

WARKITCHEN //

015

THE DAWN OF A NEW AGE

**THE HORRORS OF
LAB-GROWN MEAT:**
An Unsettling Reality

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A SPECIAL THANK YOU TO OUR CONTRIBUTORS & PARTNERS

RAW EGG NATIONALIST FARMER BILL'S
LOU TAMPOSI BIOMAX
PONTIVFLEX

06.08.23



Soap Has Never Felt This Good

Trusted by Kings & Queens throughout history, Aleppo soap is how soap should have always been. No toxic chemicals. Just a bar that cleanses, moisturizes and makes you smell good — without modern xenoestrogens.

“You’re still not using those endocrine disrupting soaps are you? Haven’t you been on X.com? Those modern soaps that we’ve been using... They’re toxic. They’re drying our skin out! They’re full of these things called phthalates and parabens that mess with our hormones! Some are even saying *it could cause cancer*. I didn’t want to take that chance. So, I decided to try something different, something natural... And of course, I was skeptical. Could a phthalate-free, paraben-free, 100% natural soap actually lather up the same way I was used to? Well, it did that and so much more.”

What makes BioMax’s Aleppo so special?

1. Every bar of BioMax’s Aleppo Soap is handcrafted in Turkey,

made using the same hot-process method that originated in the ancient city of Aleppo in the 8th century AD.

2. Completely free from any endocrine disruptors, toxic chemicals, or synthetic fragrances, BioMax’s Aleppo soap works on every skin type.

3. BioMax’s Aleppo soap provides a deep moisturizing cleanse, with laurel oil offering a natural, refreshing post-shower fragrance.

4. The traditional curing process means BioMax’s Aleppo soap lasts much longer than commercial soap.

Why settle for less when your skin deserves the best? Why use

soap with hormone altering xenoestrogens?

Get your bar of BioMax’s Aleppo soap today and join the movement.



THE NEW AGE OF SOAP IS HERE



shopbiomax.com

Welcome to Issue 15!

It's August! A warm welcome to readers old and new. We've grown quite a lot as a community this past month, so for a good chunk of you this is your first WARKITCHEN magazine. Make yourself feel at home and get somewhere comfortable (preferably with a beverage in hand). Hopefully, this is the start of what becomes a monthly ritual for you. Here at the WARKITCHEN, *Sundays are special*. There's just an aura about it that's unmatched. For thousands of years, Sunday has always been dedicated as a day of worship or rest, and that is why we fire you an email every week in an aesthetically curated vehicle. The first Sundays of every month are *just that extra bit special* so we release a magazine as well.

This started about 1.5 years ago, and what was a little side project has evolved into an entity with a life of its own. So many of you are coming back to the mag every month, and that means a lot to me. Thank you.

We begin Issue 15 with a piece by the Raw Egg Nationalist on a topic that's going to be more notorious as the year goes by — lab-grown meat. He reveals the ugly underbelly of the operation and exposes the industry for their questionable practices.

Next, we talk about the magical powers of bees. No, not about honey, but about the other bee products that haven't had as much public fervor.



Lou, now a regular contributor of the WARKITCHEN, talks about “*The Art of Cooking*”, specifically about how you can prevent remaining stagnant as a chef.

Explore all the other gems in between the pages, including a cool Pontivflex ‘coke’ recipe. And as usual, we close August’s issue with a collection of all the food you’ve made. I swear they get more beautiful each time. So, take inspiration from these creations, and make something nourishing yourself.

And remember, you can read every issue of the magazine, as well as previous newsletters on warkitchen.net. If you got sent this magazine from someone else, signing up on the site allows you to receive the next one right in your inbox.

Once again, thank you all for reading & sharing the magazine with your friends and family. Your support means a lot! Follow us on [X](#) & [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,
Roddy*

***“I found Rome
built of bricks;
I leave her
clothed in
marble.”***

***— Augustus
Caesar***

Did you know?

The month of August is named after Augustus Caesar, the first Roman Emperor. Originally, this month was called “Sextilis” in Latin, meaning the sixth month.





Pocket Steak, Anyone?

The days of reaching for a sugary protein bar full of carbs are over.

Meet Farmer Bill's Premium Biltong: the perfect protein snack.

Never had biltong? It's beef jerky — *just better*. Made with 100% grass-fed, grass-finished beef or bison, Farmer Bill's Premium Biltong is free of nitrates, added hormones or antibiotics.

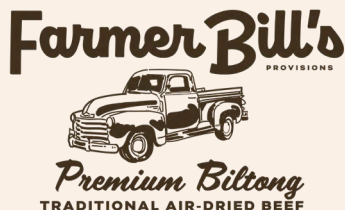
Biltong making is a tradition that predates modern technology. It's meat in its purest form: perfectly air-dried and naturally cured.

It's rich in protein & fat. Soy Free. Keto Friendly. Most importantly, they taste amazing.

Farmer Bill's was founded to bring the regenerative movement to your pantry.

