



The Warrior Diet

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.

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The Warrior Diet Details

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From Reader Review The Warrior Diet for online ebook

Robert says

I really like Mr. Hofmekler's theories on dividing up the stress you put on one's parasympathetic and sympathetic nervous systems. One does this by dividing a single day up into an under-eating (fasting) phase and over-eating phase. Each phase has its rules and guidelines and after following them for about a month now I can say this diet really suits me well. No more afternoon slumps. And I can still eat as much healthy food as I want. This diet to me doesn't really feel like a diet so much as a life style! Much of this book immediately made sense to me from what I know about human physiology, and I learned a lot of things about supplements, phytoestrogens, and so on...

Carlos Rosales says

Most things about good diet and nutrition are repeated on here plus a glimpse at Greek and Roman and few others history to further explain why he chooses to eat like them. Not sure how accurate all that is but it makes sense. Overall its a interesting and entertaining book. You might even find somethings you did not know about nutrition, I know I did.

Filip says

I'll start with a bit of a disclaimer - I usually frown at The *insert word here* Diet because it sounds like a fad, magic pill diet derived from Cosmo. Warrior Diet is not just another gimmick, it's a concept that has been part of common sense of old civilizations like Sparta or Roman Empire, and modified to suit the modern man.

Basically, The Warrior Diet is about undereating during the day with live food to reach a fight-or-flight state (alertness, more energy, "hunger for life") and detoxify the body. This puts the body into a highly metabolized state, setting the stage for assimilating the nutrients at a much greater rate. When the day is done, you have a huge feast, combining as much textures, flavors and colors possible to reach satisfaction and satiety and eliminate any cravings. It's the way that hunters and warriors lived throughout the ages. The moment the food was made a convenience, people of developed countries started to get soft, tired and at an all-time impotency high and fertility low (yes, there is a section on that kind of fitness performance too), just like captive animals.

It's the opposite of the good old 6 small meals per day plan, and it is argued that many meals during the day give you bloating and don't give a chance for your body to cleanse and rest from all of the digestion, not to mention the inconvenience.

Some people may think it's a bit of a detour, but I loved the history part and ended up copying a fair chunk of it in my notes. I'm fascinated about depictions of everyday life, customs and beliefs that took part back then. Besides, this being non-fiction, you can always skip the sections that you don't like, right?

Of course, what would a book about warriors and diet be without a workout section? Ori is not a fan of

bodybuilding (rightfully so), preferring functional strength instead. He tries to decipher how the lean and light soldiers of the ancient managed to lug so much weight over ridiculous distances every day. Not only that, but they were always ready to fight and bring it on for hours on the battlefield. There is an emphasis on explosive, high-resistance workouts.

There is a recipe section, but there were no particular takeaways for me as I already have the idea of what to cook and I'm a vegetarian (so I just skipped recipes with meat/fish).

I would love to see an updated version, as this book was released a decade ago.

Abdullah Alasmari says

It is among the few modern books that touch the subject of fasting and its benefits. Bit of a touchy subject and people who practice it face skepticism and criticism. The book challenge the norm of the traditional 3 meals a day approach and slowly lure the reader into realizing how much freedom and health benefits can be associated with this fasting approach.

I would however say that Ori Hofmekler approach is more lenient as he suggests that eating small healthy snacks wouldn't harm during the fasting period. I've been researching the topic for quite sometime and discovered that the best result comes from complete caloric restriction during the day (water and zero calories beverages like coffee and tea are allowed), there is no limitation when this is practiced, not mentally nor physically because the body turns to the reserves to feed itself (body fat), furthermore, as long as the individual is drinking enough water, there are no restrictions and the body is adequately supplied.

I really enjoyed this book and would recommend it to anyone brave enough to undergo this ancient eating method.

Nahid says

I have been following the warrior diet for nearly two years and got the great results. This diet focuses on Undereating and Overeating phase. In undreating phase one should eat light meals throughout the day - preferably fruits, veggies, nuts, seeds and small amount of protein. In overeating phase all food groups are allowed except refined carbohydrate such as sugar, molasses and pastry cake. There is a specific rule to eat in overeating phase though.

We have been taught "fear of hunger" when we were kid or teen. The author Ori Hofmekler debunks this myth and shows the benefits of undereating phase. We are far more stronger both psychologically and physically when our stomach is almost empty. Our brain works better in this way. Our body replenishes during overeating phase. Too much intake of foodsaps our energy. We all experience drowsiness after lunch. This is becuase brain goes to "rest" mood when stomach is full. This should be done at night time.

