



The Warrior Diet: Switch on Your Biological Powerhouse For High Energy, Explosive Strength, and a Leaner, Harder Body

By Ori Hofmekler

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Along with the many benefits of leisure-class living comes obesity and its attendant ailments. In *The Warrior Diet*, Ori Hofmekler looks not forward but backward for a solution—to the primal habits of early cultures such as nomads and hunter-gatherers, the Greeks, and the Romans. Based on survival science, this book proposes not ordinary dietary changes but rather a radical yet surprisingly simple lifestyle overhaul.

Drawing on both scientific studies and historical data, Hofmekler argues that robust health and a lean, strong body can best be achieved by mimicking the classical warrior mode of *cycling*—working and eating sparingly (undereating) during the day and filling up at night. Specific elements from the Warrior Diet Nutritional Program (finding ideal fuel foods and food combinations to reduce body fat) to the Controlled Fatigue Training Program (promoting strength, speed, and resilience to fatigue through special drills), literally reshape body and mind. Individual chapters cover warrior meals and recipes; sex drive, potency, and animal magnetism; as well as personalizing the diet for women. Featuring forewords by *Fit for Life* author Harvey Diamond and *Fat That Kills* author Dr. Udo Erasmus, *The Warrior Diet* shows readers weary of fad diets how to attain enduring vigor, explosive strength, a better appearance, and increased vitality and health.

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Editorial Review

Review

"Ori Hofmekler's Warrior Diet principles are some of the most cutting-edge and useful strategies I am aware of for rejuvenating your muscles and your brain. His unique perspective and keen insights into integrating nutrition and fitness will catalyze your ability to optimize your health. I have personally used this diet with great success to rapidly increase my lean body mass, and I consider it a crucial component to successfully achieving your ideal weight."

—Joseph, Mercola, DO, founder of Mercola.com

"In my quest for a lean, muscular body, I have seen practically every diet and suffered through most of them. It is also my business to help others with their fat loss programs. I am supremely skeptical of any eating plan or "diet" book that can't tell me how and why it works in simple language. Ori Hofmekler's *The Warrior Diet* does just this, with a logical, readable approach that provides grounding for his claims and never asks the reader to take a leap of faith. *The Warrior Diet* can be a very valuable weapon in the personal arsenal of any woman."

—DC Maxwell, 2-time Women's Brazilian Jiu-Jitsu World Champion, Co-Owner, Maxercise Sports/Fitness Training Center and Relson Gracie Jiu-Jitsu Academy East

"In a era of decadence, where wants and desires are virtually limitless, Ori's vision recalls an age of warriors, where success meant survival and survival was the only option. A diet of the utmost challenge from which users will reap tremendous benefits."

—John Davies, Olympic and professional sports strength/speed coach

"We're so convinced that we've found 2002's 25 best (the fastest, easiest, cheapest, and most effective) get-fit solutions, that we are awarding them a prize ... FIRST'S first annual Slimmys for weight-loss excellence. When it comes to diets, we weed the godsend from the gimmicks and give you the very best every issue. But our pick for best of the best? The Slimmy goes to ... *The Warrior Diet*."

—*First For Women* magazine

"Women everywhere are raving about the super-effective 'warrior' diet—eating lightly during the day, feasting after dark, and losing weight at record speeds."

—*Woman's World*, November 2002

"Rare in books about food, there is wisdom in the pages of *The Warrior Diet* ... Ori Hofmekler knows the techniques, but he shows you a possibility—a platform for living your life as well. *The Warrior Diet* is a book that talks to all of you—the whole person hidden inside."

—Udo Erasmus, author of *Fats That Heal, Fats That Kill*

"*The Warrior Diet* certainly defies so-called modern nutritional and training dogmas. Having met Ori on several occasions, I can certainly attest that he is the living proof that his system works. He maintains a ripped muscular body year round despite juggling extreme workloads and family life. His take on supplementation is refreshing as he promotes an integrated and timed approach. *The Warrior Diet* is a must-read for the nutrition and training enthusiast who wishes to expand his horizons."

—Charles Poliquin, author of *The Poliquin Principles* and *Modern Trends in Strength Training*, three-time Olympic Strength Coach

“Ori Hofmekler has his finger on a deep, ancient and very visceral pulse—one that too many of us have all but forgotten. Part warrior-athlete, part philosopherromantic, Ori not only reminds us what this innate, instinctive rhythm is all about, he also shows us how to detect and rekindle it in our own bodies. His program challenges and guides each of us to fully reclaim for ourselves the strength, sinew, energy, and spirit that humans have always been meant to possess.”

