


warkitchen





Ladies & Gentlemen, it's that time of the month. As we see out the last embers of a vibrant summer, may the next few pages invigorate something in you to finish 2022 with a fiery blaze.

Enjoy The Experience;
Till We Meet Again,
— **ROCK**

We start with an inaugural #WarKitchen book review on Frederick Kaufman's *Bet the Farm*. Earthm'n gives us the crux without revealing too many "spoilers".

Next, we go deeper into the mind, revealing the importance of our thoughts in optimizing our health and nutrition. This might just be the most important lever to pull.

"Imagination governs the world"
— *Napoleon Bonaparte*

Winston then graces the mag with a piece preachin' honey; will surely get you off your seat, wandering deep in the wilderness.

Alas, we close with #WarKitchen eats — aesthetically pleasing nourishment for the mind, body and soul.

If you'd like to be featured in future issues, get in touch with me [through DM](#) or [email](#).



god save the king



BET THE FARM

Earthm'n

Bet the Farm — a title I did not meaningfully understand until finishing the book in its entirety. Once I did, I almost wish I didn't. Kaufman surprised me by unearthing things I never knew. It all makes so much sense.

ALL THAT IS WRONG WITH FOOD

If you're reading this, you must know there is a perennial problem with our food. To Frederick Kaufman, this topic deserves

enough attention that he wrote a book about it.

He goes over 4 overarching themes:

1. World wide pizza distribution & manufacturing
2. The process creating disease resistant crops
3. The economics of wheat futures
4. The globalist push for a centric diet

While a few things have changed

since the book's release in 2013, almost everything remains relevant.

In this review, I'll be focusing on the following two sections in this review:

Part 1: Looking for a slice

Part 2, Looking for the killer app(etizer).

BIG PIZZA

Kaufman begins by outlining the process of factory made pizzas like a *How it's Made* video. He gives us a squiz at the things the manufacturers (not chefs) don't want you to see.

Did you know?

Each ball of pizza dough needs to be sent through an x-ray. All to "make sure" that there are no small bits of metal shavings or the odd loose screw remnant.

He mentions how the dough is often tossed through the air at one point of the machining process into a huge stainless steel hopper, and the way the foreman is so sure it is going to go in. "It never misses". However, a few minutes later who could have foreseen it, the dough only gets half in and falls to the floor. This is the first time in

recorded history it has missed.

FARMER LIVELIHOODS

You would have thought with the potential of selling a million pizzas back in 2010 that all the farmers providing the various ingredients would also then be making a lot of money? Unfortunately not. Milk farmers in America sued the Dairy Farmers of America group in 2008 and 2012 for manipulating the price of milk downwards, while in cahoots with one of the largest food companies of the country, Dean Foods.

More and more, small scale farmers are losing out from larger farms undercutting their prices. This is not a simple problem to fix. Consumers would have actively buy more expensive milk for these smaller farmers to survive. This isn't just a localised issue either, but one we're seeing all across the globe.

More industrialised food does mean more food, or rather, more "food stuffs". But is this the solution? To feeding the world? When we already know the damage this lifestyle brings on the people who practice is, not to mention its unsustainability. Ecosystems destroyed, monocultures slowly

withering away the very pastures that once fed them, small scale farmer losing generations of work and a species the unhealthiest it's ever been.

Harriet Friedman, a professor of geography and planning says that the only way to create a sustainable form of food production is to have farmers not only food producers but also ecosystem managers. She recommends renewable farming in the countryside so that there is a strong connection to the crops, animals, cheeses and meats to a new kind of cuisine to be sold to suburban/urbanites.

This sounds like a reinvention of the farmers market and to an extent, it is. Though it shouldn't be looked at as a bad thing, as subsistence farmers are not a step backward, but a potential step forward for healthy and 'organic' foods. But what does organic even mean these days?