Ori Hofmekler, a former Israeli special forces operator draws this diet from both scientific studies and history of Greek Spartans and Roman soldiers who were in peak mental and physical shape in their prime time.

However this diet is not an optimum choice for building muscle, but it certainly boosts brain power and increases strength.

Highly recommended.

Victoria says

You'd probably benefit more by reading a book geared exclusively towards fasting, but it's a worthwhile read nonetheless. I find the principle of one-meal-a-day, in practice, to be very healing on both a physical and spiritual level. Highly recommend the practice of fasting!

Meaghan says

There's some good information if you can wade through the bad tips. I'd call this the bro diet. He lost me when he suggested using a proprietary protein powder blend with cow colostrum. I'm also not keen on his likening eating pizza to a "fresh kill." Nah, man. Oh and there was the suggestion to take estrogen blockers.

I'd recommend reading the Complete Guide to Fasting by Dr. Jason Fung instead of this book.

Wilton says

I admit to having no clue if the teachings in this book are scientific or not. I also admit that there *might* a hair too much machismo rantings strewn about. And, I do not care. Loved the book, and practicing the diet. ...best way to find out, for me!

flowtoolz says

+ some important ideas that work

- poor structure
- poor writing
- poor argumentation
- poor referencing
- too much redundancy

Seb T. says

Full of pseudoscience and emotional writing. He makes it very appealing to a younger male audience by selling it as the way the spartans, and other warrior cultures ate, which is pure bs.

Do you really think spartans, roman legionaires and the like were concerned about meal timing and ate the highest quality food they could obtain at times that fit in with their special fasting schedule?

Like any army, they ate what was available, cheap, produced and distributed en mass amongst the troops. Which yes, probably included a lot of rice and wheat unfortunately. I don't think they turned down lunch because 'oh dear, I can't break my fast until my 4 hour window starts, so maybe I'll just wait for a few hours. Maybe ask me again after our 3 hour forced march?' I'm sure they had tubs of Ori's 'Warrior Whey', 'Warrior chocolate' and 'Warrior EFAs' in their packs too.

It's as ridiculous as writing a book about how Genghis Khan and the horde lived on yoghurt and beef jerky which caused them to conquer the world from horseback. I can just see the Mongol Probiotic Conqueror Yoghurt being marketed now..

Don't get me wrong, there are benefits to fasting for sure. But not in the way Ori presents it. Anybody I know that's athletic and active has failed miserably on Ori's diet(I worked at an MMA gym for 3 years in the past). The athletes I knew lost energy and gassed quickly when they trained or competed. The bodybuilder/weightlifter types lost hard earned muscle mass or strength. Try it for yourself and see. Really give it a serious shot for a month or two, and see if any of your athletic abilities or strength & conditioning improve, stay the same, or become worse.

Ori's taken a beneficial practice (fasting) put his own twist on it, wraps it up in pseudo warrior-spartan-hua marketing myth, and then of course sells his own line of special warrior supplements. This type of blatant BS really gets to me. If you're interested in fasting that works, without having to swallow a load of marketing - look into Brad Pilon's Eat-stop-eat, or Leangains (which you can pretty much find for free online).

Niclas says

The author has some quite interesting ideas on how far modern man has 'strayed' from the way he used to eat, fight and live.

I would have enjoyed the book more if he had stuck to facts instead of hyperbole and didn't constantly try to up-sell his own protein powders and vitamin supplements.

Roanne says

Bro "science." Lots of opinion and anecdotal evidence but very little hard science in evidence here. He's obviously passionate about this and kudos for being an early pioneer of the latest fasting trend.

cath says

The idea is very interesting and inspiring. I'm on my first week of warrior diet (the 4th day!) However, the book has too much irrelevant information. Too much on supplements and workout routine. I'll give a higher rating if the author focus on the implementation of the diet.

Nick says

The simple and fast way to read this is to hit chapter 5 and 6 to immediately apply the principles to your diet. If you want to learn the benefits of fasting, read from the beginning. Overall, a great program and solid ideas. The author was ahead of his time when he wrote this in 2001.

Nicholas Smith says

Good idea but with oodles of padding. The principle of this diet is a good one, however I think the simplicity of the idea works against this book and the author has had to pad out the book with masses of waffle (the 'historical' section is particularly vacuous) and the multiple forwards/introductions/prefaces are completely unnecessary. My advice would be to skim the headings/chapter beginnings and not to read in depth as there is little beyond the headline points. This feels like a negative review but I support the idea and just think that if the book had been half the length it would have been twice as good.
