

WARKITCHEN

ISSUE SEVEN

SEASON ONE



only quality[©]

COVER BY KELSEY MCCLELLAN

JOSHUA TREE NATIONAL PARK. CALIFORNIA, USA.





As we usher in the penultimate month of 2022, you have in your hands issue #007 of the War Kitchen. Thank you for reading, sharing and contributing to these issues. Your support means more than you know. Let's finish the year beautifully with the most important people in our lives. May the next few pages spark some creativity & inspiration.

Andrew McClure starts us off with a perennial piece — on the affairs of cooking in the modern world. If you have always wanted to change your eating habits, it might serve as appropriate stimulus.

Alejandro “Ad Astra” informs us on the biochemical detriments of porn, a much discussed topic in the month of November.

Raymond Hoffman completes the trinity of articles with some words of ancestral & seasonal eating — *“A New Old Way to Eat”*

If you'd like to contribute to future issues, get in touch with me [through DM](#) or [email](#). Articles, ads or creatives are appreciated.

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As Always
Enjoy The Experience;
Till We Meet Again,
— **ROCKY**





The Joy of Cooking Never

ANDREW MCCLURE

Americans are cooked. But their food isn't. Not by them anymore, at least. As the world's richest country recalibrates from a pandemic that kept them locked indoors for two years, we wrestle with the future of mankind's oldest tradition – cooking – and whether it's becoming a relic of the past.

Are we fighting uphill? Meal kit companies, fast food (McDonald's, Uber Eats, Chipotle, and the rest), billionaires, and the World Economic Forum all have placed big bets on an underlying trend: Americans have not the time nor the energy to prepare their own

food. Outsource that shit, eaters seem to be telling the market.

It has been uncontroversial to claim that eating out is less healthy than cooking in. The adult obesity rate in the U.S. currently is nearly 50%; compare that to 10% in the 1950s, when Ray Kroc took over McDonald's and forever changed

how we eat. Sure, we sit more, exercise less, socialize less, and slurp all day on Wi-Fi, but let's be real. It's the food. And that food is increasingly being prepped, oiled, salted, and delivered to our doorstep by a short immigrant wearing a huge helmet.

Yeah, so what? People are busy, get over it. Hit the bricks, Boomer.

If being 30 and thinking that the widespread quitting of cooking is tied to the splintering of the family unit (and consequently, our society) makes me a “Boomer,” I welcome the dig with open arms.

Still skeptical? Go outside, look around and talk to folks, and you'll quickly notice that people look floppy, undead, and sad. It is not a

coincidence that “mental wellness” is front and center in the youth discourse (alongside climate and social justice). If your food sucks, you’ll find nutrients elsewhere.

I got my first taste of this while working in investment banking in my early twenties. As per tradition, analysts are expected to work late, order lukewarm dinners packed in styrofoam, and then find momentary solace in the bathroom stall the following morning. This is how working adults nourish themselves, I thought. Right? Riiight.

So where are we now?

Aside from living Baby Boomers (58 and older), virtually everyone younger (X, Millennial, Z) is



▶▶ CONTINUES ON PAGE 7



JULY 1943. "ROCKVILLE, MARYLAND (VICINITY). PRIVATE HARVEY HORTON, VISITING THE N.C. STILES DAIRY FARM WHILE ON FURLOUGH FROM FORT BELVOIR, VIRGINIA, AT DINNER WITH THE FAMILY."

*people who cook at home
eat higher quality food,
consume less calories,
spend less on food, and
have less weight gain
over time*

moving in lockstep:

- Modern life has mandated we save time by way of takeout, burrito and salad chains, and meal kits
- We eat alone more than ever before: loneliness up, marriage down, occurrence of adult roommates up (research calls loneliness the new “cigarettes”)
- Dual-income households mean women devote about one-half the amount of time cooking as they did in 1965
- People working later in the day and working from home means work kind of never ends, leaving less time to cook

The good news?

By many accounts, Americans want to cook more. There are millions of subscribers to Hello Fresh and Blue Apron, to choose but two meal kit options; millions of air fryers and Instant Pots have been sold; the sheer abundance of recipes online makes heads spin.

Plus, even if VCs hate it, restaurants both through and after the pandemic have thrived.

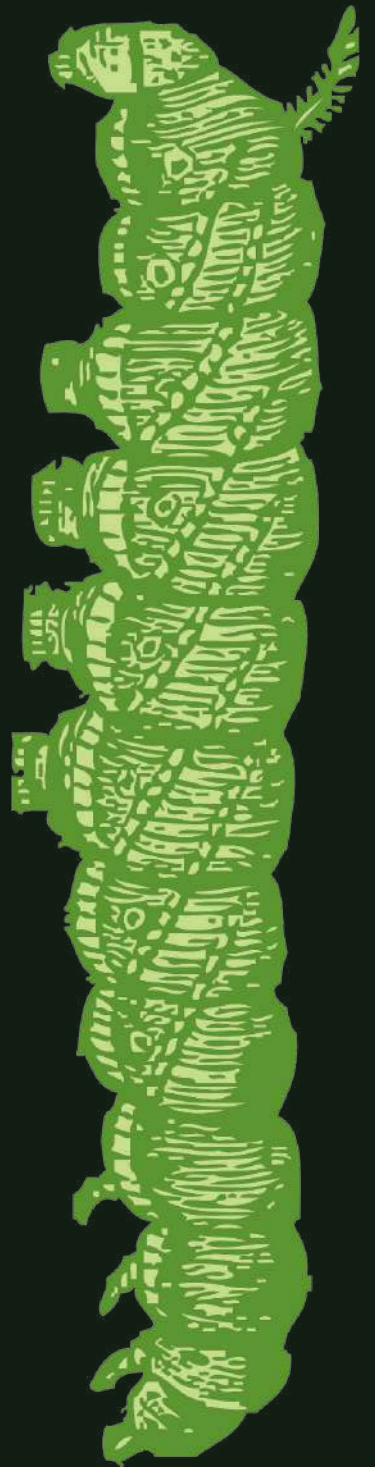
We’re social mammals that need to congregate.