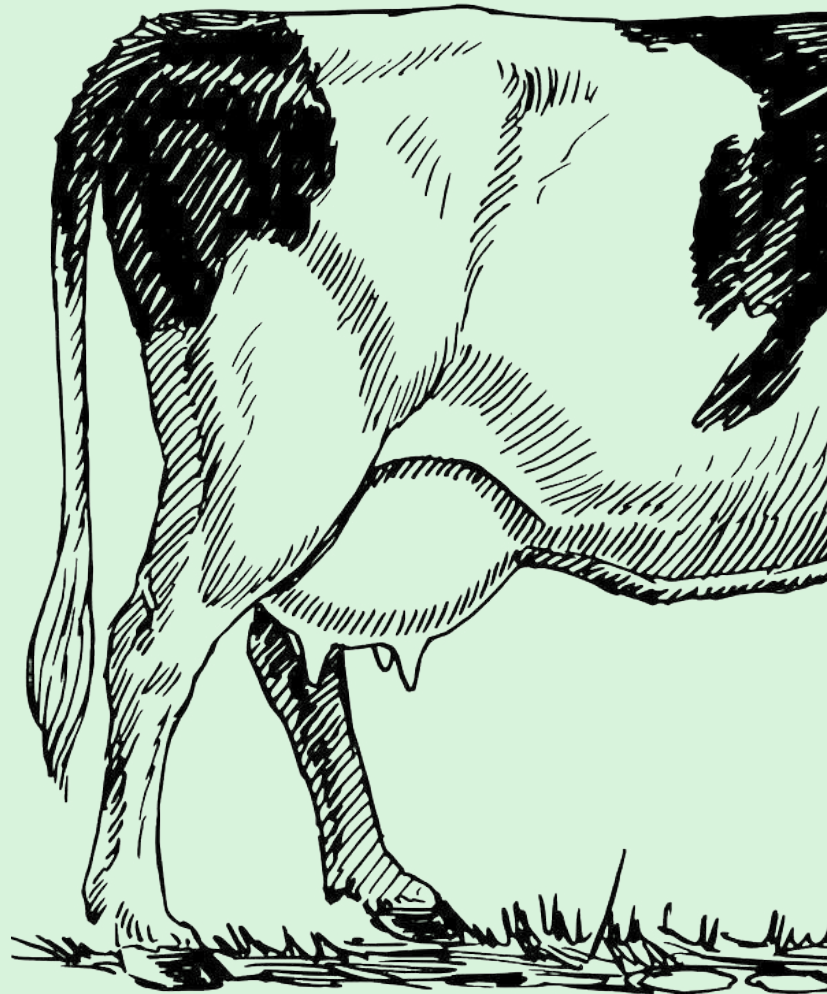
AN ORGANIC MANIPULATION

Kaufman gleams about the 'organic' status and how it has been manipulated beyond what you probably think it means.

First of all, chemical & radiation induced mutation are processes

excluded from the term GMO, but is in essence somewhat similar. The creation of a new species through either of these methods is called mutagenesis.

Now, if these mutagenic species are grown through organic means, they can be labelled as such. What this means is that some of the "organic produce" you're eating is not the food of your ancestors. The way these mutations work is easy, yet incredibly complicated to do anything useful with. The process goes like this – induce mutation through chemical compounds /



radiation knocking about the DNA sequences of the species (hope to whatever higher power you have that it is useful and doesn't result in something bad).

What makes this process tricky is the inability for these methods to target certain genes. So while a crop might be created to be disease resistant, it may also have half the nutrient value, short lived or even downright awful to put in your mouth from the taste or smell.

So what of



a more targeted variety of gene

transformation, one in which people are not just banging very expensive rocks together and hoping for fire?

Gene-editing. It is talked about a lot in *Bet the Farm* and in real life. For good reason too. There are some serious ethical quandaries that can be faced here, such as can someone own a sequence of DNA? An important question for when it comes to who would produce these things.

