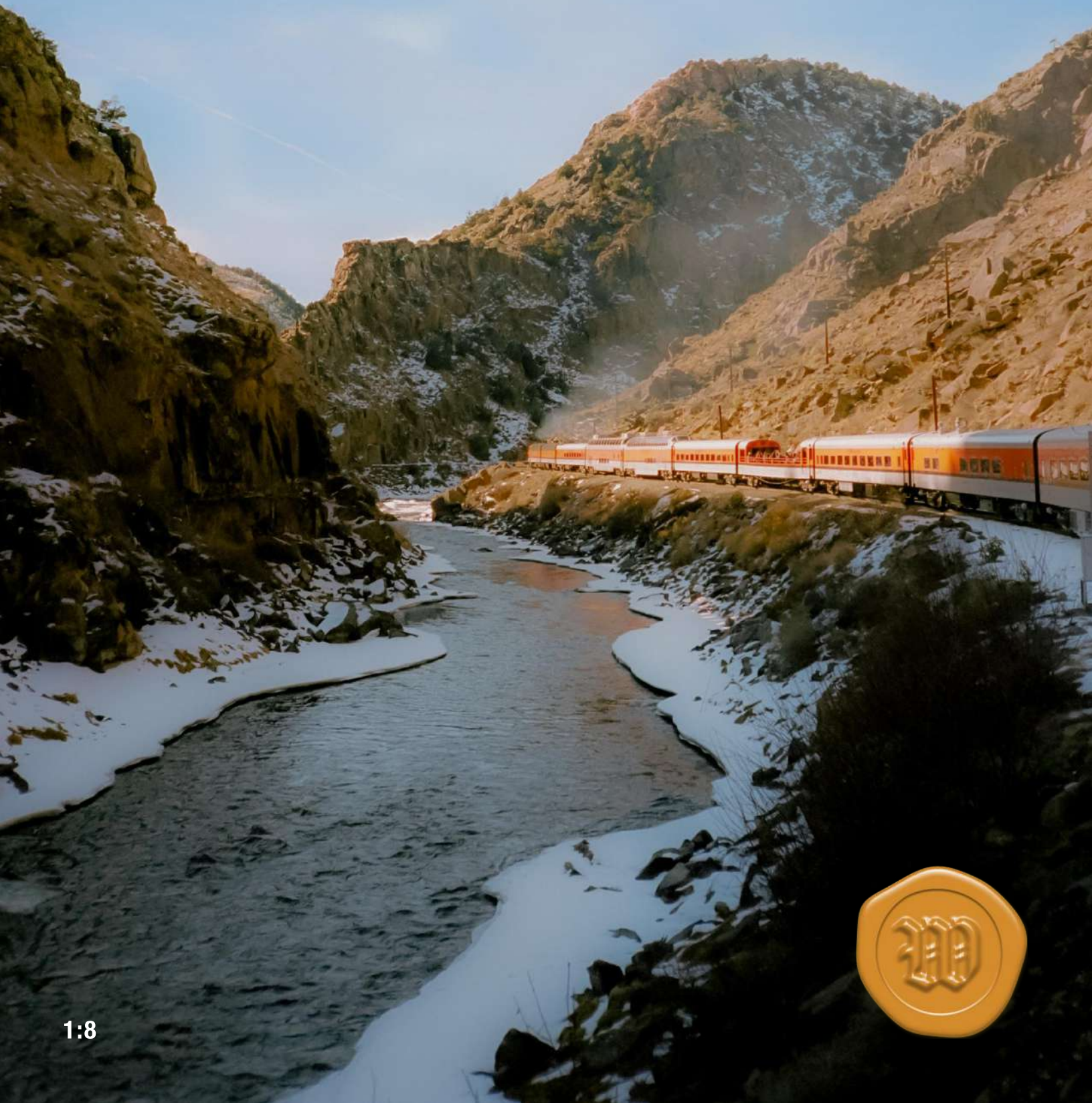


# WARKITCHEN



1:8







Welcome back Ladies & Gentlemen, to what is the 8th and final issue of the WarKitchen this year.

We start by remembering Dr. Ray Peat, celebrating not just his work, but the very man Ray was with his most impactful quotes.

Zaid touches on Magnesium – going through the different and best types to supplement with.

Take a peek through the “Rose Window” – Raymond highlights the importance of beauty and what it means to pursue holistic, aesthetic excellence.