This is all good news. We are not doomed.

The well-heeled luminaries – real and imagined – have ideas on where we go next.

Bill Gates and the World Economic Forum want us to eat bugs because “the climate.” Cow farts and burps are singlehandedly raping the planet, they claim, so we must match the diets of bats and rats. Hmm.

Oculus founder and billionaire Palmer Luckey, in my opinion, gets closer to the truth. He says that to solve obesity, we must first admit that Americans are not going to change. That is, they will continue to eat whatever they want in whatever quantities they see fit. Yoga moms in Brooklyn and Beverly Hills be damned. His solution? Oil food. That’s right, calorie-free “food”



made from petroleum. Because man has mastered oil, much like electricity, we can make low calorie food that tricks the brain into thinking we're sated. Therefore, over time, we collectively will lose weight from a sustained calorie deficit.

He has since tabled the idea due to “marketing difficulties.” Nice try, but even this technocratic approach misses a key point, which is that people want to cook for and be fed by others. It just feels good. In your bones.

But if people will be people, what do we do?

Start small.

If you live in a big city like me, promise to prepare one dinner per week and share it with a friend or a lover. Don't overthink it. Instead of selecting something that appears healthy, opt for something that looks delicious.

Go to the store and buy the ingredients. Get to work. Yes, it's work. But with where the world is headed, we need to fight fire with fire. Once a week turns to twice a week, and so on.

Peer-reviewed science shows that people who cook at home eat higher quality food, consume less calories, spend less on food, and have less weight gain over time compared to those who routinely dine out and snack on processed food at home. This is a great anonymous blog for easy recipes.

Irma Rombauer wrote *The Joy of Cooking* in 1931, one of the bestselling cookbooks of all time. It still sells well almost a century later. We can still make her proud. Americans are not cooking like they used to. TikTok is doing most of the cooking these days and its meat of choice is the human brain. Sizzling away the grey matter. Now the god-ordained duty of ours is to uncook our brains, turn on the heat, turn off the delivery app, and dance in the kitchen.

Andrew is an entrepreneur and writer in New York City. Subscribe to his blog, “Andrew's Apples” — a 2 minute health email that “makes you hotter naked and smarter clothed”.

You can subscribe [here](#).

You can also reach out to him at andruid3235@gmail.com

EVIAN, MAURIZIO DI IORIO





BIO CHEMICAL EMASCU LATION

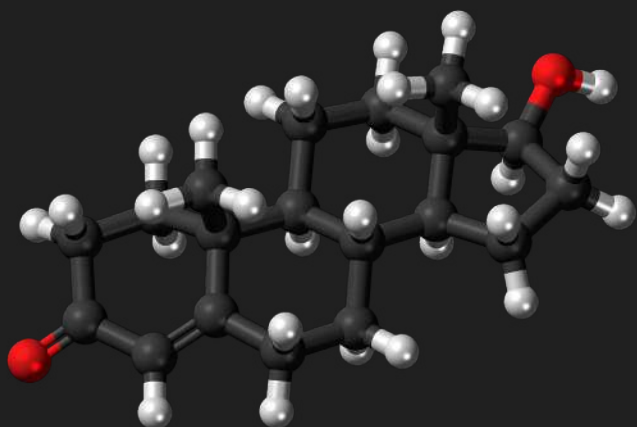
HOW PORN BIOCHEMICALLY EMASCULATES
ALEJANDRO AD

Have you ever considered porn & regular masturbation to be “good” because they relax you?

You're not alone.

But I guarantee you this. If you knew what I'm about to tell you about how porn hijacks your brain, behavior & sexual hormones... you would've blocked them yesterday.

THE IMPORTANCE OF TESTOSTERONE



You see, as fine gentlemen of honor, we clearly know that testosterone is a special, precious hormone for us. It's what determines our sexual & masculine development, has a powerful effect on our competitiveness, discipline/perseverance & drive. And the science reflects this.

When your brain identifies a reward and needs to motivate you

to get it? Dopamine production increases in your brain's Ventral Tegmental Area (VTA), with the purpose of providing dopamine to neurons in the Mesocorticolimbic System (dopamine stimulation in this area causes your motivation, drive & desire to get after it increase). So what's testosterone's role in all this?