Ester van der Knaap for one, working at one of the Ohio State University's experimental research stations. She wants to grow square tomatoes for big buyers of the crop and has been working years on the isolation of the shape gene. She wants to do this because they would be easier packed into a box. A motive that makes sense - money. She uses a proprietary program called tomato analyser. No points for creativity but with someone striving to make tomatoes more efficient, the bill fits. Without going into the juicy tech heavy jargon Kaufman explains that this program has, over the first few years of the 2010's, isolated two types of fruit shape genes. A trade secret it would seem...

At the University of California - Davis Plant Transformation Laboratory they allow anyone

with \$50 an hour, a vegetable, a mutation and a dream, the ability to grow what they want with the pampering that comes with plant stem cells and eternal spring.

The good news is that all organic matter is sealed off and destroyed down to a molecular level. An autoclave is used to stamp, boil and vapourise any transgenic stem, leaves, roots or fruit back into a primal muck.

According to Kaufman and his recounting, serious precautions are taken to ensure that no one is exposed to the mutated specimens, let alone the environment, before testing its effect on the environment around it. Perhaps the only hopeful message to come from a deliberate action encountered on Kaufman's way.

CONCLUSION

While I am sure that everyone reading this article has a long reading list already, throw this one on there. It will do a much better job of explaining what I have just skimmed today. Plus, it will give you a much better understanding of not just how colossally messed up the economics of our globalised world are, but also prepapre yourselves mentally and spiritually

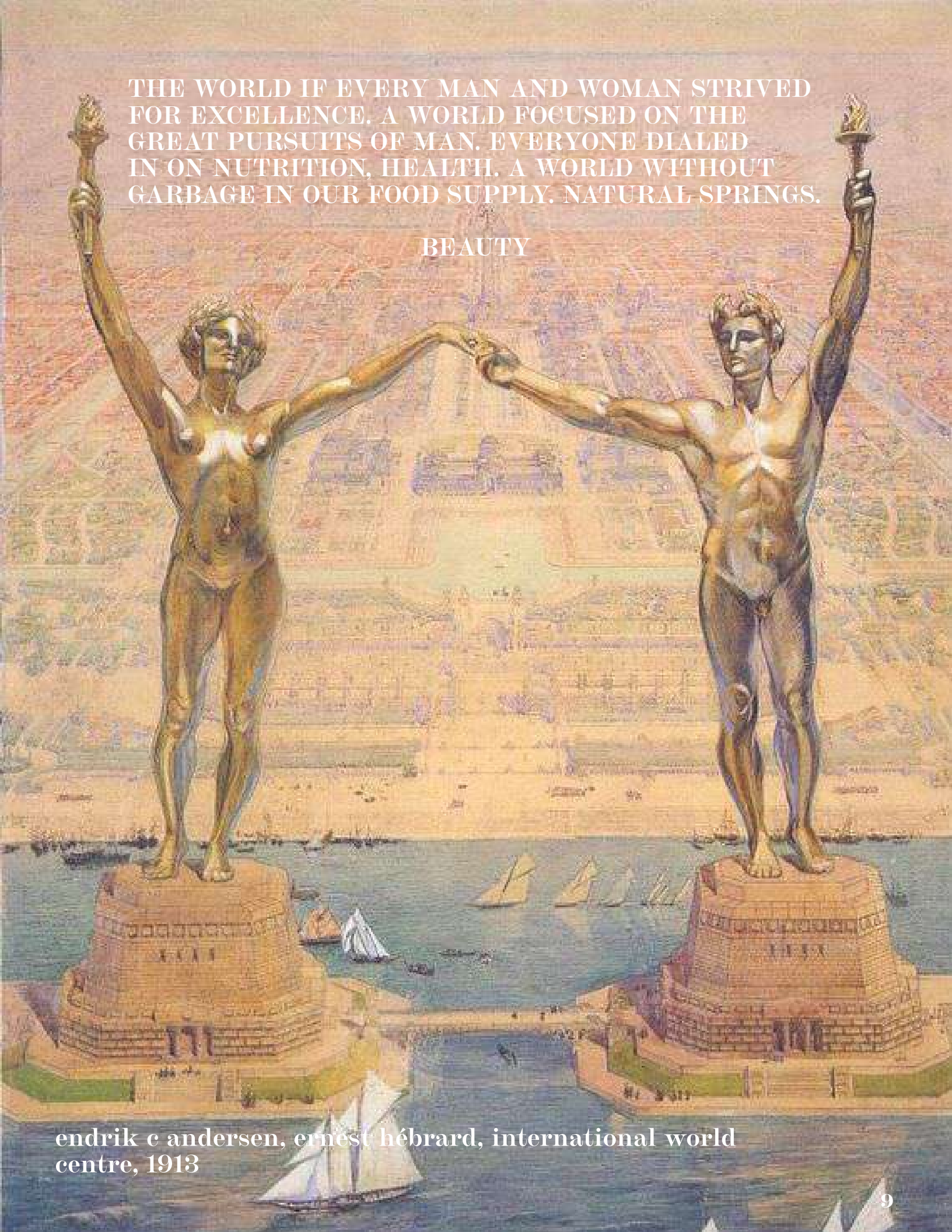
for the next big crisis of our time.

