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 whey is excep-
 tionally good"*
 — Andrew
 Huberman



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Remember, *there are no add-ons.* Simply purity you can taste, Results you can feel.

A Message From Rocky,



Welcome back ladies & gentlemen! As we enter September, here's another WARKITCHEN magazine for your perusal. This might just be my favorite issue yet, perhaps just rivalling Issue 12.

This month, we start by exploring one of the most diverse cuisines in the world — Brazilian cuisine. Juliana writes a passionate piece of what she ranks as the iconic dishes of the home of football. Stephen, as many of you know him on X (Twitter), then showcases what a day in the life of eating in Brazil looks like for him.

Lou then dives into what it means to hunt, and he has some great tips for anyone who's looking to start hunting themselves, but just never understood how.

Shawn shares his personal bout with ulcerative colitis, and how he overcame his struggles by taking matters into his own hands.

John writes a perennial piece on parasites, and gives you a holistic understanding of a topic so many are confused about.,

Explore all the other golden nuggets in between the pages — from Coach Paul's pre workout coffee to The Combat Therapist's groundbreaking neck guide that's been making the waves on X.com. And as usual, we close September's issue with a exhibition of all the food you've made. Take inspiration from these creations, and start making more beautiful food for yourself.

warkitchen.net

I'll leave you to it now. But please, don't continue reading this until you have a drink in your hand or something to devour (I recommend dark chocolate macadamia nuts laced in espresso — I've been enjoying them very much lately).

Also, if you're new here and you like our stuff, you can read every past issue of the magazine and our weekly newsletter on warkitchen.net. We don't gatekeep our magazines, so make sure you sign up on the site to be first in receiving the next one — fresh off the press. I also hear that we're getting very close to a print edition gracing our mailboxes so you might want to sign up (*all I can say now is that there will be limited copies*). Before I let you go, I truly appreciate the warm support from all of you. Means the world! Every message and email you send gets read, and it's crazy how it's been overwhelmingly positive. We're only just getting started too. Thank you for joining us on this journey in solving the nutrition problem, in style.

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*Enjoy the Experience,
Rocky*



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Enjoy the best night's sleep by laying your head on a soft Woolshire pillow, stuffed with virgin wool & wrapped with undyed, long-staple organic cotton.

Plastic Pillow Epidemic

Your everyday modern pillow is made with memory foam. That's polyurethane plastic, washed with flame retardants and formaldehyde-based adhesives. These pillows emit volatile organic compounds (VOCs) that disrupt your hormones, negatively impacting health outcomes. While they are cheap, there is an unspoken cost that most consumers don't realize. You are essentially breathing in these xenoestrogenic microplastic particles every time you sleep. No wonder it's difficult to fall into a dreamy slumber.

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"Eco-friendly" pillows are just another term for "pillows made with recycled plastic from a landfill". You deserve to sleep on real, natural materials that don't disrupt your hormones.



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We truly believe wool to be the best material for pillow stuffing. Memory foam & polyester filling comes with a side of microplastics. Down pillows (goose feathers) are prone to absorbing moisture and are hence more susceptible to mold growth, with mold toxicity linked with eczema & hormonal imbalances.

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Regular wool pillows flatten quite easily because those manufacturers simply clump loose wool fill in a bunch. Woolshire pillows are different from regular wool pillows in how we card our

wool into batts. This means our wool fibers are all running in the same direction and this allows our wool pillows to keep their shape.

A Great Pillow

"I value The Woolshire as a company — these are real humans making things by hand right here in the USA! The superior craftsmanship and materials are telling." — Tabitha, C.



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Each Woolshire pillow is stuffed with 100% virgin anti-microbial, biodegradable wool that wicks moisture, and regulates temperature — keeping you warm in winter and cool in summer. Wrapped in un-dyed long-staple cotton, all our pillow cases are made with organic cotton certified by the USDA and GOTS. You deserve to not sleep on plastic.

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ISSUE 016

This issue wouldn't have been possible without our partners. A huge thank you to everyone involved.

Sponsors: Centenarius Nutrition & The Woolshire.

Contributors: Juliana Daidone, Stephen Storey, Lou Tamposi, Shawn Allard, John Conostas & Coach Paul.

Tap on the bold words on the left to take you directly to the article.





BY JULIANA DAIDONE

Iconic Dishes of Brazil

by JULIANA DAIDONE

Food is more than sustenance in Brazil; it's woven in our spirit. While this shared love for food unites us as a nation, our cuisine is incredibly diverse. From the Amazonian flavors of Manaus in the North, to the caipira-influenced dishes of São Paulo, each dish tells its own cultural story. Brazil's sprawling landscape covers 3,286 million mi², nearly rivaling the U.S.'s 3,797 million mi². Just like the States, each Brazilian region is its own microcosm, akin to a mini nation rich in unique flavors and traditions. It's impossible to cover it all in a single article, so in this one I'll be zooming in on the iconic dishes that capture the essence of Brazil's culinary mosaic and their historical roots. Food, culture, and history are inherently interconnected in Brazil, and my intention is to showcase the profound correlation between these three factors in Brazilian cuisine.

Passion For Brazilian Cuisine

Before we dive into the unique and exotic world of Brazilian cuisine, let me tell you why I'm so passionate about it. Running through my veins is a blend of Italian (specifically Sicilian!), Spanish, and Portuguese heritage. I can say I'm a typical Brazilian — a blend of diverse cultures. I was lucky to be raised by a mom who's an amazing cook and very particular about food quality. I learned to cook from her and my grandmothers, especially my Italian grandma who even had her own food business. For me, eating

isn't just about survival; it's an immense source of pleasure, just like cooking itself.

A Melting Pot of Cultures

Brazil, a Portuguese colony until 1822, welcomed a diverse wave of immigrants — Portuguese, Spanish, Italians, Germans, Slavs, Turks, Lebanese, and Japanese — in the 19th and early 20th centuries. These groups mainly settled in the South and Southeast regions of Brazil, shaping a predominantly Latin culture, enriched by Lebanese and Japanese traditions. This cultural tapestry manifests in our strong ties to family and food, like the enduring tradition of grand Sunday lunches at the matriarch's home. I'm a living testament to this rich blend of cultures and traditions.

