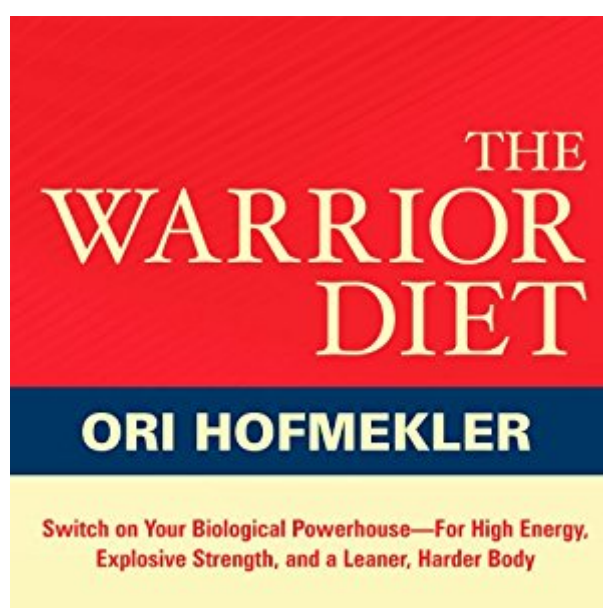


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# The Warrior Diet: Switch On Your Biological Powerhouse For High Energy, Explosive Strength, And A Leaner, Harder Body



## 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 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; and personalizing the diet for women. Featuring forewords by Fit for Life author Harvey Diamond and *Fats That Heal, Fats That Kill* author Dr. Udo Erasmus, *The Warrior Diet* shows listeners who are 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

Many years ago when I was a young man I followed a diet similar to the one recommended here by Ori Hofmekler. It wasn't something that I planned or followed with any kind of rigor. I just more or

less fell into it. I would get up in the morning and have coffee and toast with peanut butter and preserves or honey. (Of course Hofmekler's "warrior diet" does not recommend bread during the "undereating" phase.) I would then go most of the rest of the day without eating anything. In the evening I would reward myself with a huge meal. Sometimes I didn't eat that meal until sometime after midnight. I was never hungry during the undereating phase. As anyone who has ever fasted can tell you, when you have eaten nothing for a while and are burning fat, you experience no hunger. You are serene. I also maintained the same weight for many years following this habit of only eating one large meal a day. If looked at closely it can be seen that the essence of the warrior diet is mini-fasts and the avoidance of carbohydrates, especially the processed kind. Hofmekler is not entirely rigorous in that recommendation however, allowing one to eat fresh fruits and vegetables or even some protein during the undereating or fasting phase. Notice that this diet is similar to some of the low-carbs diets currently fashionable. Note also that mini-fasting results in a period of time in which the digestive system is given a rest. With no food in the system, the body is forced to burn fat. Fat burns clean, relatively speaking, as Hofmekler explains. This is quite a change from the days when we were taught that fat was the culprit. Today we know that concentrated, processed carbohydrates and such things as corn syrup are what is making America fat and frankly sick.

I enjoyed this diet for three months, and lost weight though not as much as I would have liked. I think I followed it pretty carefully and didn't use it as an excuse to binge or eat unhealthy foods (not often at least). Then after about three months of feeling relatively comfortable on the diet (though my boyfriend said I got bitchier), I suddenly started feeling hungry during the day in a way that I hadn't before. Like I felt like I was going to eat any object that came near my mouth (even if it was a shoe, or someone's arm). I felt like I was digesting myself from the inside out. In addition, I felt shaky and totally frazzled (not in a low-blood sugar way, but more in a nervous sense) like I was falling apart mentally and physically. I visited my naturopathic doctor, and she said my diet was stressing my adrenals. She got me on some adrenal support and had me drink a morning smoothy with berries, hemp protein, nut butter, etc. I immediately felt drastically better. Since then I have been doing some research online and read in many places that going for long periods without eating was stressful on the adrenals. Like maybe all that good "energy" we get from fasting is actually depleting our bodies resources. Overall, I still think this diet has many interesting points and maybe great for some, but DO NOT hesitate to eat ample amounts of acceptable foods during the day (raw fruits and veggies) if you feel you need it. Even then, pay attention to your body's signals in the long

run. If you're not feeling good, give it a break. There are many scientific studies that support this way of eating, but there are also many that support eating more regularly. What's the answer? Who knows. For me the answer is to experiment a little and listen to my body.

First off, I gave this book 4 stars only because of the recommended supplements - if the author wasn't touting expensive supplements to go with the diet I'd give it 5 stars. That said - it really isn't a fad diet! I've been on fad diets and gained to 160lbs as a 5'7" female. Atkins, low fat, high fat, 6 mini meals, until I finally decided to give up dieting once and for all. I found myself eating a large meal at night and not much during the day and feeling better and losing weight! So I researched large dinner meals on the web so I wouldn't feel so guilty for eating against most nutrition and diet fad dogma. I found this book and was so happy to have someone back up my own instinctive findings! While this way of eating may not work for everyone, once you get used to eating very lightly during the day, you'll have so much more energy! Sometimes I break down and eat a sandwich or a meal at lunchtime, then get very sluggish and I find I need coffee or some type of caffeine to get through the afternoon. When I'm drinking lots of water and small bits of protein bar throughout the day - no meals - I fly through with amazing clarity of mind. I find I look forward to my main meal around 8pm and it tastes so good. It also feels better than ever in my life after eating that meal. Instead of feeling bloated and sick I feel satisfied and comfortable. One final note (actually 2)1) I absolutely love eating a large meal at dinner and having other girls look at my chocolate cake or fatty meal in envy (I'm now 130lbs 5'7" and toned), or have my friends make remarks that they can't believe I can eat like that and stay thin :)2) I used to binge eat when I was dieting, and would eat until I felt very sick at night.

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