Andrew concludes the issue with words on yoga; an interesting perspective on the age-old practice.

This issue also marks the end of season one of the WarKitchen magazine. I'd like to give my warmest thank yous to all who have contributed, every one who has flipped the pages and shared the magazine.

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

Gold **W** button at the top grants you access to the community discord. You'll be first to know when a new issue drops. Sign up for the email list [here](#). You'll receive electronic letters. As you know, nothing cookie-cutter. Only the best, always bespoke.

Till Next Year,

Merry Christmas & Happy Holidays

Enjoy The Experience;  
Till We Meet Again,

— **ROCKY**





# DR. RAY PEAT

*Ray was a trailblazer. Not only did he dedicate his life towards the understanding of the human body; he was extremely selfless. Whenever he could help someone, he would; without asking for anything in return. Ray will forever be remembered as one of the pivotal figures in raising awareness against the harms of polyunsaturated fats – of which the likes of seed oils have infiltrated the mainstream food supply. The lifetimes of work he produced are the foundations of which many lives will be saved, as we collectively shift towards a holistic approach towards medicine, optimizing the quality of our lives. We leave you with some of Ray's most important and impactful quotes.*

*Rest Easy,*

*Dr Raymond Franklin Peat  
12 October 1936 – November 24 2022*

# Ray Peat Quotes

Ideally, things should make no sense until they make the right sense

Coconut oil added to the diet can increase the metabolic rate. Small frequent feedings, each combining some carbohydrate and some protein, such as fruit and cheese, often help to keep the metabolic rate higher.

Eating raw carrots can prevent the absorption of estrogen from the intestine, allowing the liver to more effectively regulate metabolism.

Low thyroid function, relative over-feeding, and the presence of unsaturated oils in the diet are known to accelerate sexual maturity. Early sexual maturity has been associated with premature aging and early death.

Coconut oil, because of its saturated fatty acids of varied chain length, and its low linoleic acid content, should be considered as part of a protective diet.

It is very likely that cancer patients lack carbon dioxide, because tumors produce significant amounts of lactic acid, which tends to displace carbon dioxide. It would be interesting to see whether supplemented carbon dioxide would decrease the cancer's production of lactic acid.

Aspirin is an antioxidant that protects against lipid peroxidation, but it also stimulates mitochondrial respiration. It can inhibit abnormal cell division, but promote normal cell division. It can facilitate learning, while preventing excitotoxic nerve injury. It reduces clotting, but it can decrease excessive menstrual bleeding. These, and many other strangely beneficial effects of aspirin, strongly suggest that it is acting on very basic biological processes, in a coherent way.

# Ray Peat Quotes

Vitamin E, like progesterone and aspirin, acts within the cellular regulatory systems, to prevent inflammation and inappropriate excitation. Since uncontrolled excitation causes destructive oxidations, these substances prevent those forms of oxidation.

Pseudo-optimism, humor-as-therapy, has a certain value, but a deeper optimism involves a willingness to assimilate new information and to change plans accordingly.

Language is prior to judgment, law, science, reason. Those who define the terms set the rules.

In aspirin, it has been found that it is the acetyl group which (by a free radical action) blocks an enzyme involved in prostaglandin synthesis.

Animals that naturally have a relatively low level of highly unsaturated fats in their tissues have the greatest longevity

My basic approach to lower estrogen & stress hormones by diet include a daily carrot salad, supported by thyroid supplements as needed

Aging, stress & heavy consumption of alcohol increase the permeability of the intestine, causing increased absorption of microbial toxins

The beneficial hormonal effects that have been seen during antibiotic therapy (raising progesterone while lowering cortisol and estrogen) can be achieved safely with the carrot salad in most cases, without the possible toxic effects of the antibiotics.

Eating sugar and using caffeine, which increases the oxidation of sugar (Yeo, et al., 2005), can reduce fatigue, both subjectively and objectively. Eating salty food around bedtime usually has a sleep-inducing effect,

# Ray Peat Quotes

and it helps to maintain blood volume (which tends to decrease during the night), and to restrain the nocturnal rise of aldosterone, and other indicators of stress or inflammation.

The very old practice of treating deep wounds with honey or granulated sugar has been studied in controlled situations, including the treatment of diabetic ulcers, infected deep wounds following heart surgery, and wounds of lepers.

In the healthy organism, cholesterol is constantly being synthesized, and constantly converted into steroid hormones, and, in the liver, into the bile salts that are secreted to emulsify fats in the intestine.