Everyone who lives, eats. Everyone who can, should learn what they eat.

If you would like to reach out to Earthm'n and share your insights, you can reach him at earthm.n@proton.me

THE WORLD IF EVERY MAN AND WOMAN STRIVED
FOR EXCELLENCE. A WORLD FOCUSED ON THE
GREAT PURSUITS OF MAN. EVERYONE DIALED
IN ON NUTRITION, HEALTH. A WORLD WITHOUT
GARBAGE IN OUR FOOD SUPPLY. NATURAL SPRINGS.

BEAUTY



endrik c andersen, ernest hébrard, international world
centre, 1913

ROCKY



KNOWLEDGE SHOULD NEVER BE A CURSE.



You could be at a higher risk of disease compared to the fast-food addicted mobility scooter enjoyer.

Most of us are guilty of paying too much attention to tactics. We cut all the bad oils from our pantries. We eat right. We cook our meals. We get the best nutrition. Though often, we neglect the most important cog of the system — our minds.

THE PLACEBO EFFECT

The thoughts we think and the ideas we believe crystallise very

real outcomes. It is imperative to prune your mind, as much as you've been curating your nutritional choices.

You've probably heard of the "placebo effect". What I'm talking about today is much more than that. Placebo is defined as a medicine or procedure that's prescribed for the *psychological benefit* of the patient rather than any physiological effect.

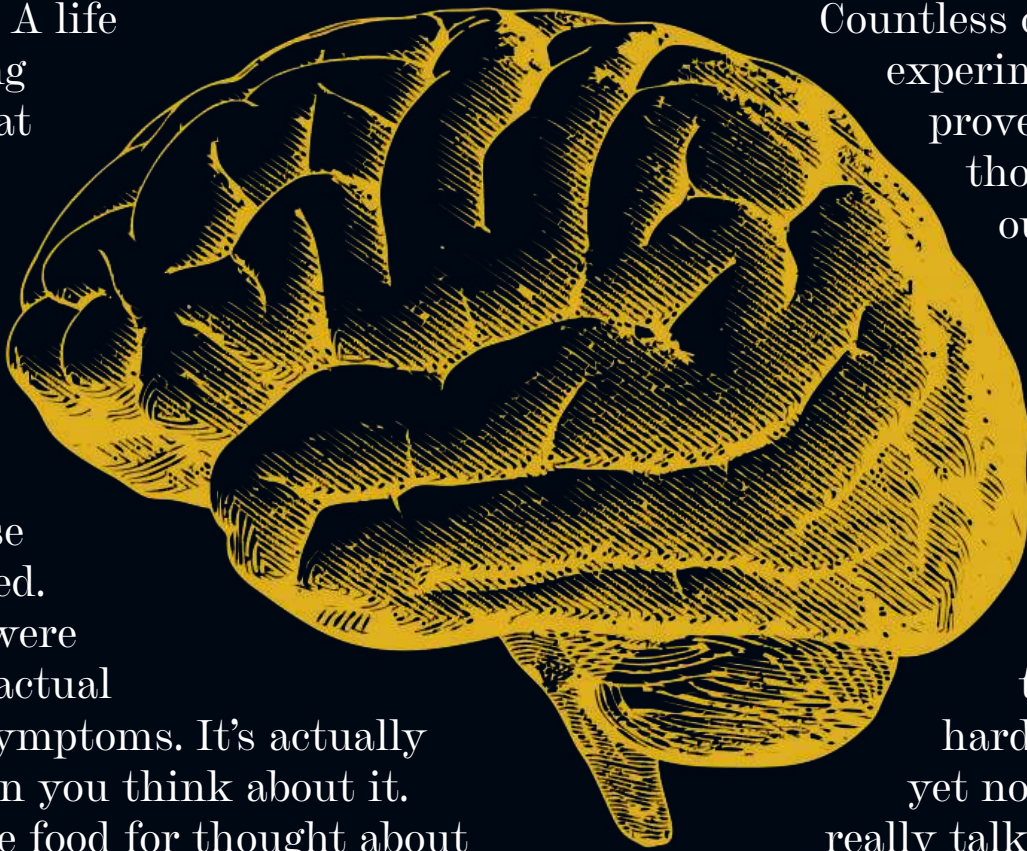
What if I told you... you could actually induce *real* physiological responses using just your mind?