Indigenous Influence

Let's begin with Tacaca, a dish deeply rooted in Brazil's indigenous culture. Tucupi no tacaca, or just Tacaca, is a delectable example. Tucupi, a yellowish broth, is extracted from cassava, which is a staple food in the northern region of the country. However, it's important to note that this particular type of cassava, known as Cassava Brava, contains high levels of cyanide and is considered poisonous. Don't worry! Tucupi undergoes a process to remove toxins. The liquid left after grating and pressing cassava undergoes starch decantation for 2 days before removal. After this step, fermentation starts.

Once fermented, the broth is cooked with spices to make tucupi. The dish itself consists of jambu, an Amazonian herb, along with tucupi and cooked tapioca starch. Additionally, dried shrimps and fragrant small yellow peppers called “pimenta de cheiro” are added for extra flavor. Traditionally served in an Amazonian gourd bowl, or cuia, it’s a northern Brazilian delicacy you don’t want to miss.

Creamy Vatapá

Another gem from the north is Vatapá. This dish has African origins, but was influenced by Arab merchants who had a preference for spicy food. Introduced to Brazil in the mid-16th century by enslaved Yoruba people, it quickly took root in Bahia before spreading across the Northeast and North. This dish is made from bread, dried shrimp, coconut milk, ginger, cashew nut, peanuts and palm oil mashed into a creamy paste. Vatapá can be served as a main course with rice, coconut rice, or other options. It can also be enjoyed as a filling in acarajé, which is a fritter made from black-eyed peas.

Brazil’s National Dish

Undoubtedly, feijoada stands as the quintessential national dish of Brazil. This delectable culinary masterpiece consists of a hearty black bean stew infused with an array of salted and smoked pork and beef delicacies, ranging from dried meat to smoked pork spareribs. The more authentic rendition of feijoada also incorporates “economical” cuts such as pig’s ears, feet, tails, and beef tongue. This luscious and smoky stew is traditionally accompanied by rice, sautéed collard greens, slices of orange, and toasted cassava flour (farofa).

The origin of feijoada is a subject of controversy. For years, it was believed to have been created by slaves, but in reality, it is an adaptation of the bean-based stews found in Portugal. If you happen to visit Brazil and have a craving for feijoada, it is advisable to plan to have it on a Wednesday or Saturday. This is because the Portuguese tradition links specific


dishes with certain days of the week. Thursday and Sunday are stew days, while Friday is fish day due to Catholic tradition of avoiding red meat on Fridays. In line with this practice, feijoada is typically served on Wednesdays and Saturdays. Feijoada is best with a caipirinha, Brazil’s national drink. It’s made with lemon, sugar, and cachaça, a distilled spirit from sugarcane juice. Cachaça holds significance into Brazil’s heritage. Try it if you like strong spirits!

Artisinal Minas Cheese

A unique and very traditional product of Brazilian culinary is the Artisanal Minas Cheese originated in the state of Minas Gerais, a southeastern state of Brazil. It is recognized as a Brazilian Intangible Cultural Heritage and originated from the gold discovery in Minas Gerais, in early Brazilian history. Minas Artesanal Cheese is not subjected to any mechanical or industrial processes. Its production involves the use of raw milk, natural yeast (known as pingo), rennet, and salt. The cheese does not undergo heat treatment and is manually pressed in accordance with tradition. It boasts a mild to slightly acidic flavor and a smooth texture. This recipe was incredibly successful, leading Minas Cheese to become well-known throughout the country and making Minas Gerais the largest cheese producing center. My favorite from this region is Canastra cheese. It has a unique flavor due to factors such as the climate, altitude, pastures, minerals, and water sources of the Canastra Mountains range micro-region. The whey drop from each farm’s previous day’s production process adds to its distinct profile: intense, strong, slightly spicy, dense and full-bodied.



This piece on the iconic foods of Brazil, the Couscuz Paulista recipe, as well as the gorgeous pictures are courtesy of Juliana Daidone. Learn more about her work at julianadaidone.com.



UP CLOSE: A sun-kissed
couscuz paulista, with
the boiled eggs and pink
shrimps prominently
displayed. Art!

Couscuz Paulista

Since I am feeling homesick, I wanted to say goodbye by sharing a recipe from my home state. I sincerely hope that you will consider giving it a try as it is not only easy to make but also incredibly delicious.

Couscuz Paulista, a variation of Moroccan couscous, is a traditional dish of the caipira (hillbilly) culture that has become popular in urban areas and is now an integral part of the cuisine in the state of São Paulo, located in the southwest region, where I was born. Try it!

Ingredients

- 3 tbsp olive oil
- 1 onion, diced
- 1 clove garlic, finely chopped
- 1 cup tomato sauce
- 1 tbsp tomato purée
- 3½ cup of shrimp broth
- 1 cup peas
- 1 cup corn
- 1 cup heart of palms, diced or sliced
- 1 cup pitted green olives, sliced
- 10 pink shrimps
- 2½ cups coarsed corn meal*
- 2 boiled eggs
- Bunch of parsley, chopped
- Salt & ground pepper to taste



Method

1. Cut 6 shrimps into small cubes
2. Heat the oil and stir-fry the onion, garlic, and cubed shrimps along with the 4 remaining shrimps (set them aside when they are done cooking)
3. Then, add peas and corn to the mixture
4. Incorporate the tomato sauce, tomato purée, shrimp broth, and olives
5. Stir in cornmeal until all ingredients are well combined (add more broth if needed to achieve a smooth paste-like consistency)
6. Cook on medium/low heat until the grain is al dente (it will finish cooking while you wait for it to cool down)
7. Season with salt, ground pepper, and add parsley
8. Turn off the heat and let it sit for 5 minutes
9. Lightly coat an 11-inch bundt pan with olive oil and arrange olives, shrimp, and eggs on its sides
10. Fill the pan with the mixture and refrigerate it
11. Garnish after unmolding
12. And, you're done!

*We use flaked corn flour, which is difficult to find locally, except on Amazon or in a Brazilian market. Therefore, this recipe has been modified. If you are using flaked corn meal instead, please use 3½ cups for every 2 cups of broth.

*“Oh, beautiful Brazil,
You have my soul”*



what do you eat when in brazil?

A STEPHEN STOREY EXCLUSIVE

A Brazilian Day in the Life

by STEPHEN STOREY

BREAKFAST

Brazilian Esfirra

- Originally of Middle Eastern origin, the *esfirra*, or *esfiha*, is one of the most popular snacks & “fast food” in Brazil
- It’s essentially leavened flatbread that’s baked like an Italian *calzone*, filled with everything from minced beef, ham, cheese, onions & eggs.
- Stephen tends to have it for breakfast, with a cup of freshly pressed orange juice (as we all love)



HYDRATION

Água de coco

- Not much has to be said, standard practice when you’re in a village by the sea.

