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2nd Edition, Revised and Expanded

THE WARRIOR DIET

Discover nature's
ultimate secret
for burning fat,
igniting energy, and
boosting brain power

Switch on Your Biological Powerhouse—
For High Energy, Explosive Strength,
and a Leaner, Harder Body

ORI HOFMEKLER

Author of *The Anti-Estrogenic Diet*

Forewords by Harvey Diamond, author of *Fit for Life*
and Udo Erasmus, author of *Fats that Heal, Fats that Kill*



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It presents the true principles of human survival and how to put them in practice in today's world. In today's show we talk about: Why human are nocturnal eaters How not eating food can improve health and performance What it's like to be a bonafide renaissance man And the critical difference between grass-fed & pastured dairy Here's the show: Subscribe to my PODCAST on iTunes (and leave a review to spread the word)! (Click the "View in iTunes" link and then click through to the "Subscribe" button.) Discover how to drop fat with chocolate, bacon, and cheesecake. "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. I am supremely skeptical of any eating plan or "diet" book that can't tell me how and why it works in simple language. His take on supplementation is refreshing as he promotes an integrated and timed approach. It is also my business to help others with their fat loss programs. For more information, please see "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. The Warrior Diet is a must-read for the nutrition and training enthusiast who wishes to expand his horizons." —Charles Poliquin, author of The PoliquinPrinciples 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. 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 Ori Hofmekler is a well-known political artist and health expert. 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'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. Part warrior-athlete, part philosopherrromantic, 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. 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 Ori Hofmekler is a fellow renaissance man; not only is he a world renowned artist, but he is also the author of the ground breaking Warrior Diet and many other health and fitness books. 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. I also benefit from the competitive edge of being a fat burning machine. 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. Hofmekler's 2006 book, The Anti-Estrogenic Diet, offers natural dietary strategies against hormonal-disrupting chemicals in our food and environment. 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. 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 ... The Slimmy goes to ... 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 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. In 2005, Hofmekler authored the highly acclaimed Maximum Muscle Minimum Fat/ The Secret Science Behind Physical Transformation followed by 2nd edition in 2007. 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. 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 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. 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. 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. He maintains a ripped muscular body year round despite juggling extreme workloads and family life. A graduate of the Bezalel Academy of Art and the Hebrew University in Jerusalem, where he received a degree in Human Science, he is a world-renowned artist whose political satire artwork has been featured in books and magazines worldwide.As editor-in-chief of Mind and Muscle Power magazine, Hofmekler introduced his diet approach to the public to immediate acclaim from readers and professionals. 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. FIRST'S first annual Slimmys for weight-loss excellence. Plus: learn the 3 worst foods you should NEVER eat and the 7 best exercises for rapid fat loss. But our pick for best of the best? 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. His unique perspective and keen insights into integrating nutrition and fitness will catalyze your ability to optimize your health. With a tagline like "Not actively surviving... is passively dying!" this guy is no joke, and is a wealth of information and knowledge. His best seller Warrior Diet book was first published in 2002 followed by a new revised edition published by North Atlantic Books in 2007. 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. Click below to to claim your FREE gift (\$17 value)! INSTANT ACCESS Play in new window | DownloadSubscribe: Apple Podcasts | Google Podcasts | Spotify | Android | Pandora | Stitcher | TuneIn | Deezer | RSS Ori Hofmekler is a modern renaissance man whose formative military experience prompted a life interest in survival science. Having met Ori on several occasions, I can certainly attest that he is the living proof that his system works. 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. 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. My twelve-year-old son, who is also a competitive athlete, has naturally gravitated toward The Warrior Diet. When it comes to diets, we weed the godsend from the gimmicks and give you the very best every issue. Ori Hofmekler knows the techniques, but he shows you a possibility—a platform for living your life as well. His upcoming book Unlocking Your Muscle Gene / Trigger the Biological Mechanism that Transforms Your Body and Extends Your Life, will be published this fall by North Atlantic Books.His Take No Prisoners newsletter exposes fallacies in the areas of diet and fitness.

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