American science, since the 1940s, has probably been the most censored and doctrinaire in the world.

Nutrition is one of the most important sciences and should certainly be as prestigious and well financed as astrophysics and nuclear physics, but while people say “it doesn’t take a brain surgeon to figure that out,” no one says “it doesn’t take a nutritionist to understand that

Niacinamide, used in moderate doses, can safely help to restrain the excessive production of free fatty acids, and also helps to limit the wasteful conversion of glucose into fat

The experiences and nutrition of a pregnant animal are known to affect the expression of genes in the offspring, affecting such things as allergies, metabolic rate, brain size, and intelligence.





Think of your life as a continuation  
of theirs — the same life, though  
with fewer bodies.

— Ray Peat



*the best types of*  
**MAGNESIUM**

**ZAID K. DAHHAJ**

**W**ant unlimited power and limitless energy? Here's a rundown on the best types of magnesium for you to consume.

### **MAGNESIUM CHLORIDE**

Also known as the golden child of the magnesium family, Magnesium chloride is the most effective form of magnesium by a country mile. Transdermal (through the skin) absorption beats oral supplementation any day of the week. It's the quickest way to replete magnesium stores because most people have gut issues which creates malabsorption. In other words, poor gut health doesn't allow many to maximize oral supplementation. Fun fact: Mag chloride can naturally be obtained from the evaporation of seawater. (Who doesn't want to swim in the ocean more often?) Notable benefits include pain management and faster recovery from training I use [Cymbiotika's Topical Magnesium Oil Spray](#).

### **MAGNESIUM GLYCINATE**

If you've spent any time on health Twitter, you've heard about this form of magnesium. It consists of the mineral magnesium bound to the amino acid glycine (also a

popular supplement in the health Twitter sphere). This is considered to be one of the most effective types due to its bioavailability, meaning it's well absorbed by the body. It's also fast acting, well tolerated, and unlikely to cause disaster pants like other inferior forms. Notable benefits include deeper sleep, overall relaxation, and anxiety relief. I use [Solaray's Magnesium Glycinate.x](#)

### **MAGNESIUM SULFATE**

Few use this form (also known as epsom salt), let alone know about it. It doesn't get the recognition it deserves because it's just as powerful as magnesium chloride due to the same transdermal mechanism. People flock by the thousands to swim in Jordan's Dead Sea and use float tanks routinely because it provides incredible relief from chronic skin conditions like Psoriasis or Eczema. Notable benefits include relief from minor sprains, bruises, muscle aches, joint stiffness, soreness, and tired feet. I use [Ease Deep Soak by Activation Products](#).

# BIG SUR, CALIFORNIA



## MAGNESIUM L-THREONATE (C8H14MgO10)

Scientists at MIT developed this form of magnesium.

It's more easily absorbed, or bioavailable, and results in higher levels of magnesium in the brain compared to other forms. In fact, oral intake of magnesium L-threonate raises brain fluid levels of magnesium in rodents by about 54%.

I'm a big fan of this form and have routinely used it for focus, productivity and general mental well-being. You can literally feel it kick in mentally when you're engaged in deep work.

Notable benefits include boosted brain power, a balanced mood and central nervous system, and improved memory.

I use [Cymbiotika's Liposomal Magnesium L-Threonate](#).

Zaid's a men's health coach who's known as the sleep and energy king and an obsessed student of the holistic health game.

He offers an 8 week energy accelerator for men you can check out [here](#).

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

Subscribe to the [2AM podcast](#)

Mg



*“Things that protect the bowel, such as raw carrots, have far-reaching effects on hormones and immunity.”*

*— Dr. Ray Peat*



R A Y M O N D H O F F M A N


# ROSEWINDOW

“Different men have different skills. One must take the straight path: fight with what one has by nature. Action is the way of strength; stratagem the way of council, in those endowed with the gift of foresight. — Pindar, Nemean 1 22-27”



*Herescyldinga  
betst beadorinca wæs on bælc gearu.  
æt þæm ade wæs eþgesyne  
swatfah syrce, swyn ealgylden,  
eofer irenheard, æþeling manig  
wundum aþwyrded; sume on wæle crungon.*

“The chief of the war — Scyldings was laid on the pyre. It was easy to see the blood-crust-ed chain-shirts . . . the sheen of gold and gore all mingled, great nobles dead in their fated wounds. — Beowulf, 1108-1113”



**M**an is made by God to be a spiritual and physical representation of the divine, created in His image. How often is it that this image is darkened, degenerated, harmed, and otherwise polluted?