DESSERT

Chocolate Banana Shake

- Perfect to cool off from the Brazilian heat
- Brazil produces 6% of the world's cacao population, so there's a good chance it's homegrown



SUN-KISSED PROTEIN

Grilled Picanha

- When in Brazil, you must have picanha. It resembles a sirloin, but with greater marbling (picanha's are part of the top sirloin, to get more specific). Stephen gets some Picanha in on his escapades on the beach.





LUNCH

Peixe Vermelho

- Once you start having fresh whole fish, you can never go back. It hits different
- Stephen loves having a freshly grilled peixe vermelho with all the sides chosen (rice, beans, pimenta & farofa)

DINNER

Brazilian Pizza

- It's quite common for Brazilian pizzas to have 2 sides, with different flavors
- Here, Stephen has pepperoni on one side and the other is topped with ham, cheese & spices
- Brazilian pizzas are typically known for their unique crusts as well, that's thin, but cheese-filled



SEAFOOD SNACK

Fresh Clam

- Doesn't get fresher than this. From ocean to plate.
- 12 for 12 Brazilian reals

Other honorable Stephen Storey favorites:

- **Feijoada**
A bean dish with rice and mocotó, which is the lower leg of cow. It's incredibly gelatinous and rich & similar in flavor to oxtail. Served with farofa and pimenta.
- **Fresh Lobster**
Usually served with rice, beans and farofa (a flour dish typical to Bahia)

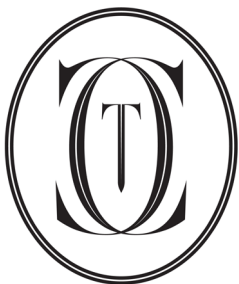
Stephen Storey has changed the lives of thousands of his students with independent adjusting over the past few years. If you're looking for a change in career, you want to earn more money, or you're looking for greater flexibility, independent adjusting might be for you.

[Connect with Stephen on X \(Twitter\), or \[learn more here.\]\(#\)](#)

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The neck training game has been changed forever. Haven't you heard? The Combat Therapist dropped the most comprehensive neck guide ever seen, and this is without exaggeration. Plus, it's completely free*. [Follow the instructions here to claim your copy.](#)

戦
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ON BECOMING A HUNTER

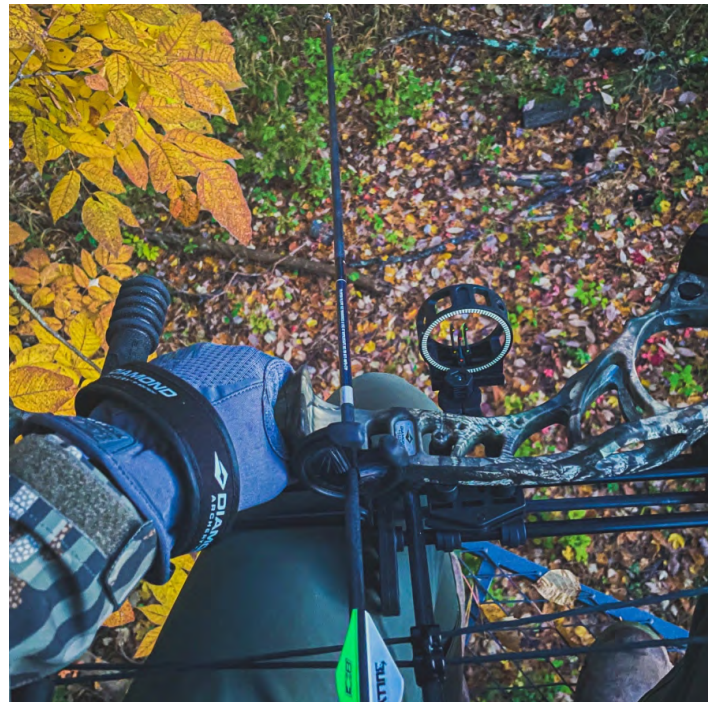
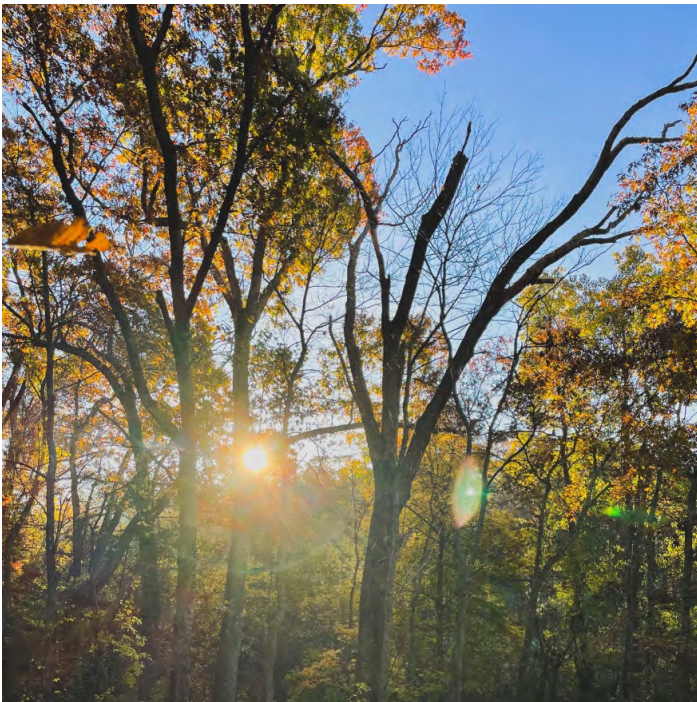
“They say the best part about hunting is thinking about going and talking about it after you get back”

LOU TAMPOSI

Last fall, I spent far too few hours sitting in a tree stand at the edge of field, overlooking a lush meadow, with ample cover and a small stream nearby, perfect deer habitat. At the far edge, railroad tracks, bisecting a well-worn travel path between the woods on either side, surrounding the field — and the boundary line for legal bowhunting. I spent far too many hours — hours which ate away at the too few I was in the field — staring at deer on the other side of the tracks.

