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

By Ori Hofmekler

Tantor. No binding. Book Condition: New. Audio CD. Dimensions: 6.0in. x 5.9in. x 1.5in. 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...*



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Reviews

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