Farmer Bill's Premium Biltong is a ribeye-in-a-bag, wherever the journey takes you.

Claim 20% cashback or store credit when you place your first order here.



farmerbillsprovisions.com



Born in South Africa. Made in the USA.



While Farmer Bill's Premium Biltong is proudly sourced and prepared from beef and bison in the USA, we pay homage to South Africa. Behind every package of Farmer Bill's Premium Biltong is the personal touch of a true South African Farmer who has been making biltong since he was a boy. Not sure which biltong to get? Try our 4-Pack Sampler that comes with Original Beef, Original Bison, Spicy Chili Beef and Smokehouse Beef.

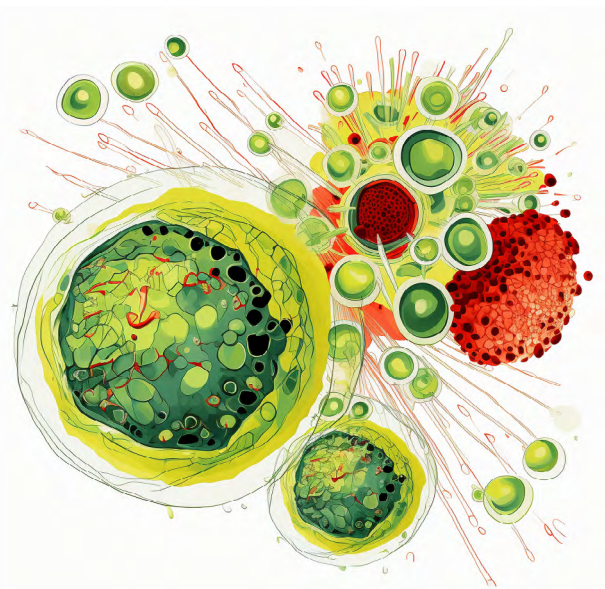
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AUGUST '23



The Unsettling Reality of Lab-Grown Meat

by Raw Egg Nationalist (@babygravy9)



Of all the so-called “alternative proteins” or “foods of the future”, it’s lab-grown meat that seems to invite the most visceral reaction of disgust. Sure, “plant-based meat” doesn’t sound particularly appetising, but it’s made from things that are ubiquitous in today’s food chain – plant protein like soy and plant oils like canola, mainly – with some extra ingredients, including, in the case of Impossible’s flagship “ground meat”, a genetically modified soy product called “heme” which makes the burger “bleed” when it’s bitten into. Many people’s first reaction to “plant-based meat” is still just to say, “Plant-based meat!? How can you make meat from a plant?” (The answer, of course, is that you need an animal to do that. Anyway.)

Insects may be disgusting, but at least they’re natural. At least you actually find bugs out there, in the real world, even if the bugs our globalist overlords want us to eat will be bred in enormous factory farms, such as the facility under construction by French firm Ynsect in the Midwest, rather than gathered from under rocks and logs.

Lab-grown meat, by contrast, is not a natural product. It isn’t meat as you or I know it. Of course, its

manufacturers want you to believe it is – but they’re lying, and with good reason.

While it’s true that lab-grown meat, unlike “plant-based meat”, actually is made with real animal cells, it’s generally made with a type of animal cell – so-called “immortalised cell lines” – that human beings, and all animals in fact, have absolutely no history of consuming. Ever. In basic terms, the difference between normal animal cells and immortalised cells is that normal cells have a finite life, whereas immortalised cells, as the name suggests, just go on and on replicating, potentially forever, so long as they continue to be kept under the right conditions (the right temperature, adequate food, sufficient removal of waste products, etc.). In this respect, immortalised cells, and lab-grown meat, are functionally indistinguishable from cancer.

This has been a source of huge embarrassment for makers of lab-grown meat like Upside and GOOD Meat, both of which have now served lab-grown meat to the paying public in the US, after receiving FDA and USDA approval to do so. A recent Bloomberg piece on the subject reported that these companies flat out refuse to discuss the use of immortalised cell lines with the press, which is a tacit admission of just how serious a problem they consider it to be. They

think they can make the problem go away if they just don't mention it, which is why I make use of every opportunity I can to tell people, on Twitter, in media appearances and in my long-form writing, what lab-grown meat actually is.

Don't get me wrong. Lab-grown meat isn't tumours per se. Some immortalised cell lines really are tumours. The very first immortalised cell line, the HeLa line, was and is cancerous. The cells were extracted from the uterine cancer of an African-American woman called Henrietta Lacks at Johns Hopkins Hospital, in Baltimore in the 1950s. Henrietta Lacks may have died not long after the sample was taken, but her cells have been replicating ever since (if you want to know more, read *The Immortal Life of Henrietta Lacks*). When actual cancer cells aren't used, normal cells can be forced to become immortal through the use of enzymes, radiation, genetic engineering and other methods. Sometimes, in rare cases, cells just spontaneously become immortal, through a genetic mutation. A small number of tissues other than cancers also naturally replicate endlessly, such as early-stage stem cells.