About a year and a half ago I decided I was going to become a hunter. Spurred, perhaps, by an unscratched, primitive itch; perhaps by a desire to be closer to nature; perhaps by a quarter-life crisis; I bought a compound bow, a half dozen arrows, and a target — and started loosing arrows into the void.

As I outfitted myself for the first time in the early summer, between seasons, I had some time to get comfortable shooting with reasonable accuracy from



inside twenty-five yards, had gotten some camouflage, a stand, an idea for what I needed to do. After watching a few videos of a deer being field-dressed, one starts to believe one can do it oneself.

I didn't grow up in a hunting family. "Coming to hunting", as they say, is something I did as an adult, something I chose to do, was not something pre-ordained by family, by tradition, by legacy. As such, I've stumbled my way through a lot, learning through

osmosis, through the internet, through the couple other hunters you meet living in suburban New England. The travails of an adult onset hunter.

That first season, I didn't kill a deer. I didn't even loose an arrow. I did, however, see a lot of deer. I'll never forget the first time I jumped a doe walking into the woods, the first time I caught glimpse of antlers and mist rising above weeds and briar as the sun rose, the first time I saw a buck ambling down the fire road,

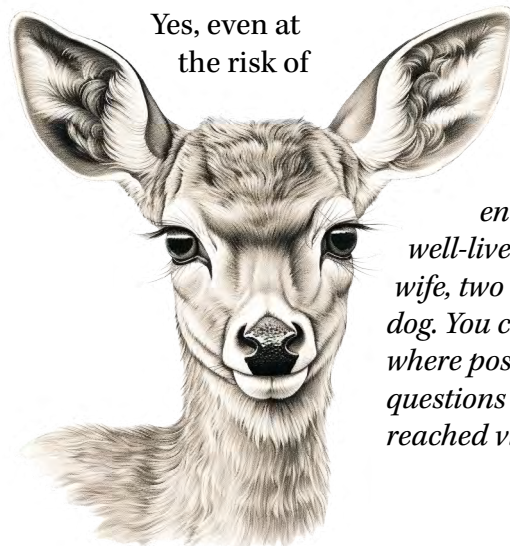
just ahead of me. The sound of its hooves on gravel, of me fumbling for an arrow — not recognizing, yet, that I didn't have a shot — heart pounding.

There are things for which you didn't think you'd be hunting. The rush of adrenaline when you see a deer; the straining when you think you hear one. The moment you go from freezing in the dark, pre-dawn, to feeling the warmth of the rising sun. The sound of a mink swimming in a pond. Of a heron stalking its prey. Even when you don't end up with anything to feed the body, nature — and hunting, by proxy — can feed the soul.

Fall turned to winter — the Warthog interrupted the back half of my deer season — and my focus turned to figuring out what I did wrong. I read up on deer habitat, on scouting, on where to set up a stand. I practiced with my bow, sighting and resighting. I bought tags for the next season. I walked the woods, looking for sign, for shed antlers. While I made an attempt to bag a turkey during the spring season, a lack of attention to detail — and dearth of asking for spring hunting access on private property — left me stalking the same woods, flirting with turkeys across the Charles River, them not wanting to leave the cow pastures filled with food for the meadows and acorns on my side of the water.

Since then, I've shot a few thousand arrows into a now battered target in the backyard. I've gotten access to a few promising spots, set up a few stands, put up a few trail cameras. I'm feeling pretty good about this fall. Archery season starts next week. I've even gotten a pass from Mrs. CWD to sit out for a few hours in the morning on weekdays, her being kind enough to assume the hustle and bustle of getting the kids out the door.

I'll never forget the first time I jumped a doe walking into the woods, the first time I caught glimpse of antlers and mist rising above weeds and briar as the sun rose, the first time I saw a buck ambling down the fire road, just ahead of me. The sound of its hooves on gravel, of me fumbling for an arrow — not recognizing, yet, that I didn't have a shot — heart pounding.



Yes, even at the risk of

jinxing myself, I'm feeling pretty good about filling the freezer this year.

Filling the freezer — “putting meat on the deck” in fishing terms, “bringing home the bacon” in domestic ones — is the primary goal for me. As I preach more and more about the importance of knowing where your food comes from, it seems only logical, only necessary, that I harvest my own game. It's nice to know your farmer — but how often can you process your own protein? Growing your own vegetables is cool, but how about harvesting a deer? Beyond that, there's some pretty compelling evidence that wild game is just more healthy for you than domesticated animals. Given my utter fixation on high quality ingredients, this seems like a no-brainer.

But, even if I find myself iced out again this year, I still am stoked about the process. At the end of the day, the backstrap, the opportunities for venison stroganoff — those are just added bonuses. Hunting, particularly bow hunting, offers an increasingly rare opportunity to be immersed more deeply in nature. When you're out hunting — whether sitting in a deer stand, bugling across a mountain for an elk, or crouched behind decoys waiting for birds — you're not just in nature: you're a part of it. When you interact with with a “hunter's frame”, you notice different things. You notice them when hiking, when walking, even when driving. The transitions between forest and meadow, between hardwood and pine. That's good cover. Looks like a game trail, there. It changes the way you interact with the world, opens up your awareness — something we all probably could stand to do more of.

And — at least for one more season, maybe — that's good enough for me.

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.

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1 TBSP RAW HONEY
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Sprinkle cacao nibs on top! For the best consistency, it's crucial for the banana to be frozen. Drink 30 minutes before workout to supercharge your lifts. Throw in a serving of Maca Root if you dare!

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COMBATING ULCERATIVE COLITIS

“What doesn’t kill you, makes you stronger”

by Shawn Allard (@shawnwallard)

My life was perfect. I had it all. Vitality. Nutritious food. Medical care. The comforts of modern life. That was of course, until disease struck. Out of nowhere, I was plunged into a battle for my life. I was fighting with Ulcerative Colitis (UC). Little did I know, this would lead me through a journey of pain, resilience, and ultimately, victory. In this article, I’ll share with you my bout with UC, as well as what I did to successfully slay the dragon.

The Relentless Disease

Each day began with exhaustion as if sleep was an elusive friend. Sharp pains pierced my gut, while inflammation waged a silent war throughout my body. As a result, my mind was clouded by fog. I was bloated and almost constantly uncomfortable, in the most literal sense. My body was fighting as hard as it could, and this was evident with the occasional blood & mucus that was passed with stool — a perennial reminder of this “uncurable” condition I had. I was constantly anxious. This was now my reality, I thought, as this cycle repeated for years.