It has been shown to upregulate Dopamine activity in the Mesocorticolimbic Dopaminergic System. In fact, castration in rats, dogs & even humans ([MtF transexuals](#) have [VTA](#) & [mesocorticolimbic](#) system dysfunction) reduces dopamine concentrations in said pathway, whereas exogenous Testosterone reverses it.

HOW PORN WILL DESTROY YOU

The modern world is not scarce of temptations that damage your testosterone levels. Porn is the worst one by far. It impacts testosterone levels in so many potent ways, that no other temptation comes close.

The main way porn emasculates is through spiking prolactin (PRL) levels, through creating excess in your brain. PRL counteracts dopamine and has more actions than all the other pituitary

hormones together (GH, TSH, ACTH, etc). Proper balance of PRL levels is imperative. Excess PRL doesn't only bring diminishing returns in its roles, but directly lowers your testosterone.

Everytime you're engaging in a sexual activity? Dopamine levels in several brain pathways (nigrostratial, tuberoinfundibular, incertohypthalamic) increase to induce an erection and increase sexual behavior.

The levels of dopamine in your Mesocorticolimbic System go RAMPANT, since you need to be stimulated, excited, MOTIVATED to empty your seed. Know this, — it is a level of stimulation way beyond baseline levels. The brain simply can not work in this hyper stimulated state.

After orgasm, there's a marked increase in PRL, which offsets the stimulatory dopamine effects on the 4 brain dopaminergic systems, while stimulating more of its own release. All just to calm down these sexual neural circuits.

Now, porn demands a HUGE increase in prolactin after orgasm. The reason is simple.

THE COOLIDGE EFFECT

Have you heard of it? No? Well I have. So let's say you just used your tactical unit. You're ready to take a cozy nap; you feel tired after such a performance. But wait, can you see that? Out of uh, nowhere, ANOTHER female appears on your screen! Bit crazy innit bruv? Now thanks to the coolidge effect you feel recharged, you're sexually & mentally energetic again! So the coolidge effect describes that if, right after you finish, a completely unknown female appears, it needs to renew your energy & sexual desire and ramp up motivation.

The neurohormone responsible for this effect? Dopamine.

So everytime the coolidge effect takes place? A humongous amount of dopamine is released.

A gargantuan amount of PRL is released post-orgasm to counteract dopamine. Think about it, the sexual neural circuits go frenetic just to fuel all that sexual energy, stimulated by a computer screen. Naturally, more PRL will be needed to calm that down.



Poetry for the Beautiful & Violent



Vanya

🔒 17 hr ago

❤️ 24



'There is no mode of action, no form of emotion, that we do not share with the lower animals. It is only by language that we rise above them, or above each other - by language, which is the parent, and not the child, of thought.'

'Aesthetic criticism returns us to the autonomy of imaginative literature and the sovereignty of the solitary soul, the reader not as a person in society but as the deep self, our ultimate inwardness.'

'I cannot think of Emily Brontë's work without thinking of a certain tree I once saw against a pallid sky.'



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DECREASE IN TESTOSTERONE

That effect is necessary, but a major side effect is a marked decrease in testosterone. After all, Gonadotropin Releasing Hormone is inhibited by PRL - GnRH is in charge of keeping homeostasis of Luteinizing Hormone & Follicle Stimulating Hormone. FSH stimulates Sertoli cells activity - facilitating the progression of sperm cells into spermatozoa. LH travels all the way to your testicles and triggers Testosterone Production from Leydig Cells. Thus, Porn WILL decrease your testosterone.

DOPAMINE BASELINE SHIFTS

But it doesn't stop here. Everytime you spike your dopamine levels with porn? Your dopamine receptors' sensitivity to its ligand (dopamine) starts to fall. This effect gets even worse if there's an addiction. This is due to a concept known as "Chemical Neuromodulation" - it refers to the modulation of your neurons's signaling, according to the baseline activity of said neurons.

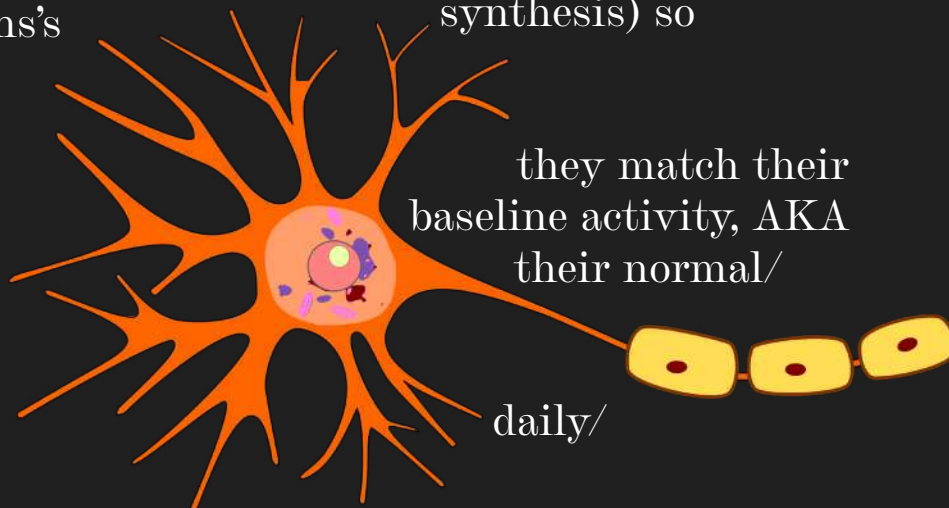
This process occurs to maintain homeostasis. If there's a deficit/an excess of activity in a neuronal

network (i.e., the WHOLE mesocorticolimbic system), chemical neuromodulation will take place to restore the balance, the baseline activity. This is what's behind dopamine receptor's sensitivity going down.