It is too easy to see the body as disposable, something to take a person from point A to point B and terminate, with no great Aesthetic or performative achievement. From this perspective the body, in all of its lines and graceful curves, is a chance and disorderly combination of flesh and blood, misfiring neurons, creaky joints, flab and phlegm.

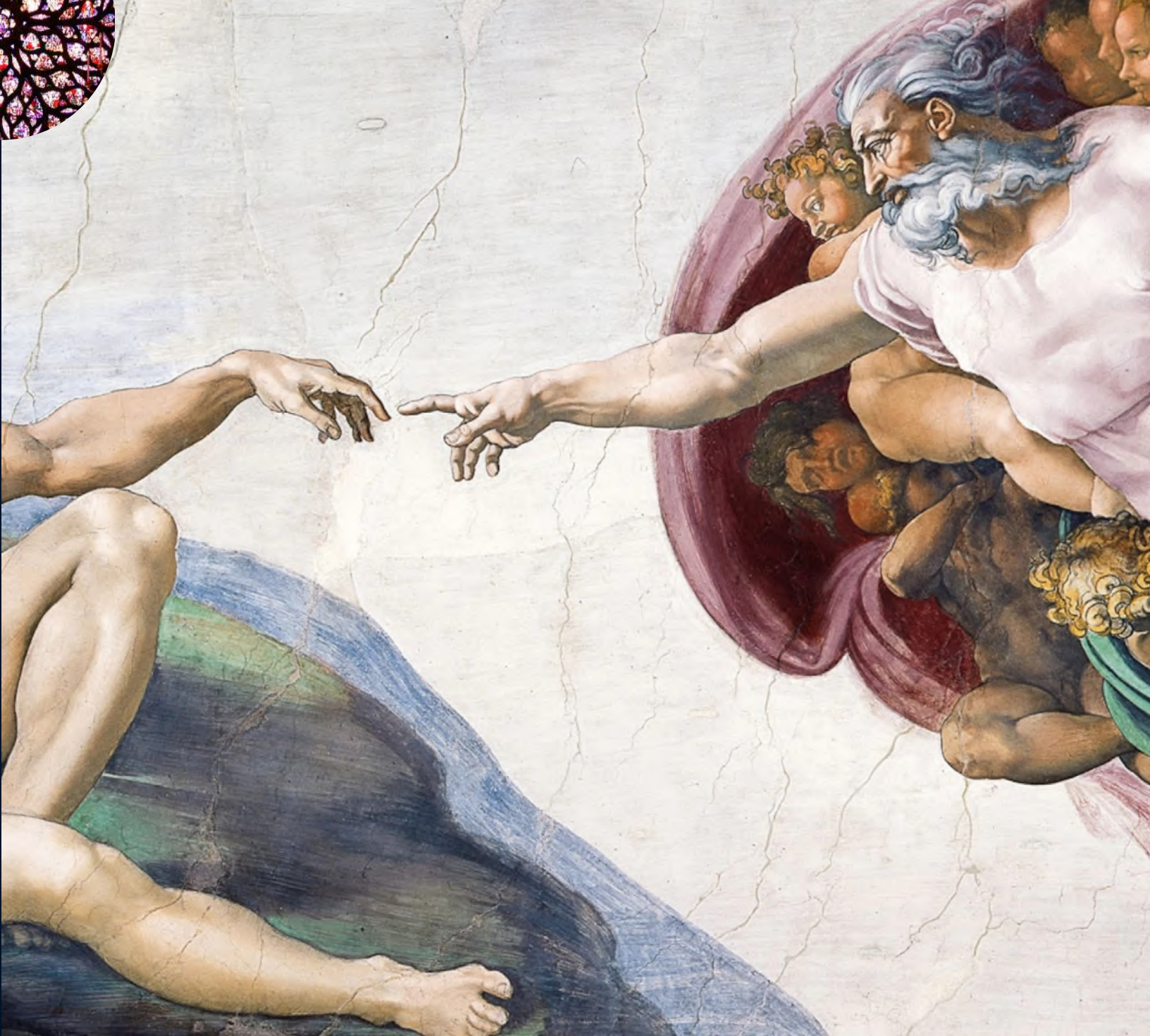
What a philosophy! A tangled and unsightly mass, and not a Soul beneath it. The sense of Wonder, of the Infinite, clear and indomitable heights that the inward Eyes can penetrate is lost, and the sheer decimating Beauty of the external world that springs forth from the Eternal creative imagination to greet Man everyday blighted and dismissed. Man ought to walk in Majesty, as is his Paternal birthright. The saying goes, “The outside is only a reflection of the inside,” a *know-thyself* to carry daily,

