



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

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.

From the Trade Paperback edition.

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Exactly why? Because this The Warrior Diet: Switch on Your Biological Powerhouse For High Energy, Explosive Strength, and a Leaner, Harder Body is an unordinary book that the inside of the reserve waiting for you to snap the item but latter it will distress you with the secret that inside. Reading this book adjacent to it was fantastic author who have write the book in such remarkable way makes the content on the inside easier to understand, entertaining method but still convey the meaning entirely. So , it is good for you for not hesitating having this ever again or you going to regret it. This amazing book will give you a lot of gains than the other book get such as help improving your skill and your critical thinking way. So , still want to hold up having that book? If I ended up you I will go to the book store hurriedly.

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