This process involves regulating neuronal activity (including their receptors & neurotransmitter synthesis) so

they match their baseline activity, AKA their normal/

daily/





Dopamine meds used in Parkinson / ADHD.

If a Parkinson (PD) patient consumes a dopamine med, and they already got “optimal” baseline levels of dopamine in their prefrontal cortex?

Even though their low levels of Dopamine in the Striatum will be increased (so the levels get to the optimal range thus their condition improves), the unnecessary and diminishing return increase in the prefrontal cortex will cause undesired consequences/ effects, such as inducing gambling addiction, hypersexuality, and/ or addiction to medication intake. Said symptoms improve when reducing/eliminating the dopamine dose. However, if the PD patient has normal/optimal Prefrontal Cortex baseline dopamine levels but low in the Striatum, they will not be at risk of going through these effects. A similar situation can happen in ADHD.

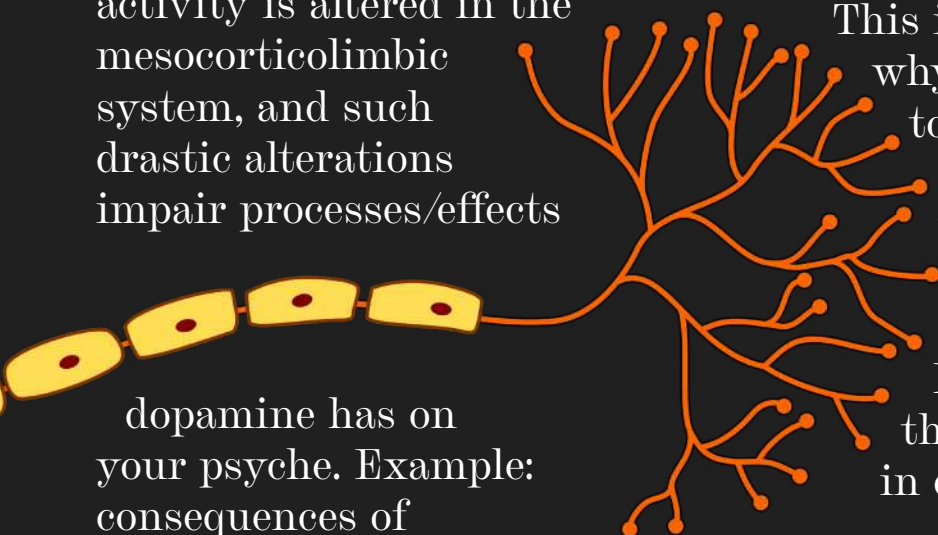
This is a major reason behind why some people react GREAT to X med (i.e., SSRIs), and some don't feel anything while others feel depressed & suicidal.

Now, returning to porn's case, the YUGE, constant increase in dopamine means that the

usual/
natural/habitual way of working.
Can you infer where we are going
with this?

Since there's a dramatic increase
in dopamine levels during porn
addiction, dopamine's baseline
activity is altered in the
mesocorticolimbic
system, and such
drastic alterations
impair processes/effects

dopamine has on
your psyche. Example:
consequences of



baseline dopaminergic neurons' activity will be altered. A baseline that was set by your neurons because they know that's how they work best, now it's modified. For the worst

Anyways. now that your dopamine receptors are completely violated...

COMPLETE DESENSITIZATION

Your motivation is destroyed, your willpower at rock bottom and your desire for weirder fetishes and more stimulation will increase every single day. However, by FAR the worst effect that comes with Porn Addiction isn't the rise of weird fetishes or even motivation decline. Those are insignificant when you compare it to what every porn addict has experienced:

Life desensitization. It's the most brutal way porn will affect you.

After all that stimulation, where the threshold of your dopamine levels reaches an all-time high each time you watch porn, you will start to feel apathy, indifference, boredom, lethargy, to anything that doesn't stimulate you as much as porn. You experience desensitisation to life.

Activities that used to be appealing become boring. Interests you had are overshadowed by your cravings for porn. You prefer to masturbate for hours to your now weird sexual desires instead of having sex. It gets as bad as it can get.

In short... Simple things that used to bring you joy and you were passionate/interested about, now are boring, unstimulating, you avoid them, don't find any motivation to do them. Because they got replaced by porn.

Next time you think of typing P in the search bar? Think again. You will only get minutes of pleasure for a life of low testosterone, motivation, self control & happiness.

Alejandro is an expert on all things health & nutrition — particularly gut health, biochemistry & neuroscience. He's also an all-round stand up guy.