THE STRAWBERRY OUTBREAK

In the summer of 2006, a virus unleashed itself in Portuguese schools. Hundreds of students fell ill and the schools had no idea what, or who was to blame. It turns out, the students fell sick as a result of a disease from a teen soap opera. Yes, you read that right. A life threatening disease that plagued fictional beings found its way in reality. The disease transcended. Students were reporting actual physical symptoms. It's actually crazy when you think about it. Gives some food for thought about the one that's plagued us in the past 2 years.

The "strawberry outbreak" is just one of the many examples that have displayed the power of the human mind. Mass hysteria, the "expectation effect" are just some of the terms that have been used to describe this phenomenon.

David Robson's book, *The Expectation Effect* dives deep and talks about various real world examples of this phenomenon at play. People live longer just from having happier thoughts. Metabolisms shift from how (un)healthy participants believed a milkshake was.



Countless of experiments have proven the thoughts in our heads have tangible impact in the real world. It's crazy that this is hard science, yet nobody really talks about maximizing this loophole of human psyche.

THE WAY FORWARD

The things you know should never compromise your life in any way. Knowledge is a blessing. It only becomes a curse when you let it take charge. Speaking about health & nutrition, I believe the key is to

Pecan & Blueberry Pancakes, Brett Humphries



first dial everything in. Go 100%. Take all the necessary measures and do all you can to live better. Know that you only have so much control. Inevitably, there will be times in your life where something less ideal enters your system. When it does, you must maintain a firm belief that whatever you're eating will not destroy you. You're only making the effects of whatever that's bad far worse by thinking it will wreak absolute havoc.

ROCKY'S 3-Pronged Approach

1. Get Out of Jail Elixir
2. Superhuman Complex
3. Positive Reinforcement

GET OUT OF JAIL ELIXIR

With all the evidence you've just read on the effects your expectations have on your physiology, it makes sense to tie an elixir, or a potion to bad eating habits.

I personally keep things simple and have a shot of organic, cold-pressed black seed oil straight to the dome. It's known famously to cure anything but death, and I brainwash myself into believing it will rid me of any toxins.

The benefits will be best if you tie something that has actual documented benefits.

SUPERHUMAN COMPLEX

You must believe you're the anomaly. That nothing is powerful enough to affect you. That if you wanted, you could eat garbage all day and still perform to the highest level. Eternally blessed. God's favorite. Nobody ever led a worse life with a belief like this. It takes time to fully internalize. But if you do? It becomes an extremely potent weapon in your arsenal.

Built Different.

Caveat: It should never come to the point where you feel like you'll die if you miss your concoction. It's this balance of genuinely believing two almost contradictory beliefs that if you are able to nail, a modern superpower.