I Tried Everything

I was determined to get rid of UC. But my spirits were only dampened everytime I met with a doctor. I was told UC would be there with me forever, and that there was nothing I could do about it. Bummer. The pills they gave me provided temporary solace, but they came with a price of their own. I was on what seemed like an endless cycle of advice and treatment, with diets, supplements and drugs rotated like cards in a game of chance. Nothing was working. I was losing hope. Two years passed. There was no improvement. The flare-ups that once ebbed and flowed were now consistent and my health was spiralling out of control. I soon realized, the only person who could help me was myself.

Taking it Personal

It took time but I finally realized something – the trajectory of my health was in my control. As a young man, I was flooded with the weight of responsibility. I grasped that my well-being could no longer be an echo of another’s guidance. I had to figure this out, whatever it takes, I thought. And so, I began climbing the mountain of research. Podcasts. Medical journals.

Books. Online blogs. I consumed everything. I was never more determined to fix myself. I found others who were living through the same nightmare — and some even managed to wake up. The stories resonated. I was inspired. The ball was in my court. I felt completely accountable and strangely, more powerful than I have ever felt.

Curating a Lifestyle of Health

The first decision I made was to embrace the new knowledge on nutrition that I've learned. I made the shift to only eating whole foods and completely eliminated my medications. I fully committed to a holistic approach, replacing the scattered attempts I once made. My efforts were reorganized into a strategy where each element of well-being complemented the other.

Some of the important changes I made were:

- Tracking health metrics
- Optimizing sleep
- Managing stress
- Hydrating properly
- Daily 16-18 hour fasts
- Prioritizing quality nutrition

Every morning, I would have 24oz of water mixed with cacao powder, psyllium husk, creatine and collagen. This amounted to 110 calories with 19g protein and 7g carbohydrates. This drink does break my fast, but to stay sharp through the morning I tend to have my first meal around 12 PM every day.

For lunch, I'd usually have 8oz of ground beef, steak or shrimp. Blueberries, or strawberries, with broccoli, black beans, cucumber, mushrooms and raw honey. This was roughly 1,300 calories.

Now, this shift didn't come without its share of challenges, but the impact was immediate. My energy surged, inflammation decreased and my gut became less and less bothered by what I was consuming. I began to see what proper nutrition can do to your

Podcasts. Medical journals. Books. Online blogs. I consumed everything. I was never more determined to fix myself.

everyday life. The foundation of this was not only a proper diet but in the consistent daily actions I took. It became evident that the best plan, when executed sporadically, remains a mere blueprint.

True recovery requires persistence and a commitment that fuels progress. My initial attempts to heal Ulcerative Colitis were wrapped in naivety, mirrored by the very doctors who guided me. Their expertise was textbook-based, away from the nuances that set the journey of natural healing apart.

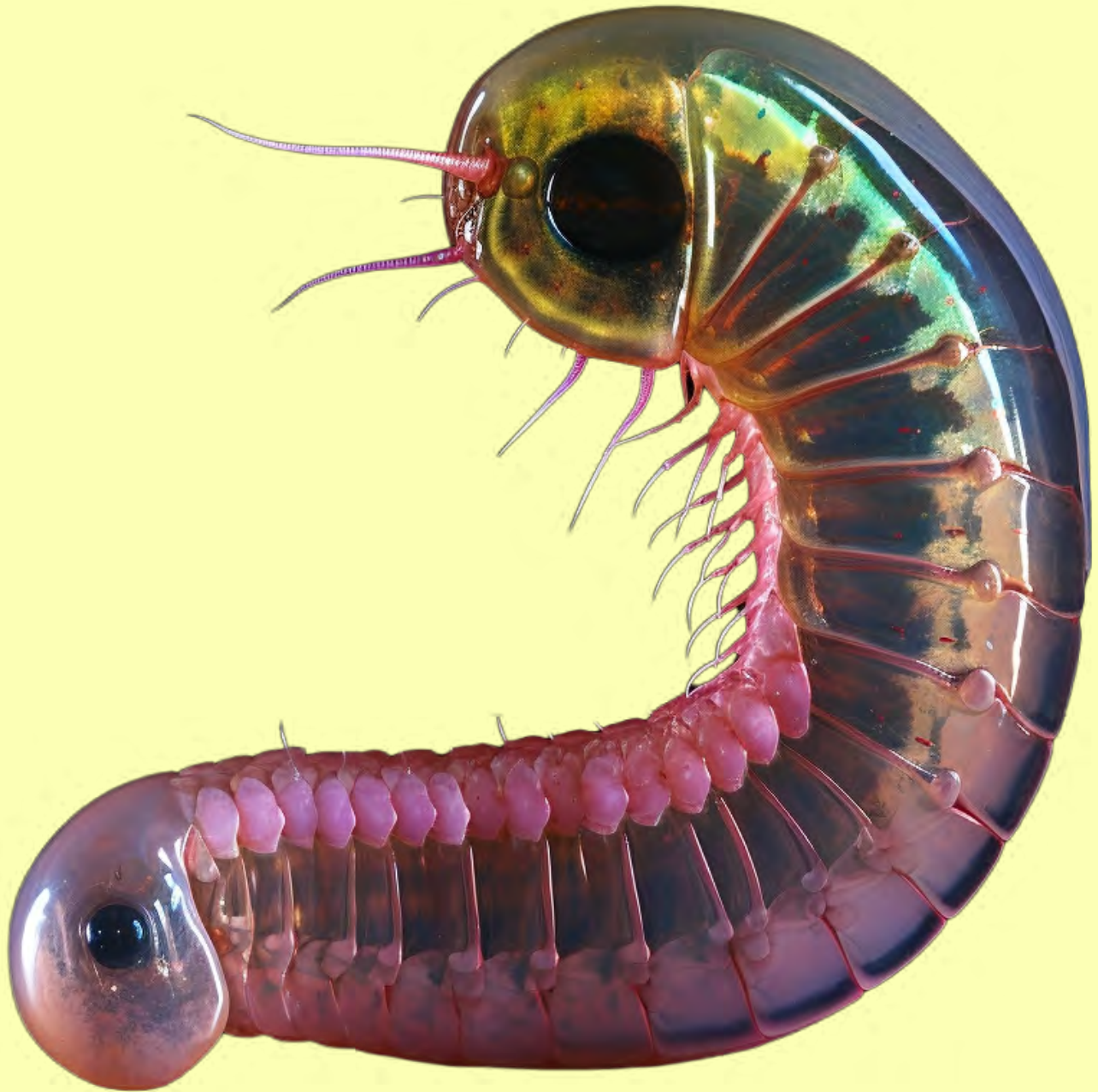
So I went on a hunt – to gather experience through trial and error, and to learn from those who had already gone the course. I'm now in remission, 16 years later, all thanks to proper nutrition. It was that simple all along. Thanks for reading.