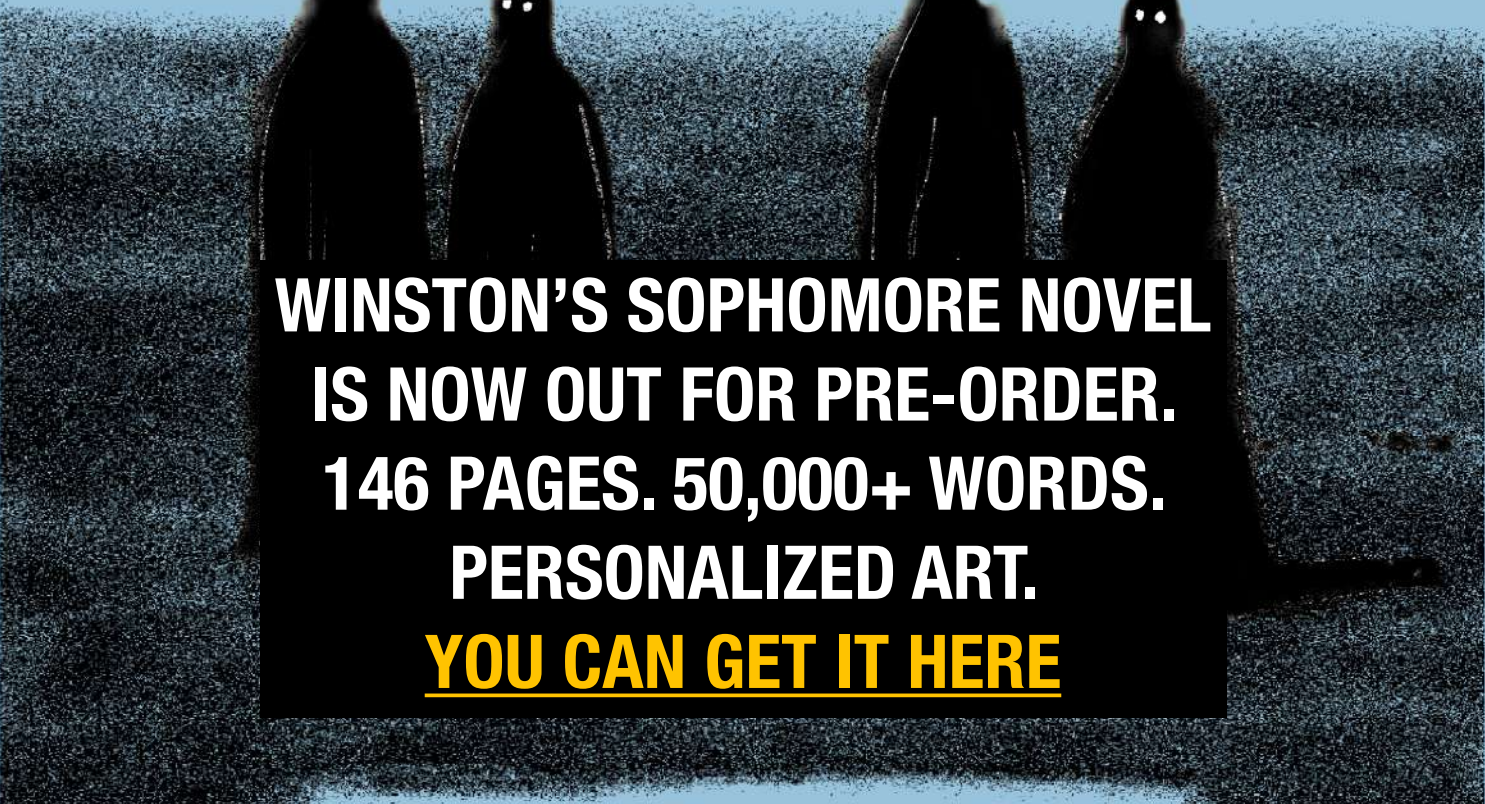
He's on [Twitter](#) and [Instagram](#).

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CELEBRATING THE FUNERAL

NOVEL BY
WINSTON

Four black, hooded figures, resembling the Grim Reaper, stand in a row on a dark, textured ground. They have white eyes and are looking forward. The background is a light blue sky.

