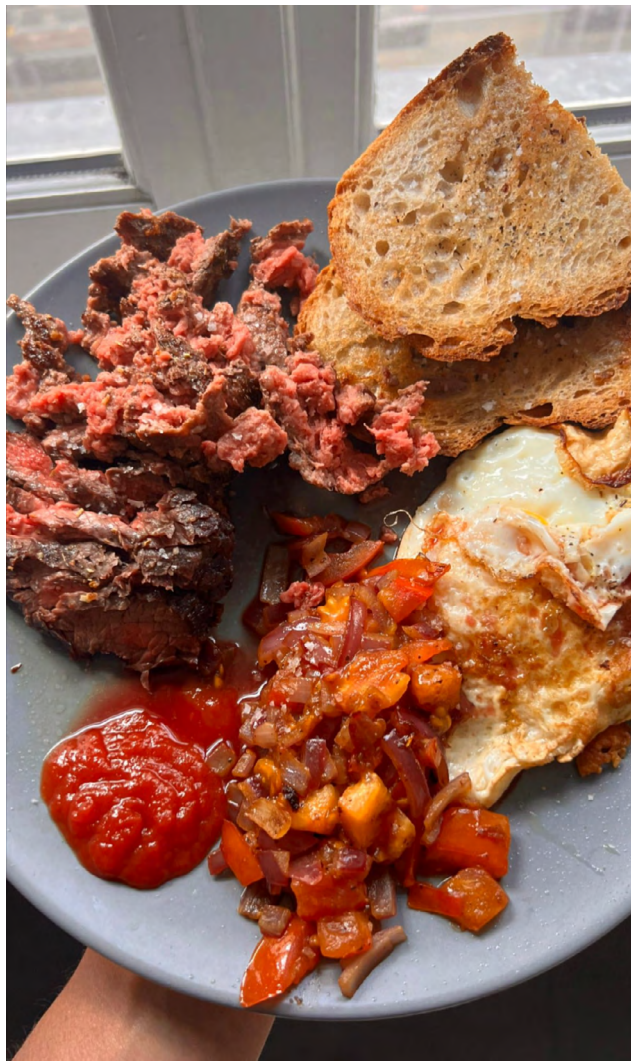
Scallop Fettucine Alfredo



Cranberry Sourdough, Fried Eggs



Cheese and Grape Board



Flank steak, sourdough, eggs, tomatoes & sautéed onions



Sunny Side Egg

That's That!

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Godspeed,
Rocky