Disclaimer: I'm not saying this is what everyone on UC should do, this is just the diet that worked for me. Consult a professional before embarking on any new lifestyle or diet changes — we are all different.

This article was written by Shawn Allard. You can reach him on [X \(Twitter\)](#) or [Instagram](#).



PARASITES



JOHN CONSTAS

Parasites: The Scourge of the Human Body

by JOHN CONSTAS ([@JohnConstas](#))

Parasites have haunted humanity for eons. The ancient Egyptians and Greeks were no strangers to them, and how they could cause diseases. These days, you get treated as a nutjob if you even try talking about these organisms with your doctor. So, what exactly is a parasite? Just the word sends shivers down your spine. While many envision grotesque worms, the reality is that most parasites are microscopic, so you can't see them.

Parasites Never Give Back

Derived from the Greek term "*Parasitos*," meaning "one who eats at another's table," parasites epitomize the essence of parasitic behavior. They take and take, but never give back. Though contrary to popular belief, not all microbes are bad. Your gut is a bustling metropolis of good bacteria and fungi that aid in

producing crucial vitamins (like Vitamin K) and they keep our immune system in balance.

Think of it as a complex web of relationships, where the good (yin) needs to balance out the bad (yang). Parasites, however, are outliers in how they drain you of your nutrients and weaken your immune system over time, which allows them to multiply and then spread to other hosts.

Neurological Warfare

Parasites don't just take up space in your gut they engage in neurological warfare. Research has shown that parasites are capable of stealing, inhibiting and even altering neurotransmitters — the chemicals in our brain that regulate mood, sleep and digestion. Parasites have been studied to [chomp on acetylcholine](#) as a food source. Acetylcholine is vital for digestion and helps move stool down your bowels.

Parasites release chemicals that **stop you from being able to utilize GABA effectively** in the body. GABA acts as the “brakes in your brain”, it’s a neurotransmitter that calms you down. Parasites hijack serotonin to move, eat more and multiply. Serotonin is crucial for mood, appetite, intestinal flow regulation as well as healthy sleep function with how it regulates melatonin production. These parasites are almost acting as puppet masters that pull the strings of your neurotransmitters to serve their own purposes. They’re doing all they can to weaken their hosts so they could take further advantage of them. Parasites have also been linked with **accumulating toxins like heavy metals**, further compromising your body’s natural defense. It’s not an exaggeration to say that these parasites have waged war against our bodies, it’s just a shame most people under attack don’t even know who the enemy is.

It’s Difficult to Diagnose

Diagnosing parasitic infections isn’t easy. Conventional 3-day stool tests will only tell you that they’re in your gut. Yet, these organisms can infiltrate systemic pathways, manifesting a plethora of symptoms that are often misdiagnosed. For instance, parasites can disrupt sleep cycles and induce muscular discomfort.

The symptoms are so varied that they can easily be mistaken for other conditions. From digestive issues to sleep disturbances, the signs are often subtle but insidious. Some people experience mood swings or chronic fatigue, all while being none the wiser that parasites are the culprits.

Here is a list of symptoms commonly experienced because of parasites:

- Allergies
- Insomnia
- Digestive troubles
- Unexplained fatigue
- Skin rashes or itching
- Iron deficiency anemia
- Mood swings or anxiety
- Unexplained weight loss
- Joint pain or muscle aches
- Brain fog/memory problems

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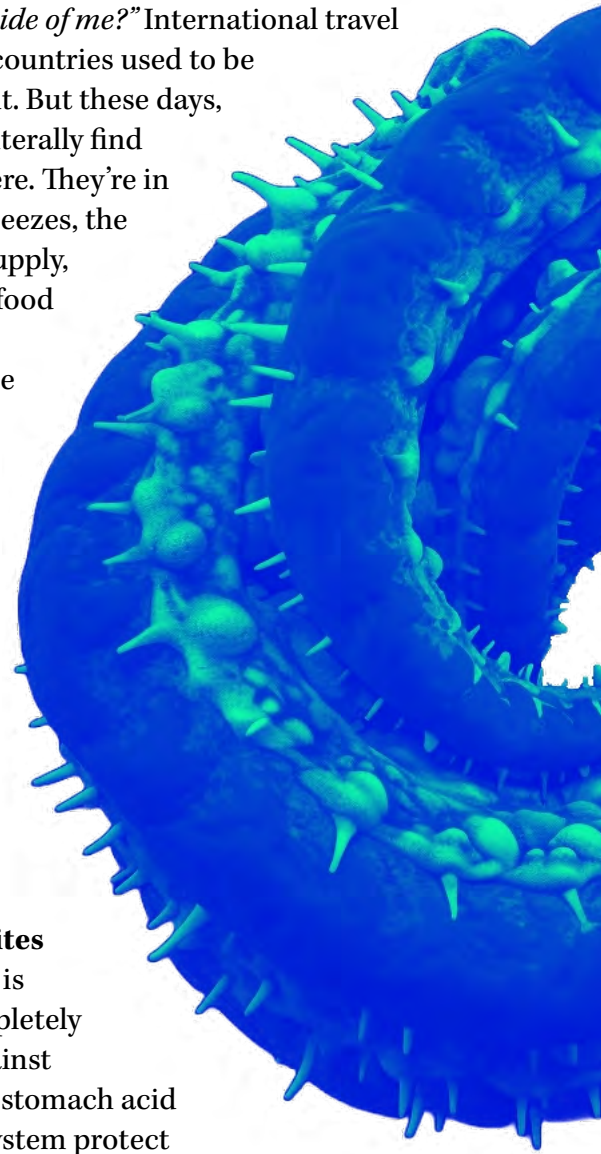
If you notice lots of these in your life, you may want to consider doing a parasite cleanse. Among the most notorious culprits are Hookworms, Pinworms, Toxoplasma Gondii, and Blastocystis Hominis. These parasites have infiltrated human populations on a global scale, each with its own debilitating effects.