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A SOULED IDEA CREATION

ANCESTRAL EATING

a new old way to eat

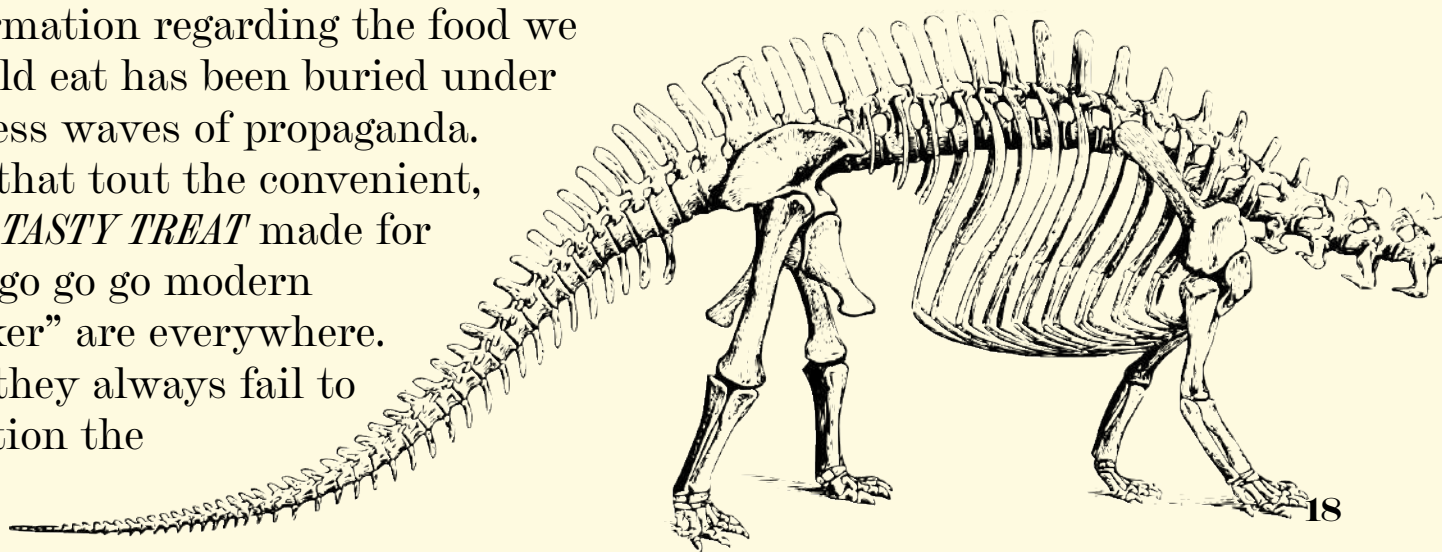
RAYMOND HOFFMAN

Eating is an initiation, a ritual connecting one to the Earth and our distant memories. Every meal, every calorie eaten is conscious; and at this point in world-history, a battle.

MAINSTREAM PROPAGANDA

Many of us know that the information regarding the food we should eat has been buried under endless waves of propaganda. Ads that tout the convenient, new *TASTY TREAT* made for the “go go go modern worker” are everywhere. Yet, they always fail to mention the

hormone-disrupting list of ingredients like seed oils, soy, corn syrup, and chemical dyes. “Foods” like this occupy 80-90% of any grocery store. A lot of men and women, who upon noticing the debilitating effects these foods have on their health and how they correlate with many diseases and disorders, have taken more



ownership over their health. More than ever, more are rejecting these foods and this has led to the commodification of a myriad of “healthy choices”. These ideologies present themselves as fads; become trendy for a time and then disappear. Yet, many of these ideologies are still subject to the same processing and packaging as their sugar-laden and seed oil heavy alternatives.

THE IRONY IN FAD DIETS

The cultural movement in this sphere has shifted to veganism, which has received a lot of impetus from the top down, ironically with the same companies that want to destroy your health and the governments of the world riding the wave. Those who have seen further through the veil still have landed on a way of eating that supports their body, minds, and spiritual well being. It has different names but the most accurate and

life-affirming one is ANCESTRAL EATING — which is simply a refinement of the adage: “Eat what your grandmother would have eaten”. My proposition is to instead, “Eat what the noble progenitors of your race would have eaten and accept nothing less”.

LOOKING INTO OUR PAST

Looking back at Greco-Roman writings on health and athletics, medieval sagas, cookbooks from the 1800s and accounts of castle food expenditures, one sees many similarities that act as a guide for the food choices we should make. Meat and animal products make up the majority of their diets, with game animals being most common due to the prevalence of hunting in