Immortalised cells are favoured for various forms of research, and for the manufacture of lab-grown meat, because once you've harvested them, you don't have to go back and harvest more. This saves time and cost. Immortalised cells taken decades ago from the kidney of an aborted fetus were used in the manufacture of some of the COVID-19 vaccines.

For lab-grown meat, immortalisation also allows the makers to claim that their product is "cruelty free", which is a key unique selling point: once you have an established animal cell line, you never need to take another sample, meaning that no more livestock need to be raised or slaughtered to make your product.

Meat no longer means murder. Or, at least, that's how it's supposed to be. In reality, as I'll tell you in just a moment, things aren't that simple, and ethical vegetarians and vegans aren't actually going to be able to eat lab-grown meat until there's another way to make it.

What matters, as I was saying, is that humans and animals – because lab-grown meat is also being targeted as a pet product – have no history of consuming immortalised cell lines. We just don't know whether it's safe to do so, and I'm not the only one to say this. Experts say this too; although the experts who were involved in the certification process for Upside and GOOD Meat's products don't



“IMMORTALIZED CELLS, AND LAB-GROWN MEAT, ARE FUNCTIONALLY INDISTINGUISHABLE FROM CANCER”

seem to have raised this issue. I've read the FDA filings for GOOD Meat's "cultured" chicken product, and it's just assumed that it's exactly the same as the meat you'd get from the butcher or supermarket. For the regulators, the key issue was the nutritional profile (protein, fats, carbs, micronutrients) and potential contamination with pathogens during the laboratory process, not whether the animal tissue itself might be harmful – something we have no way of knowing unless long-term feeding studies are carried out, which they won't be. But

the FDA's processes for ensuring the safety of novel products and ingredients is famously lax, essentially allowing the companies behind the novel products and ingredients to dictate the terms and provide the required data themselves. One academic paper on the subject described them as being like "the foxes guarding the hen house."

Now, I mentioned that with lab-grown meat, the "cruelty free" epithet may be deceptive. It is. Josh Tetrick, the CEO of GOOD Meat, loves to make the claim on Twitter that his lab-grown chicken is "slaughter free", but the truth is that slaughter is still an integral part of making lab-grown meat, and

it's likely to remain so for the foreseeable future. An essential ingredient in the manufacture of lab-grown meat is something called "fetal bovine serum" (FBS). This is blood extracted directly from the hearts of cow fetuses, often while they're still alive, on the slaughterhouse floor. FBS is an essential part of the growth medium used to create lab-grown meat. It contains special hormones and other substances without which you simply can't get cell lines to grow in the right way. FBS is also extremely expensive, costing thousands of dollars a litre. For this reason, users of FBS are constantly looking to create artificial alternatives to it, but so far they've totally failed. While only small quantities of FBS are used in the manufacture of a batch of lab-grown chicken, it's still there, leading to the absurd situation that although no chickens need to be slaughtered to make the product, pregnant cows and their calves do. Again, this is a problem manufacturers of lab-grown meat just don't want to talk about.

GOOD Meat also doesn't want to talk about its supply chain, for similar reasons. Earlier this year, I discovered that the company manufacturing GOOD Meat's chicken product, JOINN Biologics, is a Chinese-owned company that has ties to the Chinese military's biowarfare program and is involved, through its parent company JOINN Laboratories, in breeding large numbers of animals, including primates, for lab experimentation. Another large helping of absurdity is added to the mix: yes, no chickens are slaughtered to make GOOD Meat's

product, but cows and their



calves are, AND monkeys must be bred and sold for a life of excruciating torture. I thought this was supposed to be an "ethically superior" product!?

The absurdities and iniquities of lab-grown meat, which its manufacturers are well aware of, point us toward its true purpose. Lab-grown meat is a "food of the future", not because it is more ethical than real meat, but because it is corporate-owned. You can't patent a chicken, but you can patent lab-grown chicken. Proprietary control over their products is what corporations want, and it's what they've been working tirelessly to achieve for the best part of a century. This is exactly what happened with the transformation of the American food system from one in which people consume whole foods to one in which people consume factory-made processed foods, and it's exactly what's been happening with the more recent introduction of genetically modified products into the food chain. Corporations have achieved a staggering degree of ownership over the food we eat, but even that isn't enough. There are always new "ownership envelopes" that can be opened.

The Great Reset vision of a "Planetary Health Diet", in which a global population of 10 billion people is fed a largely uniform diet made up of plant foods supplemented by novel proteins, is one that sees no place for farming and food production as it's taken place for the majority of the last 10,000 years. If the globalists succeed, we will have handed over the food supply in toto to corporations. I've written about this vision at length in my latest book, [The Eggs Benedict Option](#), and I've tried to outline credible ways we can resist and instead return to eating in the manner of our ancestors. One obvious thing you can do is not to eat lab-grown meat. But you don't strike me as the type that would anyway.