hourly, minutely. The internal machinations of a materialist worldview is seen above, the soul is untended, the Lord is ignored, what else is there to honor? Not the body, it can not be controlled oh no! how could it, it is only a byproduct of chance and monkeys and stardust and whatever else! Externally this is on full display, impossible to hide with brand-name clothes and cosmetics.

There is no aesthetic for a materialist that has any lasting value, it is hard to look at in fact. Pasty, unkempt, negative muscle mass, excessive with no restraint: no need to give details here. Like a post-war tenement house, this body exists but does it serve a lasting purpose? If the primary care of Man is the honoring of God, and the doing of good, mighty and heroic deeds, and, since modern society has manifested the opposite of these Moral principles, there is good reason to believe them true, what is the Aesthetic of this Embodier?

Architecture is the most fitting analogy to describe a person. Architecture is humanity on display, a collection of a region’s people made of stone, wood, and glass. A building, whether a





The One who harnesses this beauty in themselves is a cathedral in miniature, a side chapel in a Cosmotic Basilica. This is the ideal We aim for. The outside is a stately Romanesque, powerful and sturdy, large and imposing, expected to last for years.

merchant's house, grand cathedral, or a palatial residence, shows the soul of a people mapped out for the World.

The One who harnesses this beauty in themselves is a cathedral in miniature, a side chapel in a Cosmotic Basilica. This is the ideal We aim for. The outside is a stately Romanesque, powerful and sturdy, large and imposing, expected to last for years.

There is a symmetry in the muscles, a flowing symmetry of Parts that contribute to the Whole. Weights, good food, clean living, and community have all gone into making this an elegant facade, brick-by-brick. Yet, this is only a reflection of the Soul. The Soul, which betrays the simplicity of the exterior of massive stone walls and narrow arcades is a Baroque masterpiece, a flourish of design and polish that is arresting to behold.

The Solomonic columns have been built from Wisdom and Virtue to uphold the altar-roof of Discipline and Mastery. The frescoes and stucco embellishments are Grace made visible, and the polyphonic tones of the Psuchic choir echo Hymns that radiate with an

understanding of Truth and undiluted Beauty. The Foundation has been laid of pure Gold on a bed of Stone, not a sinking dross. The Structure is built geometrically from the ground up, an imposing mixture of Weight and Tracery, delicate Filigree and strong Turrets. O! To embody these things would be to leave the World behind!

*“Signeur, vous estes mi homme et mi ami et mi compaignon. A le journee d’ui, je vous pri et requier tres especialment que vous me menes si avant que je puisse ferir un cop d’espee.”*

*(My lords, you have been my men, friends, and companions. I beg of you earnestly that you lead me with you to the press of the battle so I may strike the enemy down by my blade.)*

— Jean Froissart, Chronicles

**You can reach Ray on [Instagram](#). He also has a [Soundcloud](#).**

**Like his writing? You can check out more of his work [here](#).**



THERE ARE PLACES YOU HAVEN'T BEEN  
WHERE YOU ALREADY BELONG





# THE ART OF YOGA

Andrew McClure

**Y**oga means “to sit with”. It makes sense considering how the 10,000-year-old mind-body tradition started with one pose: *the seat*. It also does metaphorically, that the object of every posture (asana in Sanskrit) is to “sit” comfortably within it.

Mastery is reached when your body is twisted and folded into a difficult shape; yet you breathe with ease, still as a statue, as if ensconced in a nice sofa chair.

Most importantly, yoga teaches one to sit with his own mind. The one yogic proverb to rule them all from the prophet Patanjali (Book I, #2) is that the goal of the whole practice is to train the mind, that devilish circus of a place. Through repetition, you can make it a heaven or a hell. What follows are some easy metaphors to make it more of a heaven.

Holistic health practitioners often say your skin reflects the condition of what is under it. I will take it a step further. Your body reveals all. That means your tics, the position of your hands and feet, and your gait all publicize how you are doing. In other words, you realize what you are through what you do.

