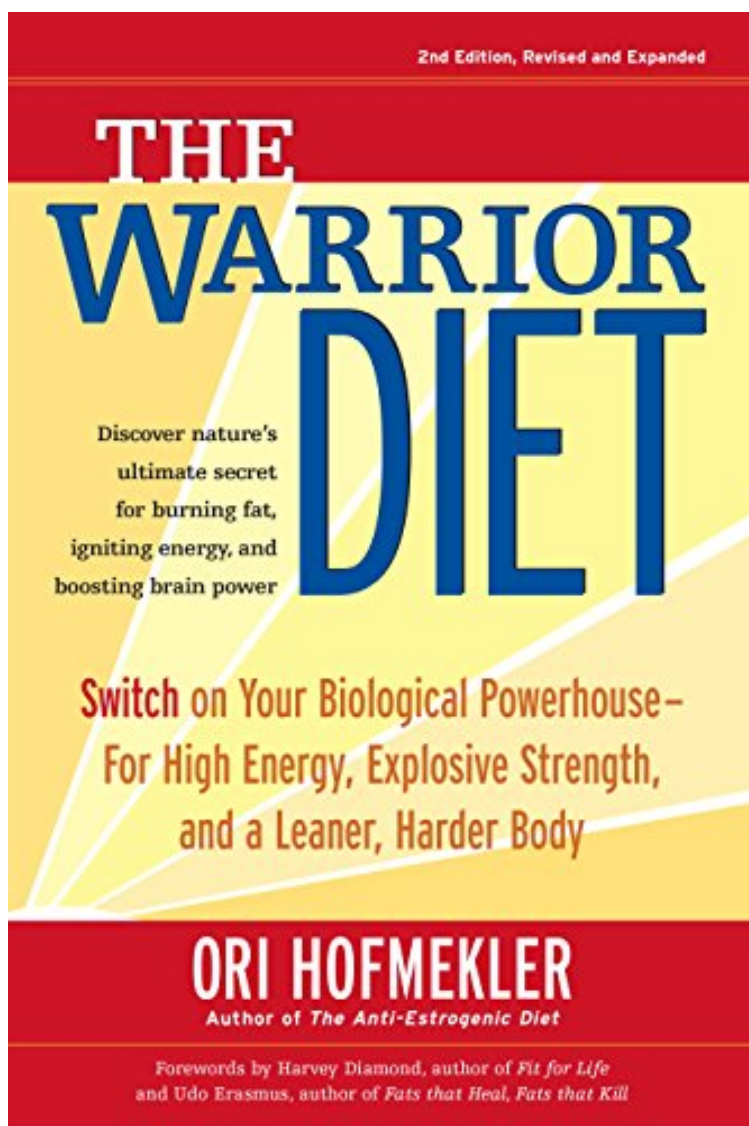


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The Warrior Diet: Switch on Your Biological Powerhouse For High Energy, Explosive Strength, and a Leaner, Harder Body



Par Ori Hofmekler
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Description :

Prsentation de l'diteur 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. From the Trade Paperback edition. *Revue de presse*"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 Womens Brazilian Jiu-Jitsu World Champion, Co-Owner, Maxercise Sports/Fitness Training Center and Relson Gracie Jiu-Jitsu Academy East "In an 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 were 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 ... FIRSTS 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. *Womans 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 predator's 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* "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 Jrgen

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