



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 philosopher-romantic, 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*

“Still stronger, leaner, and fitter than 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:

Rebecca Kurtz:

Does one of the book lovers? If so, do you ever feeling doubt if you are in the book store? Make an effort to pick one book that you just don't know the inside because don't determine book by its include may doesn't work the following is difficult job because you are scared that the inside maybe not since fantastic as in the outside appear likes. Maybe your answer can be *The Warrior Diet: Switch on Your Biological Powerhouse For High Energy, Explosive Strength, and a Leaner, Harder Body* why because the amazing cover that make you consider regarding the content will not disappoint a person. The inside or content is usually fantastic as the outside or cover. Your reading 6th sense will directly show you to pick up this book.

Dennis Bryant:

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Adriana Cornell:

As we know that book is significant thing to add our understanding for everything. By a guide we can know everything we would like. A book is a range of written, printed, illustrated or blank sheet. Every year ended up being exactly added. This publication The Warrior Diet: Switch on Your Biological Powerhouse For High Energy, Explosive Strength, and a Leaner, Harder Body was filled about science. Spend your extra time to add your knowledge about your science competence. Some people has various feel when they reading the book. If you know how big advantage of a book, you can really feel enjoy to read a publication. In the modern era like today, many ways to get book you wanted.

Irving Dorn:

What is your hobby? Have you heard this question when you got pupils? We believe that that question was given by teacher to their students. Many kinds of hobby, Everyone has different hobby. And also you know that little person including reading or as examining become their hobby. You must know that reading is very important in addition to book as to be the point. Book is important thing to incorporate you knowledge, except your own teacher or lecturer. You will find good news or update in relation to something by book. A substantial number of sorts of books that can you decide to try be your object. One of them is actually The Warrior Diet: Switch on Your Biological Powerhouse For High Energy, Explosive Strength, and a Leaner, Harder Body.

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