This article was written by the Raw Egg Nationalist. To read more of his work, you could get his various best-selling books on [Amazon \(they're good\)](#) and peruse his Men's magazine on [mansworldmag.online](#).

"IT'S JUST ASSUMED THAT IT'S EXACTLY THE SAME AS MEAT YOU'D GET FROM THE BUTCHER"

WARKITCHEN *music*

WARKITCHEN MUSIC is proud to present “Eternal Summer”, a groovy summer house mix that’s designed to be enjoyed with a fizzy beverage in hand. Sit back, perhaps by the porch with the sun in your eyes and indulge in 43 minutes of curated house music. Follow the soundcloud and you’ll be the first to receive any future mixes. Enjoy!





THE MAGICAL HEALING POWERS OF HONEY BEES

In the vast tapestry of nature's timbre, the hum of the honey bee stands distinct. While many of us associate bees solely with honey, it's really just the tip of the iceberg when it comes to the magical healing properties of these animals. Honey isn't the only thing bees produce. They make so much more, and a lot these products have been revealed to have various therapeutic properties. Bee propolis is a natural anti-fungal. Bee stings treat illnesses. Even the resonance at which they flap their wings has been studied to have therapeutic effects. How glorious. And this isn't a recent discovery. Not at all.

Apitherapy, derived from the Latin word "*Apis*" meaning bee, has roots that delve deep into the annals of history. Ancient civilizations from Greece, China and Egypt have all used bees for therapy. No, not the kind where a middle aged woman talks to you about your problems. But where various bee products are used to solve and effectively treat various conditions and illnesses. Even *Hippocrates*, the father of medicine, mentioned the power of bees in his writings.

Next to honey, bee propolis is probably the second most popular bee product. The origin of the word propolis in Greek translates to

“*defense of the city*” and it is very apt since bees use propolis as their main material to repair their hives and keep intruders out. The ancient Greeks actually used propolis for oral health, and modern medicine has confirmed they had reason to. Studies have shown bee propolis to be [effective in curing oral yeast infections denture stomatitis](#) and even [alleviating dental hypersensitivity](#) (without the use of fluoride). Bee propolis is proven to have strong antibacterial, antifungal, and antiviral properties.

Then there’s royal jelly, a substance *fit for a queen* — quite literally. It’s secreted by worker bees to nourish their queen and is incredibly nutrient rich. It’s also what’s fed to transform regular larvae into a queen bee — it’s basically supercharged honey.

It’s so potent that we’ve [found it to reduce neurodegeneration and oxidative stress](#). This gives us hope that royal jelly could potentially be used to lower the rates of neurodegenerative diseases like Alzheimer’s and Parkinson’s in the future.

While the sting of a bee might be feared, in controlled amounts, its venom can be therapeutic gold. Bee stings, or the venom it contains, has been studied to contain various compounds that exhibit neuroprotective properties. Before you start going around getting stung by bees, understand that the potency of bee venom itself changes for various reasons. A stronger dose

This gives us hope that royal jelly could potentially be used to lower the rates of neurodegenerative diseases like Alzheimer’s and Parkinson’s in the future.

might not give the therapeutic effects intended and could even result in severe injury. Allergic reactions also need to be tested first, before the use of bee venom as any sort of formal medication. However, when carefully administered under the right circumstances, bee venom in bee stings have been [found to help with arthritis and pain relief](#). The patient is usually either intentionally stung, or more commonly injected with bee venom as part of a acupunctural therapy.

But the magic doesn’t stop there. The very hum of the bee, the vibration created by their wings, has been a subject of therapeutic interest.

This practice of listening to the ‘buzz’ that bees make is [particularly popular in Slovenia, where they primarily use it for relaxation](#). While there hasn’t been much research done on how the buzzing of bees induces therapeutic effects, there has been many accounts and anecdotes of individuals who have ‘healed’ themselves from disease and chronic illness with the help of bee buzz.

But what makes the sound of bees so special? Some cultures believe that this hum can harmonize with the body’s natural frequencies, promoting healing, relaxation, and a sense of well-being. These frequencies, often ranging between 200 to 500 Hz, are believed to resonate with certain brainwaves, potentially promoting relaxation and reducing stress.

While apitherapy is still largely considered “alternative medicine”, we’re starting to see the rise of bee-based products in teas to homemade creams. Some products even combine honey, propolis, and royal jelly into one product you can buy. Personally, I’d say that you don’t actually “need” any one of these products unless you are trying to solve something in particular. You can stick to regularly consuming raw, unfiltered honey and perhaps take the opportunity to try these other bee products when you see them available and the chance comes up for you.

Though, simply living near bees might prove to be incredibly

healthy. There's always been the myth floating around of beekeepers living extended, healthy lives devoid of sickness. During the pandemic, there were even rumors of beekeepers being immune from the virus. While it may be difficult to pin down exactly which bee product is responsible for the robust health of many beekeepers alike, there's one thing we know for certain — the therapeutic properties of bee products are undeniable. As we delve deeper into the world of bees and their therapeutic properties, With ongoing research and a growing interest in natural remedies, the future of apitherapy looks promising. As more people turn to holistic approaches to health, and with the increasing number of studies done on apitherapy, the chances of more natural bee-based remedies being found are pretty high.