Why is this helpful to know?

Two reasons. First, this awareness of your habits (learned early in life namely from your parents and siblings) is way more effective than trying to hack your neurochemistry or whatever; dorks on the internet are blathering about the hippocampus and the medulla oblongata – dude, who cares? The best answers we have are tailor made to you and they lie in and around your physical body, if you just care to look.

Second, the gross (body) helps us understand the subtle (mind); a hurt back can indicate that one bends over for others and a dragging of the heels can indicate a habit of trying to perfect her words before she says them. A pushover and a perfectionist, respectively. The body is the guide.

Taoists argue that things are not 2-d spectrums but rather 3-d. Think of a globe. When you draw a line to the right, eventually it reaches the left; up becomes down, and so on. In a debate, there is your opinion, my opinion, and our shared opinion. Always in threes. Why is this helpful? In everything good there is poison, and in every crisis lies opportunity. With greed

sometimes comes wealth, but wealth brings its own issues, like how the people around you will treat you differently. Or the beggar whose back is against the wall, and he chooses to clean up his station. Tales as old as time.

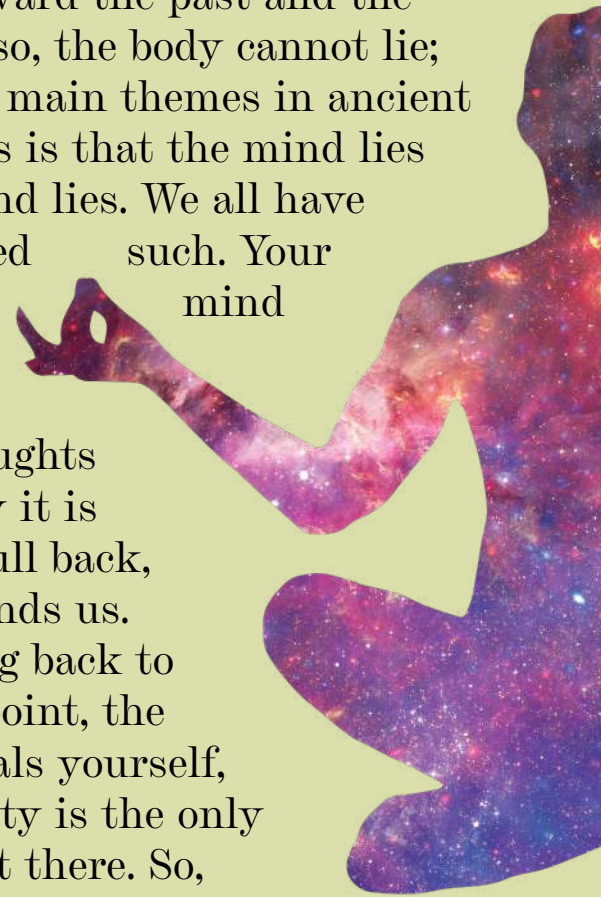
Some guy once told me that every event is either a lesson or a blessing. You get hurt or you get healed. But what he missed is that there is no injury without a healed body and no healing with an injured body. It all is a blessing. Consider a forward fold in yoga, where you are hinging at your hips. The novice will try to keep his legs straight, compromising his form, leading to a poor fold. The wiser student knows to bend his knees so the thigh-stomach contact is maintained, lengthening the back, moving the butt up, resulting in a superior fold.

The body in yoga is a sphere, where its parts ideally pull away from the body-center of the pelvis. Each limb is a ray of light radiating out from the central star. The linear spectrum is preferred over the sphere in politics, diet, and religion – easier that way. But the well-worn path usually sucks and is not all that pretty. Next time you are feeling sad, feel the sadness and