POSITIVE REINFORCEMENT

Say a prayer before you eat. Bless your food. Ask for it to nourish you. Ask for it to heal. No matter what you're putting in your mouth. There's a reason why so many cultures and religions all across the world do this. Words are powerful.

Your mind is malleable. Morph it to give you supernatural abilities. It should be your greatest ally, never your enemy.

Knowledge should never be a curse.



HONEY PREACHIN'

“**W**hat’s the point?”
lethargic eyes
highlight the

authenticity of his question.

Exhaustion floods the air and for a second I think about wrapping my fingers around his neck, choking him for a minute to see what answer he finds to his own question.

I don’t do it.

My fingers are in a mason jar of raw honey that someone gifted me yesterday and this, despite physically incapacitating me, has put me in a giddy mood. The rumor is that the bees, creators of this delicious and Godly substance, are kept hidden in the mans back yard under a make shit shed that’s able to be put up and taken down in 90 second...

WINSTON “SOULED IDEA”

All
of this is to avoid repercussion
from the HOA.

I’m sticky all over. More than sticky, really. My whole entire body is covered in golden goo but nobody seems to notice and so I continue listening.

“Does any of it really matter? I mean what, man? We work, maybe have a family, work more to provide for them? It all seems monotonous, predictable. How do people do this for ever?”

Tight lips allow his despair to be expressed for a moment and I want to say something to console but at this point I’m covered in so much honey that I’ve lost all ability to move. I’m frozen in time and space

by this golden ooze and my lips are sealed together by it so I'm forced to sit and take this depressing shit to the face.

"I don't think there's a real purpose here. Or maybe even an afterlife. It all seems to be about money, selfishness. Everywhere I look is greed, pride, no humility, no joy. Everyone is serving themselves and the world steps on the kind hearted. Look what they did to Jesus."

I'm physically suffocating under the honey. It's started to seep through every pore and I can feel my blood uniting with it in some unholy matrimony below my skin.

I can't see him anymore because I've had to close my eyelids to keep my eyes safe from being consumed yet still I hear,

"... no love. I think it's a care thing. There's nothing I care about, or am excited to experience. Remember when we were younger and everything piqued our interest? Those days seemed full of color and it's probably because everything was new. So many 'first' where now it's

all watered down by repetition. We drink here, smoke there, fuck them, eat this, sleep there, drive the same roads. My Monday will be the same as the last 23 Mondays. The monotony really. It's so loud that it makes you deaf to everything else. You get tunnel vision on going through the motions. No shortcuts entice you, no new experiences because they don't increase efficiency. The only point that's driven home constantly is that time rules us all and after that it's salary or the person you cal..."

His voice turns to muffles and I can feel the honey slipping inch by inch further down into my ear.

Mouth still sealed I feel the golden warmth at the back of my throat and I realize I'm drowning from the inside out.

Every pore, crevice, all of it suffocated by the honey.



“You’re too focused on the end. The finish line. You overlook the magic in front of you by focusing on where you’ll be in 10 years. God may strike you down Wednesday but you spent all of Tuesday worrying about Thursday.

Do you get it?

Do you see why you feel dull, no vibrancy?

Do you understand why your perception is the way it is?

You have no love for life. You should kill yourself. Yeah really, do it. What’s that saying, the get going tough and the going tough get?

You’re an over-thinker, philosophical brained. And not even the good type, not even the Absurdist type. You’ve made your bed to be a pit of despair. You

overlook that EVERYTHING matters. EVERYTHING deserves a closer look. We drive the same roads but the leaves by the side of the street blow a different angle every time, change colors in front of our eyes!