Bees are a gift from God.

JUST EGG



You're supposed to crack eggs open.

It shouldn't be a blend of mung bean and canola oil you pour from a carton. That's not an egg! That's a 4th grade science experiment! Real eggs don't need an ingredients list, or fancy labels. Real eggs aren't constructed in a lab. They're designed perfectly, the way nature intended. Filled with choline, B12, selenium and so much more. It's a multivitamin in a shell. Remember, the real thing doesn't just taste better —

it is better.

EVERYDAY IS AN
OPPORTUNITY FOR
UNLIMITED ARTISTIC
EXPRESSION

The Art of Cooking



Dare to Elevate.

by Lou Tamposi ([@cowwedoin](#))

There's a Tolstoy quote, from Anna Karenina, often applied out of context: *"Every happy family is alike; each unhappy family is unhappy in its own way."* Cooking — to those who cook, who I'll refer to chefs, for ease, even if the title technically only applies to those who have formally studied cooking — is much the same. Every simple dish is alike; every difficult dish is difficult in its own way.

An example: I've been cooking pasta carbonara in some variation for the last ten years. I love it for its simplicity, its flavors, its ease. I can cook it, nearly, with my eyes closed, by smell and by sound. It's a simple dish. So is searing a steak, roasting vegetables, making an omelet. These dishes, while different in taste, in texture, in preparation are all simple dishes, all the same. They are go-to dishes; don't think, just cook dishes — eat and enjoy dishes. Every chef should have them.



*Behind the scenes:
Lou in his element,
roasting an entire lamb
and carving it himself.
Everyone wants to eat
nose to tail, but very few
actually live it. (According
to Lou — tongue was the
best part)*

But also, there are difficult dishes. There are time-sensitive cooks, that call for precision in heat, in duration. There are large format cuts which require thoughtful technique and an abundance of time, of attention. A soufflé, without the requisite skill — or, care — can collapse, ending it. A brisket, left unattended for too long, can flip from succulent to desiccated in a flash. There are many difficult dishes, infinite difficult dishes, and you should be cooking more of them. That's how you become a better chef, a more confident chef, a less flappable chef.

Today, so often, we focus on convenience. How easy it is to order food from your phone, where you can have a multitude of cuisines delivered to your door in an hour. For those of us who rally for more people to cook more often, the first hurdle we must cross is the ease factor. So we spend time describing how you can bring an entirely homecooked meal to the table in less than thirty minutes. How you can, less expensively, make a delicious meal at home rather than order one online. This is doubtlessly important to bring more chefs into the fold — start small, start simply — but shouldn't be the end of the conversation.

Since you read WARKITCHEN, I assume you also feel comfortable in the home kitchen. I assume you also care about your health, beyond just the nutritional aspect. So I'll use building strength as a metaphor. As a beginning lifter, it's easy to make gains in the weight room. Max efforts increase weekly — daily, even — as your body ramps into overdrive, building muscle, learning technique. But, inevitably, this rampant growth slows. No longer is it enough to lift once or twice a week, using the same repetition schemes. In order to push past a plateau, you must do increasingly difficult lifts, varying reps and intensity. Only then do you get stronger, more fit, more powerful.

So, too, it is in the kitchen. The novice chef learns to make a steak, make an omelet, a vinaigrette, a ratatouille. But if he doesn't continue making more difficult dishes, his prowess will stagnate. He needs the progressive overload of bone broth — simple, but not always easy — of pan sauces, of entire chickens, oxtails, pheasants, whole fish, of whole hogs to become a better chef. He needs to be cooking difficult things. With each victory, with each hard dish, the next becomes easier, more attainable. You start

He needs the progressive overload of bone broth — simple, but not always easy — of pan sauces, of entire chickens, oxtails, pheasants, whole fish, of whole hogs to become a better chef.

watching videos of how to spatchcock a chicken, you finish by cleaving butterflying an entire lamb after cleaving through its pelvis. You need to be getting uncomfortable in the kitchen in order to get more comfortable in the kitchen.

This, you might then realize, applies to everything.