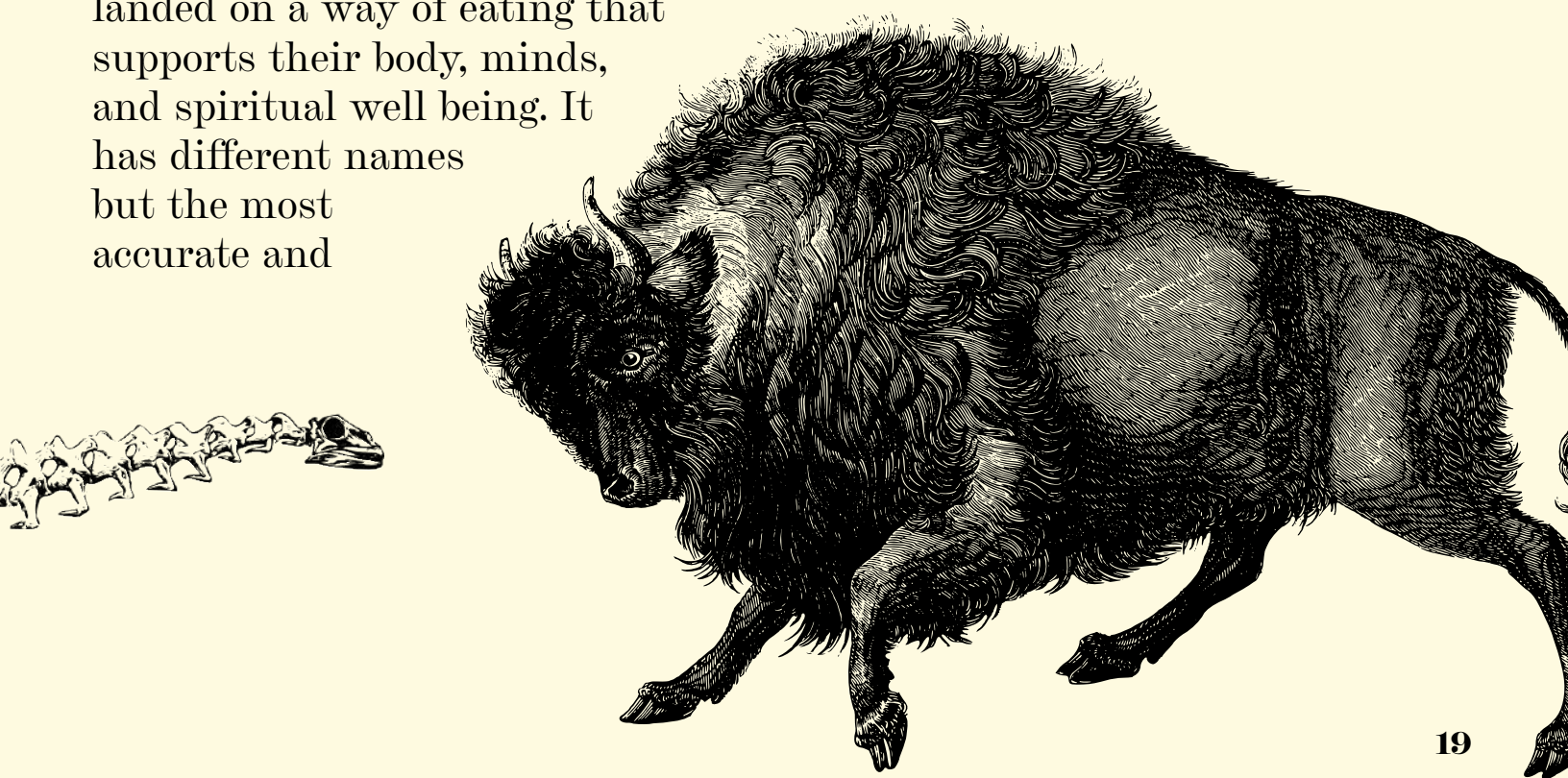
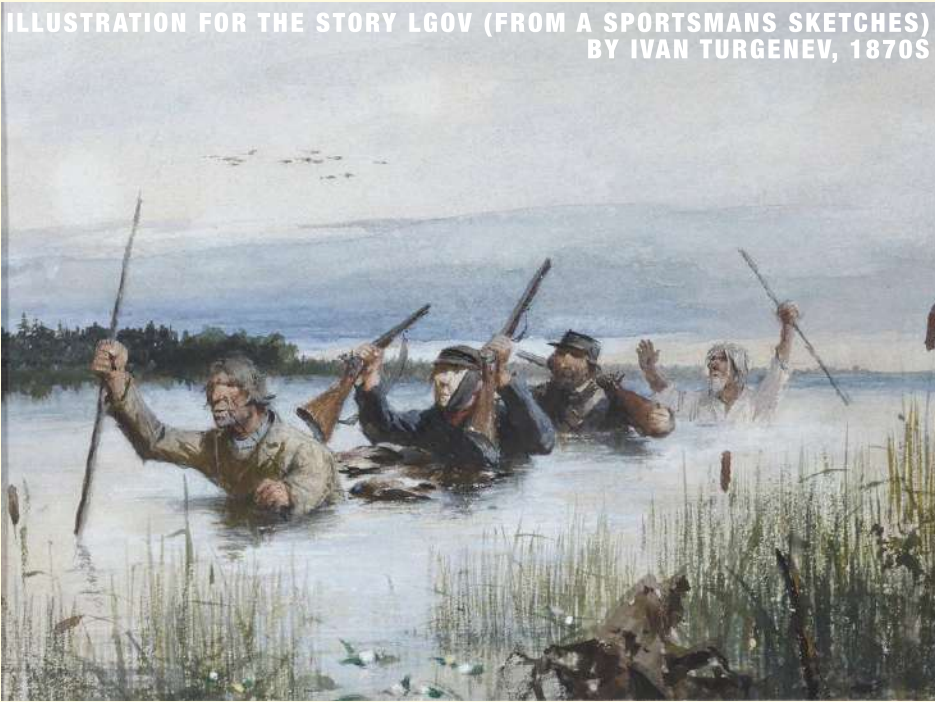


ILLUSTRATION FOR THE STORY LGOV (FROM A SPORTSMANS SKETCHES)
BY IVAN TURGENEV, 1870S



pre-modern times. From the English poem *Sir Gawain and the Green Knight* to distant Russia and *Turgenev's Hunter's Sketches*, we read descriptions daring hunts of boars, stags, and partridge-birds. It is evident from different recipes that muscle meat and organs were consumed.

EATING ANCESTRALLY TODAY

Hunting is difficult and a lot of us reading this might not have the access or skill to hunt wild game. Stores like Sprouts and Whole Foods have grass fed beef (many times coming from local farms) and frozen liver and bone marrow, which would be a great base for proteins, fats, and micronutrients. Although fish and fowl were in afore times eaten more than beef (cows were kept for dairy more so

than meat), it is best to avoid them unless you have a good relationship with a local farm or butcher since many of these animals are compromised by a soy-rich diet, microplastic poisoning, or both. Eggs are another food worthy of discussion due to its high nutrient density and the variety of ways

you can prepare it. Dairy in the form of raw milk, cheeses, and kefir taste delicious, and in their raw forms provide digestive enzymes and vitamin D that is lost in the pasteurization process.