How Do They Get In?

You might be wondering, “*How the hell do these bastards get inside of me?*” International travel to third world countries used to be the main culprit. But these days, you can quite literally find them everywhere. They’re in pets, human sneezes, the water & food supply, and uncooked food are a notorious hotbed for these guys. They get inside you and find a way to sustain themselves. Sugar and refined carbs is what allows them to grow and multiply.

Defending Against Parasites

The good news is you aren’t completely defenseless against parasites. Your stomach acid and immune system protect you. But many of us have a weakened

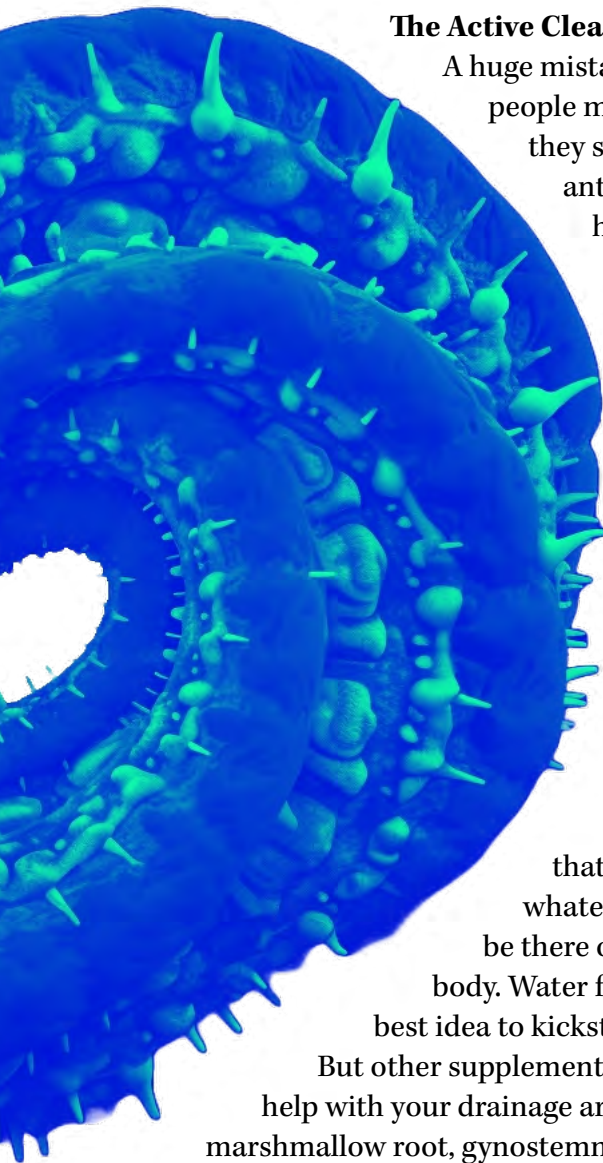


immunity caused by alcohol abuse, poor diet, heavy metal poisoning and consuming fluoridated tap water. This certainly doesn't help the body's natural defenses expel these critters before they become a problem. Mainstream medicine does have tools against parasites Albendazol, Metronidazole, Ivermectin all work in a very narrow/specific way and will aggressively kill these critters off. The question is whether you need to go with the nuclear bomb right off the bat. Especially when there are herbal options available that work much more broadly and safely They'll not only kill parasite but also with them fungus, bacteria and other pervasive viruses. Herbs help your immune system kick things back into gear. Once you start killing parasites, they release mold, bacteria (lyme disease) and heavy metals which the herbs can deal with.

The Active Cleanup

A huge mistake most people make is that they solely consume anti-parasitic herbs. Before nuking these suckers, you need to make sure your drainage pathways are flowing well. Your liver, kidneys, gallbladder and colon are part of the sewage system that excretes whatever shouldn't be there out of your body. Water fasting is the best idea to kickstart drainage.

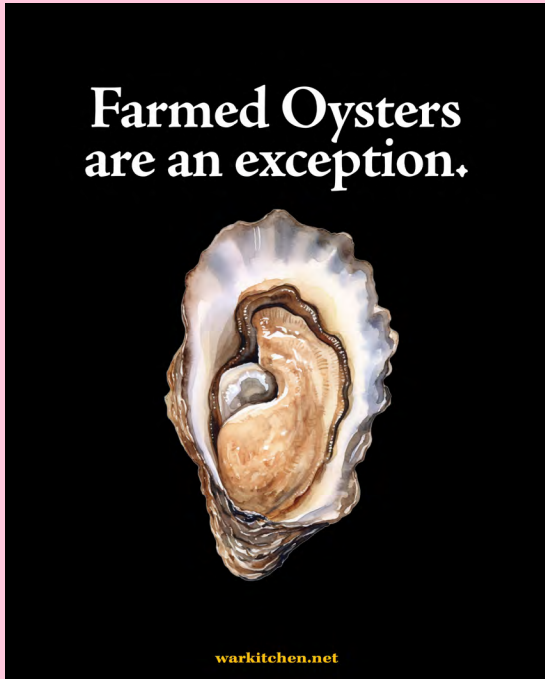
But other supplements that could help with your drainage are things like marshmallow root, gynostemma, parsley leaf, milk thistle and NAC.



Looking to dive deeper and work 1-on-1 with John?
[*Click here to learn more*](#)

Highlights of the Warkitchen

AUG 12
Farmed Oysters Are An Exception



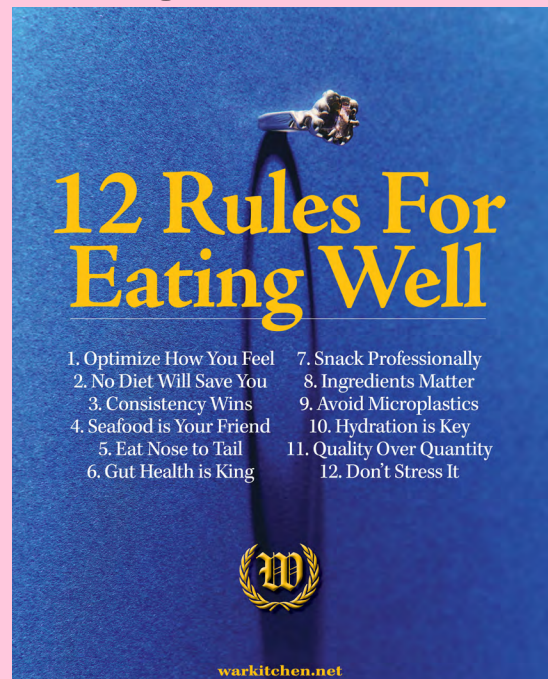
AUG 14
Bread: The Worst Breakfast Food



AUG 20
Stop Baking Food in Aluminum



AUG 30
12 Rules For Eating Well



WARKITCHEN

Eats of September



Each WARKITCHEN magazine is only complete with your contributions. If you're new here, we finish each magazine with pictures that you guys have sent in. We hope that these pictures serve as inspiration for you to cook healthy, nutritious meals in your kitchen! Nothing quite comes close to blessed home cooked food prepared with love & quality ingredients. **Bon Appetit!**