—Pilar Gerasimo, Editor in Chief, *Experience Life Magazine*

“I think of myself as a modern-day warrior: businessman, family man, and competitive athlete. In the two years that I have been following *The Warrior Diet*, I have enjoyed the predators’ advantage of freedom from the necessity of frequent feedings. I also benefit from the competitive edge of being a fat burning machine. My twelve-year-old son, who is also a competitive athlete, has naturally gravitated toward *The Warrior Diet*. He is growing up lean, strong, and healthy, unlike many of his peers, many of whom, even in this land of plenty, are overweight and frequently sick.”

—Stephen Maxwell, two-time Brazilian Jiu-Jitsu World Champion, Co-Owner, Maxercise Sports/Fitness Training Center and Relson Gracie Jiu-Jitsu Academy East

“An original, distinctive, and highly satisfying diet plan, *The Warrior Diet* is meant especially for those who pursue an active lifestyle.”

—*Midwest Book Review*

"I refuse to graze all day, I have better things to do. I choose *The Warrior Diet*."

—Pavel Tsatsouline, author of *Power to the People!* and *The Russian Kettlebell Challenge*

“Sill stronger, leaner, and fitter then ever with the Warrior Diet!”

—World Cup Climber Jürgen Reis

About the Author

Ori Hofmekler is a well-known political artist and health expert. The founder, editor, and publisher of the national health and fitness magazine *Mind and Muscle Power*, he is the author of *The Anti-Estrogenic Diet* and *Maximum Muscle, Minimum Fat*.

Users Review

From reader reviews:

Michael Counts:

This *The Warrior Diet: Switch on Your Biological Powerhouse For High Energy, Explosive Strength, and a Leaner, Harder Body* book is not really ordinary book, you have after that it the world is in your hands. The benefit you will get by reading this book is information inside this book incredible fresh, you will get information which is getting deeper anyone read a lot of information you will get. This kind of *The Warrior Diet: Switch on Your Biological Powerhouse For High Energy, Explosive Strength, and a Leaner, Harder Body* without we recognize teach the one who studying it become critical in contemplating and analyzing. Don't end up being worry *The Warrior Diet: Switch on Your Biological Powerhouse For High Energy, Explosive Strength, and a Leaner, Harder Body* can bring any time you are and not make your handbag space or bookshelves' come to be full because you can have it in your lovely laptop even cell phone. This *The Warrior Diet: Switch on Your Biological Powerhouse For High Energy, Explosive Strength, and a Leaner, Harder Body* having great arrangement in word as well as layout, so you will not really feel uninterested in reading.

Corey Smith:

Information is provisions for those to get better life, information presently can get by anyone from everywhere. The information can be a understanding or any news even a problem. What people must be consider while those information which is inside the former life are difficult to be find than now is taking seriously which one is suitable to believe or which one the particular resource are convinced. If you get the unstable resource then you buy it as your main information we will see huge disadvantage for you. All those possibilities will not happen inside you if you take The Warrior Diet: Switch on Your Biological Powerhouse For High Energy, Explosive Strength, and a Leaner, Harder Body as the daily resource information.

Brenda Lewis:

Reading a reserve tends to be new life style within this era globalization. With examining you can get a lot of information that may give you benefit in your life. Using book everyone in this world may share their idea. Ebooks can also inspire a lot of people. A great deal of author can inspire all their reader with their story as well as their experience. Not only the storyline that share in the books. But also they write about the data about something that you need example of this. How to get the good score toefl, or how to teach your kids, there are many kinds of book which exist now. The authors these days always try to improve their talent in writing, they also doing some study before they write to the book. One of them is this The Warrior Diet: Switch on Your Biological Powerhouse For High Energy, Explosive Strength, and a Leaner, Harder Body.

Karen Huff:

The book untitled The Warrior Diet: Switch on Your Biological Powerhouse For High Energy, Explosive Strength, and a Leaner, Harder Body contain a lot of information on it. The writer explains your ex idea with easy approach. The language is very clear to see all the people, so do not necessarily worry, you can easy to read the item. The book was compiled by famous author. The author provides you in the new time of literary works. It is easy to read this book because you can keep reading your smart phone, or program, so you can read the book inside anywhere and anytime. If you want to buy the e-book, you can available their official web-site as well as order it. Have a nice go through.

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