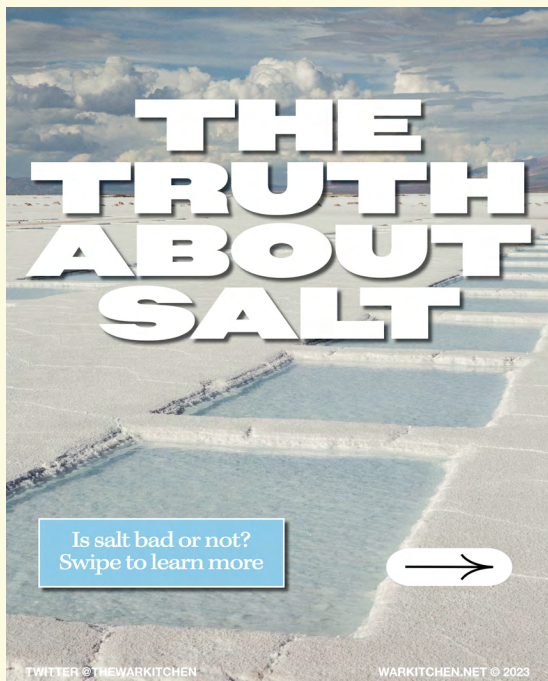
Each of us starts his or her journey in the kitchen at a different place. For some, the cooking might be easy no matter what the dish — so challenge yourself with your sourcing. Eat and cook only with local produce, meat, dairy. Skip the grocery store and instead buy only things in season at your local farm. That will flex your culinary muscles. Or, go a step further and commit to harvesting your own food — whether by hunting or by gathering. You can plant your own garden, forage for mushrooms, catch your own fish, kill your own deer. You can try cooking with limited utensils, only one pan, only with one source of heat. There are infinite variations to make cooking more difficult. The only person stopping you is you. You must commit to getting better.

You must cook hard things.

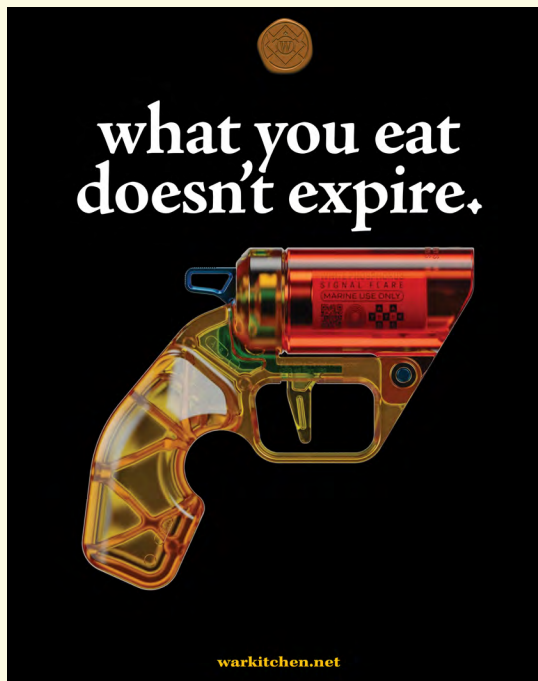
Lou Tamposi writes [Cow We Doin'](#) a weekly newsletter thinking deeply about food and lightly about life. Beyond writing about food, his essays touch on fatherhood, enlightenment, seasonality, and leading a life well-lived. Lou lives in Massachusetts with his lovely wife, two semi-feral children, and an ever-hungry dog. You can also find him on Twitter ([@cowwedoin](#)), where posts poorly composed photos of food. If you have questions about what hard things to cook, he can be reached via email at cowwedoin@substack.com.

Highlights of the Warkitchen

JULY 20
**The Truth About Salt:
Is Salt Bad or Not?**



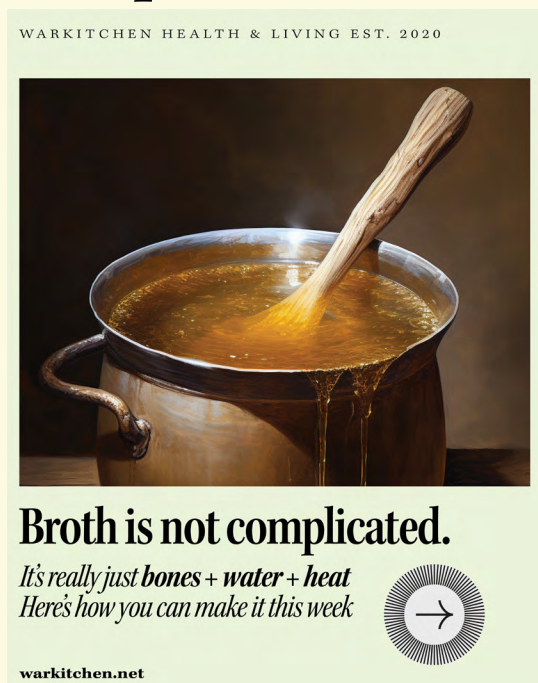
JULY 28
**What You Eat
Doesn't Expire**



AUG 02
**They Don't Teach You
This in School**



AUG 04
**Bone Broth Is Not
Complicated**





Ponti's 'Healthy' Coke

- *500 ml San Pellegrino*
- *2 teaspoons of balsamic vinegar*
 - *1.5 teaspoons of maple syrup*
 - *1.5 teaspoons of vanilla extract*