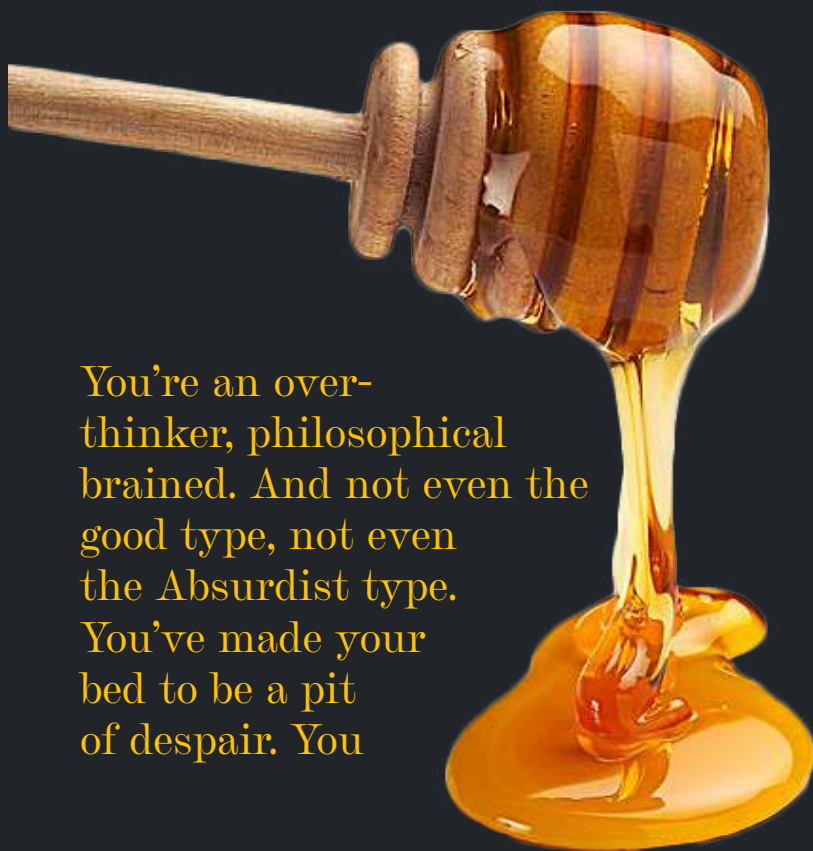
We eat the same foods but the levels of spice, the way the flavor hits the corners of you mouth, the way you chew, the way it nourishes you. It all matters. It’s all a gift.

I wish you’d put your soul into something. A family, a piece of art, an idea. Something that you want to be remembered for when you die because what is it now? **HERE LIES THIS MAN: HE SPENT HIS DAYS SAD ABOUT HIS DAYS.**

You have free will! The opportunity to burn bridges just to feel the warmth of the fire. There is nothing in this world out of grasp.

But you feel there is because of the monetary value. You can’t fly to Italy on a whim so sadness creeps in. But you can take a barefoot walk to the lake under a starry night and talk outloud to the skinwalkers lurking in the tree.

You need the eyes of the Child



combined with the bravery of Man. Sprinkle in too much Risk. Take your foot and throw it over the cliffs edge.

Everything will be okay. Kinetic. Move more. Pray harder. Look closer. Expend your energy.”

I wish I could say all of this but at this point I’ve morphed into the Honey and I can’t separate where it starts and I end and I don’t even know if he’s still here I can’t see anything, feel anything, hear anything.

MUCH LOVE

WINSTON

SOULED IDEA

MELTED CRIMINAL



WANT MORE?

People ask me say Winston is there way to send you jar of raw honey?

Is there way to send you skateboard, or shoes, so you don’t have to walk around town barefoot?

Is there way to ship you sleeping bag so you aren’t using ant hills as pillow and grass as bed?

And I say only way to help me is click below:

HERE!



Scrambled egg and
veggie chili street tacos,
drizzled with sriracha-
infused honey.