A special thank you to those who sent your pictures:

Cass Sherman, Christian Sarro, Alex Taghavian, Henry Kokenzie, Aron Beijl, Brad Cano.

Light Summer Salad



Arugula/spring mix base, strawberries, peaches, blueberries, herbed fromage d'affinois, fresh mint, pickled onions (done in raw apple cider vinegar), candied pecans, and a dressing of evoo, raw honey, and lemon juice.

Everything organic, and homemade/homegrown when possible, besides the pecans. It could easily be enhanced a bit with steak or blackened chicken, but it's satiating and delicious as is. Blackberry goat cheese has been arguably a better cheese for it, but any creamy one will do!

— Cass Sherman



Lomo Saltado



*Chicken Sausage Spaghetti
with Burrata & Meatballs*



Tacos de Lengua



*Persian Saffron Rice made via a Traditional Family Recipe
from the Iranian City of Mashhad*



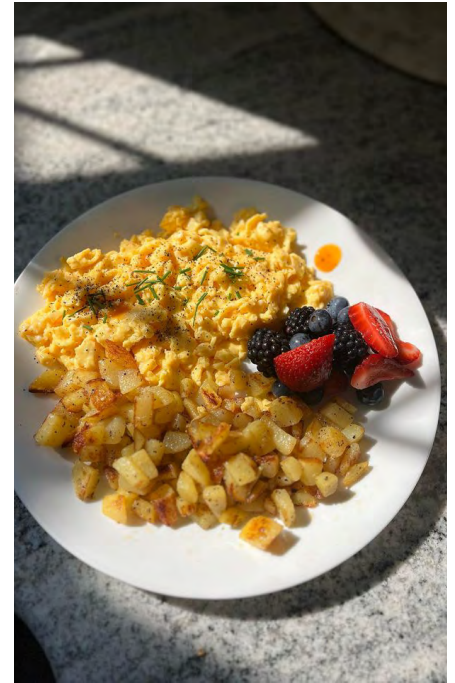
Breakfast of Champions



Homemade Sourdough



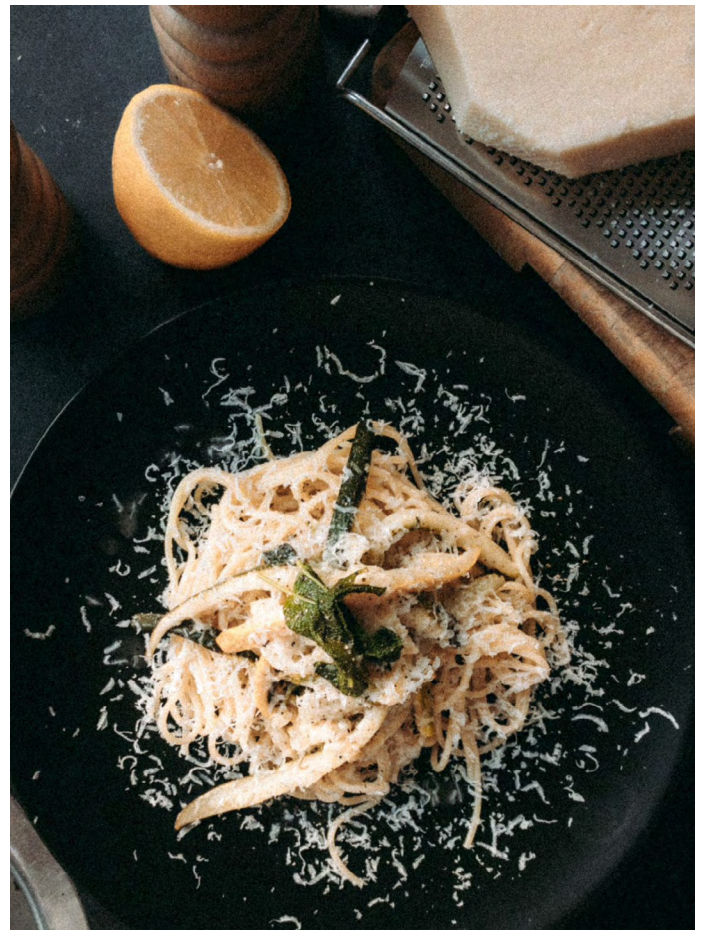
Classic Sol Bowl



Sun-kissed Breakfast



Kohlrabi from local farm, grilled in the oven and served with tahini, grilled chicken breast and a salsa macha



Linguine with courgette, pecorino, sage, lemon and butter



Homemade Bolognese, slow cooked for 3 hours



Deconstructed Shakshouka



Simple over easy egg, tomato + garlic confit spread on sourdough.

SIT BACK AND READ A WARKITCHEN MAGAZINE.



Note: Currently, only digital magazines are available for perusal. Though, we are working very hard in the background to bring quality print editions to reality. Watch this space. Make sure to get on the newsletter @ warkitchen.net to be the first to know when it drops. Thank you all for your support. In the meantime, read every issue digitally @ warkitchen.net/magazines

The image features a central laurel wreath, a symbol of honor and victory, rendered in white against a background of black and white concentric circles. The circles create a strong optical illusion of depth, making the center appear to recede into the distance. The text is centered within the wreath.

**ALL IT
TAKES
IS ONE
HOME
RUN**



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.

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We release an issue on the first Sunday of each month. Get on the list @ warkitchen.net, to be first in receiving them. We'll also be posting alerts as to where you can get your first print editions when they are ready. We also send a weekly newsletter that's delivered every Sunday. Once again, thank you for your continuous support! Have a fabulous day wherever you are in the world.

*Godspeed,
Rocky*