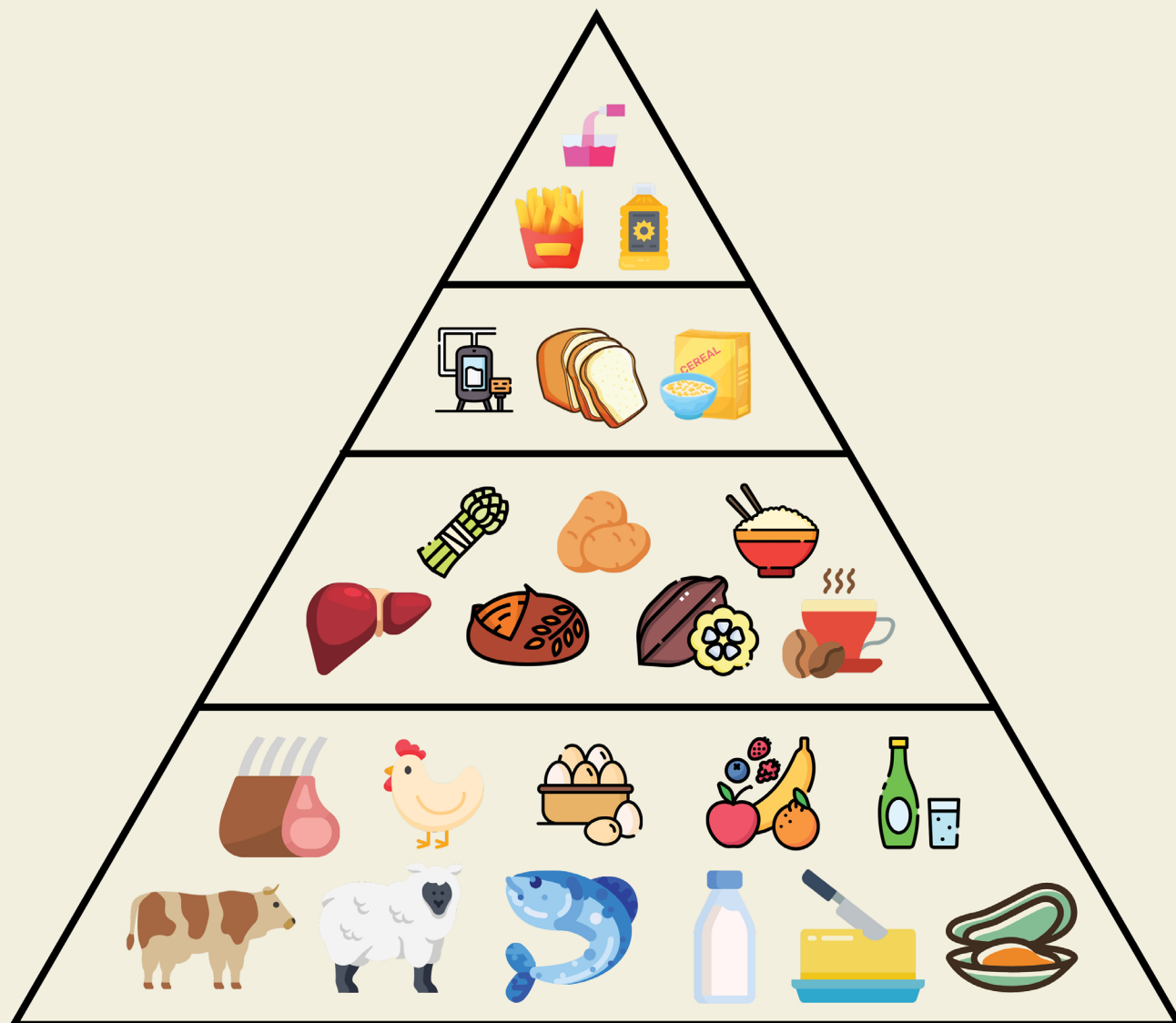
@pontivflex

warkitchen.net

**adjust to taste*

The Healthy Food Pyramid

WarKitchen Department of Health & Aesthetics



Bottom Row (Starters): 100% grass-fed red meat, remineralized water, wild-caught fish, oysters, pasture-raised eggs, free-range chicken, fruit, raw organic honey, real sugar, 'fruit' oils (olive, avocado, etc), unpasteurized (or lightly pasteurized) dairy: *raw butter, raw cream, raw milk, raw cheese, etc.*

Middle Row (Bench): Organ meat, sourdough & ancestral bread, sprouted grain, fermented foods, potatoes, rice, vegetables, cacao, coffee, real ice cream.

Second Row (Free Agents): Unsprouted grain, cereal, bread, heavily pasteurized milk & juices, plastic bottled water.

Top Row (Trash): Seed oils, artificial dyes, gums, soy, HFCS, fast food.

Of the 331 million people
in America, 98%
are deficient in
potassium.



Potassium: The Forgotten Electrolyte



Over 98% of Americans are potassium deficient. That's an alarming number, especially when you realize how essential it is. The problem is that when most people think of electrolytes, they just think of sodium. In fact, there are four main electrolytes that are crucial to our well being: *magnesium, potassium, sodium and calcium*. They each work hand in hand to maintain optimal metabolic health. Without one, the others are compromised.

