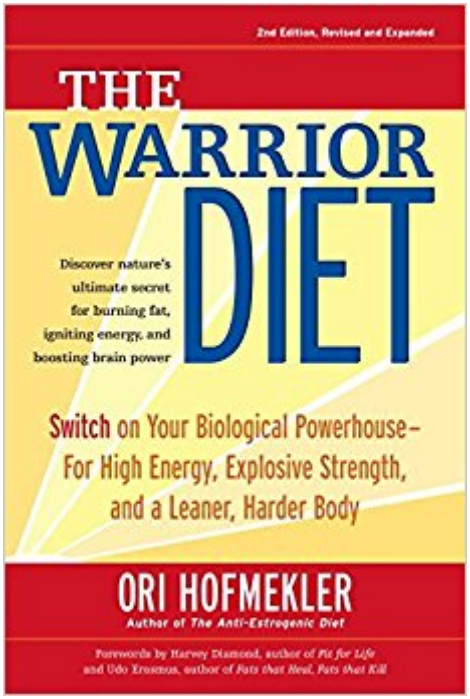
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The Warrior Diet: Switch On Your Biological Powerhouse For High Energy, Explosive Strength, And A Leaner, Harder Body



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Synopsis

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 solutionÃ¢â ¬â œto 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 cyclingÃ¢â ¬â •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.

Book Information

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Customer Reviews

"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."Ã¢â ¬â •Joseph, Mercola, DO, founder of Mercola.comÃ¢â ¬Å“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 Ã¢â ¬Å“dietÃ¢â ¬Â• book that canÃ¢â ¬â„¢t tell me how and why it works in simple language. Ori HofmeklerÃ¢â ¬â„¢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.Ã¢â ¬Â• Ã¢â ¬â •DC Maxwell, 2-time WomenÃ¢â ¬â„¢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." Ã¢â ¬â •John Davies, Olympic and professional sports strength/speed coach Ã¢â ¬Å“WeÃ¢â ¬â„¢re so convinced that weÃ¢â ¬â„¢ve found 2002Ã¢â ¬â„¢s 25 best (the fastest, easiest, cheapest, and most effective) get-fit solutions, that we are awarding them a prize ... FIRSTÃ¢â ¬â„¢S first annual Slimmys for weight-loss excellence. When it comes to diets, we weed the godsends 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.Ã¢â ¬Â• Ã¢â ¬â •First For Women magazine Ã¢â ¬Å“Women everywhere are raving about the super-effective Ã¢â ¬Ëœwarrior Ã¢â ¬â„¢ dietÃ¢â ¬â •eating lightly during the day, feasting after dark, and losing weight at record speeds.Ã¢â ¬Â• Ã¢â ¬â •WomanÃ¢â ¬â„¢s World, November 2002 Ã¢â ¬Å“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 possibilityÃ¢â ¬â •a platform for living your life as well. The Warrior Diet is a book that talks to all of youÃ¢â ¬â •the whole person hidden inside.Ã¢â ¬Â• Ã¢â ¬â •Udo Erasmus, author of Fats That Heal, Fats That Kill Ã¢â ¬Å“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.Ã¢â ¬Â• Ã¢â ¬â •Charles Poliquin, author of The Poliquin Principles and Modern Trends in Strength Training, three-time Olympic Strength Coach Ã¢â ¬Å“Ori Hofmekler has his finger on a deep, ancient and very visceral pulseÃ¢â ¬â •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.Ã¢â ¬Â• Ã¢â ¬â •Pilar Gerasimo, Editor in Chief, Experience Life Magazine Ã¢â ¬Å“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 predatorsÃ¢â ¬â„¢ 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.Ã¢â ¬Â• Ã¢â ¬â •Stephen Maxwell, two-time Brazilian Jiu-Jitsu World Champion, Co-Owner, Maxercise Sports/Fitness Training Center and Relson Gracie Jiu-Jitsu Academy East Ã¢â ¬Å“An original, distinctive, and highly satisfying diet plan, The Warrior Diet is meant especially for those who pursue an active lifestyle.Ã¢â ¬Â• Ã¢â ¬â •Midwest Book Review "I refuse to graze all day, I have better things to do. I choose The Warrior Diet." Ã¢â ¬â •Pavel Tsatsouline, author of Power to the People! and The Russian Kettlebell ChallengeÃ¢â ¬Å“Sill stronger, leaner, and fitter then ever with the Warrior Diet!Ã¢â ¬Â• Ã¢â ¬â •World Cup Climber JÃƒÂ rgen Reis

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.

This book changed my life, I have lost 60lbs since reading it and following its advice.

This book is awesome if you are truly looking to change your life. I am empowered, energized and enthusiastic every day. No more energy drinks to get me through the day. No more excuses on my personal health. My first week I lost 7 pounds and have followed that success with many more pounds lost. I was very quickly wearing clothes I have not been able to wear in a few years because they were too tight. I now have to tighten the belt up 3 additional notches and this has just been 60 days.I have incorporated the Warrior Lifestyle into my own lifestyle with excellent results. I am a Registered Nurse and was always running on empty often relying on coffee or other forms of artificial energy to get me through my days. No more. I have enough energy to workout either before

or after my work hours and not miss a beat.If you adopt this lifestyle and embrace his advice you will change your life and people around you will notice.

I am a type 1 diabetic and I had an a1c of 7.1, in just 3 months after following the diet I was down to a 5.9. ALL of my labs are stellar, not one thing is in the high range. I have lost the fat over my stomach (which want much to begin with but it just wouldn't go away), become stronger, leaner, more energetic, and I consume MOSTLY all organic food. If I had the opportunity to thank Ori personally I would pick his brain a little more on the workout in the book, it's very hard to understand and seems wimpy. Just follow this diet and use a permitting program with plenty of sprints And longer d i stance cardio to make gains like you have never thought possible!

I appreciate the original idea.

started applying these principles and in the first week I feel mentally sharper, have more energy and have begun to lose body fat. the warrior diet simplifies my daily eating plan and let's me focus on work and life. I look forward to a fun,delicious and satisfying, end of the day meal which is also guilt free.

This book covers many key principles of cleansing not covered in most weight loss programs.I highly recommend it. Chad

Ori Hofmekler is the worlds formost expert on nutrient combinations, meal timing, and molecular nutrition.Her earned his chops in the Israeli Army, and is now a resident of the United States.The Warrior Diet is about intermittent fasting, fasting, under eating, and over eating.A huge complement to this book is the short-lived Internet radio series, "The Warrior Within" which was unfortunately discontinued. You may be able to find its archives online.

Best book on diets so far, highly reccommended

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