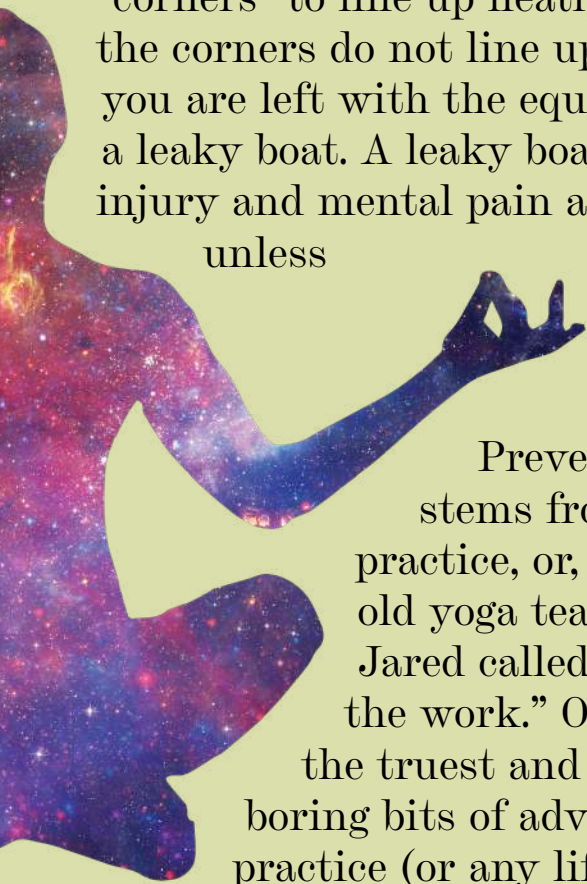
know that the sadness will lead to light. We must just be patient and get some sleep.

Now we know that the body informs the mind. But the body also has properties that the mind does not. The body can only be in the present, while the mind drifts at will toward the past and the future. Also, the body cannot lie; one of the main themes in ancient yogic texts is that the mind lies and lies and lies. We all have experienced such. Your lying mind comes up with many thoughts about why it is right to pull back, [BAP](#) reminds us. Connecting back to our first point, the body reveals yourself, and honesty is the only path to get there. So, trust the body. It is all there.

The last piece I will leave you with is how yoga is like origami. Esteemed NYC-based yogi [Nevine Michaan](#) says that we are meant to fit. What does she mean? When we squat in good form, our knees fit into the armpits. Snug. Or, when we



grab our opposite elbows and lift them above our heads, the crown of the head fits perfectly underneath the forearms. And during a forward fold, whether standing or sitting, the forehead touches the top of our feet. Just like a folded piece of paper in origami. The ideal form of every yoga pose requires the body's "corners" to line up neatly. When the corners do not line up neatly, you are left with the equivalent of a leaky boat. A leaky boat means injury and mental pain are coming, unless otherwise



addressed.

Prevention stems from practice, or, as my old yoga teacher Jared called it, "doing the work." One of the truest and most boring bits of advice in any practice (or any life) is that one must do the work. It will suck and perhaps that is the point.

Yoga means to sit with. The seat is the first and the last pose in yoga. The first seat one takes is very hard to do – yes, sitting properly without any prior practice of movement is challenging and most

only last a few minutes before their back gives out. The hundreds of postures in between the two seats prepare the student for the final seat, which is the meditative seat. Trust me: monks cannot sit in silence for entire days without carefully moving their bodies consistently and over long periods of time. No free lunch.

We move so we can ultimately sit. Then we stand up, move, and do it all over again. Only after we learn to sit gracefully in our physical body can we learn to sit with our mind. If your mind is upside down, so are you. This goes against our nature, as humans are upright animals. Upright, up and to the right.

Yes, the movement is hell, but the seat is heaven. Both of those places are right here on earth. Namaste.

**Andrew is an entrepreneur, writer and yogi 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](mailto:andruid3235@gmail.com)**



**28-day dry-aged NY strip w/  
fried brussels and some “Rocky  
Robuchon” potatoes**







**Slow-cooked  
Oxtail**

@optimal\_LD

# Want to Contribute?

send me an email:

[rocky@optimaldesign.net](mailto:rocky@optimaldesign.net)

**ARTICLES. ADVERTISEMENTS. RECIPES. ANYTHING SURROUNDING NUTRITION, GASTRONOMY & LIFESTYLE FITS LIKE A GLOVE. OFFER ACTIONABLE ADVICE. FEATURE QUALITY PRODUCTS & SERVICES. SHARE YOUR WORLDLY REFLECTIONS. THE #WARKITCHEN MAGAZINE IS THE ONLY NUTRITION MAGAZINE WITH STYLE & FERVOUR. WE ARE A GROUP OF INDIVIDUALS, A COMMUNITY; WHO NOT ONLY WANT TO EAT GOOD, BUT NOURISH OUR MINDS, BODIES & SOULS WITH THE BEST NUTRIENTS. REACH OUT VIA EMAIL OR DM TO BE A PART OF FUTURE ISSUES.**