NOT IGNORING CARBOHYDRATES

This is where Ancestral Eating separates itself from keto and carnivore and is not a fat. Carbohydrates should be embraced, but they are tricky part since the source matters a lot and it is easier to find carb-rich foods than it is anything else. Fruit and honey are the most optimal and provide the most benefits. Honey, in its raw, unheated, and unfiltered form (that means no plastic honey bears) is a superfood loaded with nutrients and digestive enzymes. These foods

should be the base for anyone endeavoring to eat ancestrally.

EATING SEASONALLY

While these foods ought to be eaten year-round, it is helpful to rotate and modify according to the climate and seasonal changes to best reflect the eating habits of our more successful and testosterone-fueled ancestors. The changes do not have to be drastic, but one should be mindful that our body has been created so beautifully by God that it functions like a clock. Like a clock, our bodies' systems are cyclical, and desire different nutrients when it is a warm weather season like spring and summer than a cold weather season like fall or winter.

SUMMER & SPRING

During the summer months our bodies need less food and lighter servings spread throughout the day. While soaking up the sun-rays and enjoying time with friends and loved ones, fruit, honey and raw dairy go down better and digest faster. Meat and eggs I find can be

eaten the same amount, but digestion is better when the portions are less spread throughout the day. This makes sense when looking at those who came before us and what they did during their springs and summers. It was often a time for a celebration, a rejoicing over the melting of the winter frost, where food is abundant and enjoyed at a slower pace.

FALL & WINTER

During the harsh falls and winters, the body craves more food and satiation, since this is the time where food traditionally is harder to source and our biological systems want to

store as much as possible. Fall and winter are the times to start adding in heavier and warmer meals, with hefty amounts of protein to support muscle protein synthesis throughout the year. For those who resistance train, it is a relief to know that this supports muscle growth or fat loss very well and does not require a sport-specific diet. The only way it changes is shifting the majority of your carbohydrate intake to pre

**EAT WHAT THE NOBLE
PROGENITORS OF YOUR
RACE WOULD HAVE EATEN
AND ACCEPT NOTHING LESS**

and post workout times so that the body can use the glucose and insulin spike for more energy and muscle output.

BENEFITS OF ANCESTRAL EATING

Ancestral Eating enriches a man in all ways possible: physically, mentally, emotionally, and spiritually. After 4-6 weeks of consistency, cravings for the sugar-laden processed slop wears off and the body wants these whole foods that have been prized for generations. It will go so far as to reject anything less through bloating, inflammation, brain fog, fatigue, and gut issues. All of the things we have been told are normal after eating go away: acne reduces and the skin glows on its own with a beautiful elasticity, energy levels shoot up, testosterone increases and estrogen is reduced along with less cortisol spikes due to regulated blood sugar and insulin, no diarrhea, bloating, distension. Mental illness symptoms can be reduced and eliminated when combined with a holistic lifestyle that rejects the degeneracy and cynicism of the Modern Age. When a person eats what God has put on Earth for us we are connected in some small way to Him, since He works these things to our benefit and what He

has given us is good. With this in mind, how could it be possible to eat something produced in a lab by a pencil neck? How could one eat something made by a company that has to use marketing techniques to get around the fact that they make food-adjacent items made from engine lubricant and addictive substances? When the ingredient label can fill a leaflet and cannot be pronounced without a PhD, how can it be justified entering the body? It is unfortunate that this has to be a call to arms, that eating like a functioning human is “alternative” and “rebellious” but it needs to be understood that the powers at be do not care about your health, and have reasons to undermine it to advance certain agendas. If you cannot bring yourself to eat like your ancestors for the innumerable advantages and connections to the past, do it for this: *THEY HATE YOU, THEY WANT YOU FAT, WEAK, AND UNABLE TO THINK*. You do not need to be convinced, you know this already. The choice is simple, and wavering is only a disservice to yourself and everyone who relies on you.

Liked what you read? You can reach Ray on Instagram [here](#) or check out his Soundcloud [here](#), your support is appreciated. He also has a Wordpress.

The Perfect Espresso Martini

MAIN INGREDIENTS:

- *30ml Cognac (at Grand Hotel Tremezzo, they use Italian Vecchia Romagna)*
- *30ml Espresso coffee*
- *30ml Tia Maria*
- *20ml Crème de Cacao*

GARNISH:

- *Cocoa powder*
- *20ml freshly whipped double cream*
- *Italian savoiardi biscuit*
- *Freshly shreedded cacao (optional)*



METHOD

1. Prepare a single espresso coffee – it's essential to use while it's still hot to get that creamy froth.
2. Whip the cream and set aside.
3. Shake the coffee over lots of ice, Tia Maria, Crème de Cacao and your cognac of choice.
4. Strain into a martini glass or champagne coupe and gently top with the whipped cream.
5. Garnish with plenty of cocoa powder, as with a tiramisù
6. Finely shred cacao for added texture
7. Enjoy immediately with a biscuit

This recipe was adapted from the Gentleman's Journal. You can read the original article [here](#).

@optimal_LD

Want to Contribute?

send me an email:

rocky@optimaldesign.net

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