A healthy balance of the four of them is crucial. Potassium and sodium work hand-in-hand to regulate the fluids in your body. Potassium is contained within the cell & sodium is contained outside the cell. When sodium enters, potassium leaves. This creates an electrical signal that powers nerve impulses for your heart beat, muscle contraction and reflexes.

Ideally, you'd want your potassium:sodium ratio to at least be a 1:1. Unfortunately, most people aren't consuming anywhere close to the adequate levels of potassium required to meet their sodium intake.

When you don't have enough potassium, the system malfunctions. Inter-cellular messages aren't being sent. You cripple the potassium-sodium relationship and you start having issues from muscle twitching to irregular heartbeats. Potassium is a regulator of blood pressure, and not having enough increases your chances of high blood pressure and cardiovascular disease as well. You could also start experiencing problems with your kidneys, from kidney stone formations to damage and even failure.

Thankfully, our bodies give off warning signs before such disastrous outcomes.

Symptoms of a potassium deficiency:

- Frequent muscle cramps & twitches
- Problems with digestion
- Heart palpitations
- Constant fatigue
- Constant thirst

So... how do we get more potassium in our cells? The answer is quite simple: *Consume more foods that are rich in potassium!*

Start consuming more coconut water instead of regular water or “sports drinks” intra workout. Coconut water is one of the greatest sources of potassium you can get. Just 500ml of coconut water grants you roughly 1250mg of potassium.

Incorporate more potatoes in your meals. Just one russet potato has roughly 900mg — twice that of a banana. Yet, we rarely hear about how potassium rich potatoes are.

Eat more wild caught salmon. Avoid farmed salmon like it's the plague. An easy way to do this is to buy packets of smoked salmon that you can eat just about anywhere. It's the perfect snack.

Other great potassium rich options:

- Sun-dried fruit
- Leafy greens
- Avocados
- Kiwis

Side note: Potassium is water-soluble. Keep that in mind when you boil plant foods. You could also use this to your advantage and throw some kale in the next time you make broth.

Some of you will read this and immediately think, “Simple, I’ll just go ahead and add potassium to my supplement stack”. Not quite so straightforward.

Supplementing potassium is a dangerous game, since it's very easy for anyone to consume too much of it. You're better off increasing

your potassium intake by consuming more whole foods since most potassium-rich foods are also rich in magnesium. If you don't have enough magnesium and you consume too much potassium, you could become hyperkalaemic very easily. Also, we want to be limiting out supplement usage as much as possible.

Understand that a lot of supplements are loaded with fillers and additives our bodies don't really need so we want to keep supplementation down to what's absolutely crucial.

On the other hand, it's generally safe to supplement magnesium if you want to. It's one of those nutrients that we really should supplement, and we don't even have to take a pill for it. It's as easy as adding more magnesium chloride to your water. Our kidneys are built to excrete much higher levels of magnesium easily, contrary to how it deals with potassium. Instead of adding magnesium chloride to your water, you could also apply it topically, as well as consuming magnesium glycinate. It's crucial that you have enough magnesium in your system. All the potassium you consume will not matter if you don't have enough magnesium in your system. Your body will not be able to effectively use the potassium you're consuming.

It's sometimes crazy to me how doctors rarely look at electrolyte levels. Re-balancing them is one of the easiest things you can do to see a tangible improvement in your health. But of course, the process takes time. Don't expect it to work like a drug.

Re-introduce the appropriate foods to your diet, and give your body a few weeks. You will slowly start to see your symptoms go down, and you will feel a whole lot better.

When you don't have enough potassium, the system malfunctions. When you don't have enough potassium, the system malfunctions. Inter-cellular messages aren't be sent. You cripple the potassium-sodium relationship and you start having issues from muscle twitching to irregular heartbeats.

WARKITCHEN

eats of the month



As usual, every WARKITCHEN magazine is only complete with what the community has made the past month — and it's only getting more beautiful each month! Take some inspiration from these creations and start cooking more beautiful food that nourishes not just our eyes, but the mind, body & soul. **Bon Appetit ladies & gents!**

*A special thank you to those who sent your pictures:
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Thank You For Reading

The WARKITCHEN magazine is an entirely *community-driven project*. It only exists because of people like you who continuously read and share our magazines month after month. So, thank you.

To support the WARKITCHEN brand and take your nutrition up a notch, consider purchasing our magnum opus:

Optimal Fuel, Your Nutrition Playbook.

All proceeds go towards buying the best food money can buy, as well as market research for future hardcover and coffee table WARKITCHEN publications (coming soon).

If you'd like to submit a piece, or if you are a brand looking to get a bespoke ad in, please reach us on [X](#), or [Instagram](#). Alternatively, you could fire an email to rocky@warkitchen.net.

If you received this magazine from someone else, get on the email list @ warkitchen.net to receive the next issue as well as our weekly newsletter. See you next Sunday. Till then, have a fabulous day wherever you are in the world.

Godspeed,
Rocky