Sterling Hohman

Steak, chimichurri,
sourdough and a caprese
cherry tomato salad

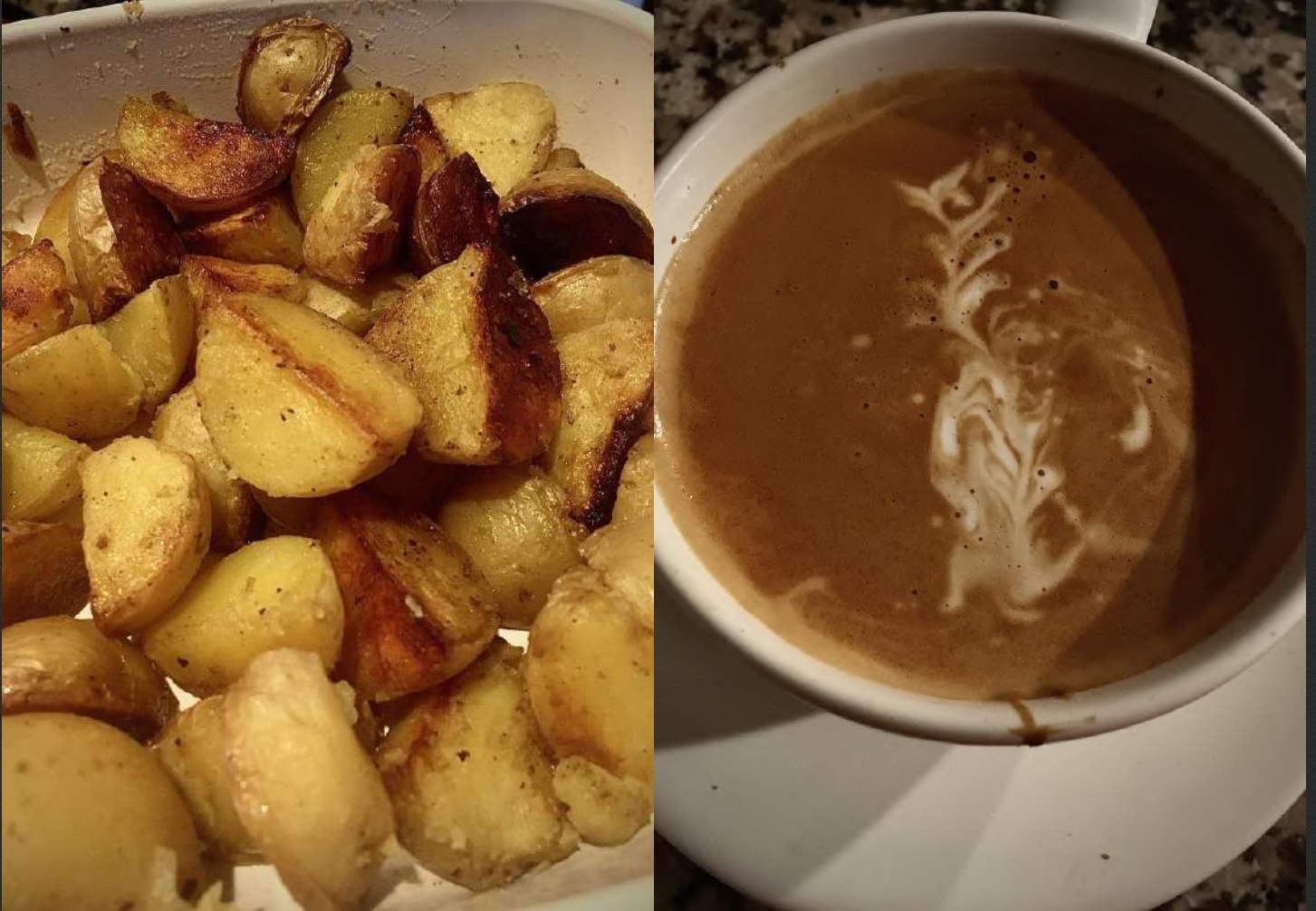
Dario





Stuffed Hungarian Peppers over Mashed Potatoes

Robert Eboy Lee



Salt and Vinegar Roasted Potatoes; Blackstrap Molasses in Espresso

Vitality Supreme



Filet mignon
Broccolini

Rock



Got Contributions For The #WarKitchen?

fire it straight to

rocky@optimaldesign.net

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