

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*

Praise for *The Warrior Diet*

“Nothing tugs at your purse strings like the promise of a fat-burning miracle, but let’s face it: the weight-loss industry is \$35 billion fat, and sometimes it seems that the only thing getting thinner is our wallets. Well, we’ve had it. We’ve spent the entire year searching, researching, tasting, and testing so you don’t have to waste precious time or money. 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. 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, December 2002

“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

“An original, distinctive, and highly satisfying diet plan, the Warrior Diet is meant especially for those who pursue an active lifestyle.”

—*Midwest Book Review*

“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, two-time Women’s Brazilian Jiu-Jitsu World Champion; Co-Owner, Maxercise Sports/Fitness Training Center and Relson Gracie Jiu-Jitsu Academy East

“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*

“In a 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**

“The credo that has served me well in my life and that which I tell my patients is that I only take advice from those who practice what they preach. To me, there is nothing more pathetic and laughable than to see the terrible physical condition of many of the self-proclaimed diet and fitness experts of today. Those hypocrites who do not live by their own words are not worth your time, or mine.

“At the other extreme, Ori Hofmekler is the living, breathing example of a warrior. There is real strength in the sinews of his muscle. There is wisdom and power in his words. His passion for living honestly is intense and reflective of the toil of a tough army life. Yet in a fascinating and true Spartan way, his physical nature is tempered by an equal reveling in the love of art, knowledge of the classic poets, and in the drinking of fine wine with good conversation.

“Welcome *The Warrior Diet* into your life and you usher in the honest and real values of a man who has truly walked the walk. He has tread the dirt of the path that lies before you, and is thus a formidable guide to a new beginning. He is your shepherd of integrity that will lead you out of the bondage of misinformation. His approach is what I call ‘revolutionarily de-evolutionary.’ In other words, your freedom from excess body fat, flat energy levels, and poor physical performance begins with unlearning the modern ways, which have failed you, and forging a new understanding steeped in the secret traditions of the ancient Roman warrior.”

—**CARLON M. COLKER, MD, FACN, author of *The Greenwich Diet*; CEO and Medical Director, Peak Wellness, Inc.**

“*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 predators’ 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 towards the Warrior Diet. He is growing up lean, strong, and healthy, unlike many of his peers, who even in this land of plenty are overweight and frequently sick. Thank you, Ori, for writing *The Warrior Diet*.”

—**STEPHEN MAXWELL, MS; two-time Brazilian Jiu-Jitsu World Champion; Co-Owner, Maxercise Sports/Fitness Training Center and Relson Gracie Jiu-Jitsu Academy East**

“At a certain age, I began to notice a change in my pre-competition training. The intense physical stress I put my body under started to leave me feeling burnt out after my workouts. I also suffered from frequent sugar crashes due to my hypoglycemia. I would become irritated, light-headed, and physically weak. I often became angry after training, and I could not explain why. I was having a difficult time trying to figure out what and when to eat. This became a serious problem. When competing on an international level, proper diet and training are the bare necessities for peak performance. Upon meeting Ori, I was advised on what and when to eat. Once I modified my diet, my energy levels changed immediately. I was able to work harder throughout my workouts. I no longer felt total fatigue after training. Ori and I are of one mind when it comes to functional training. In martial arts you must train every aspect of movement in order to perform well. Ori’s advice had a direct effect on the way I trained for my two international titles this year. The information in *The Warrior Diet* will help you achieve the next level in training for the twenty-first century. It is the physical training along with the diet that will make a lasting impact on your life. I am deeply grateful for Ori’s advice and the friendship we have established over the years.”

—**SIFU JOHN R. SALGADO, World Champion, Chinese Wrestling and Taiji Push Hands**

“Despite its name, *The Warrior Diet* isn’t about leading a Spartan lifestyle, although it is about improving quality of life. With a uniquely compelling approach, the book guides you towards the body you want by re-awakening primal instinct and biofeedback—the

things that have allowed us to evolve this far. Ironically, in a comfortable world of overindulgence, your survival may still be determined by natural selection. If this is the case, *The Warrior Diet* will be the only tool you'll need."

—**BRIAN BATCHELDOR**, science writer/researcher; National Coach, British Powerlifting Team

"Ori and I became friends and colleagues in 1997 when he so graciously took me under his wing as a writer for *Penthouse* magazine and *Mind and Muscle Power*. When I received *The Warrior Diet* in the mail I nearly burst with pride. Not only because my dear friend had finally reached his particular goal of helping others be the best they can be physically, but because I had a small role in the creation of the book. Ori enlisted my help in researching topics such as the benefits of fasting, the perfect protein, and glycogen loading. I believe in Ori's concepts because I trust him wholeheartedly and because I helped uncover the scientific data that proves them. I also live by *The Warrior Diet*, although not to the extreme that Ori does. My body continues to get tighter and more toned in all of the right places ... and people marvel at my eating practices.

"Read *The Warrior Diet* with an open mind. Digest the information at your own pace. Assimilate the knowledge to make it fit into your current lifestyle. You will be amazed at how much more productive and energetic you will be. Be a warrior in your own right. Your body will thank you for it."

—**LAURA MOORE**, science writer, *Penthouse* magazine, *IronMan* Magazine's Body of the Month for IronMan, September 2001; Radio Talk Show Host, *The Health Nuts*; author of *Sex Heals*

OTHER BOOKS BY ORI HOFMEKLER

Hofmekler's People

Hofmekler's Gallery

The Anti-Estrogenic Diet

Maximum Muscle, Minimum Fat (2008)

2nd Edition, Revised and Expanded

THE WARRIOR DIET

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

ORI HOFMEKLER



BLUE SNAKE BOOKS
BERKELEY, CALIFORNIA

DEDICATION

In loving memory of my parents Rina and Daniel Hofmekler, I'd like to dedicate this book to my sons Nehemiah and Daniel, to my daughters Nadia and Shira, to their grandparents Ronald and Josephine, and especially to their most beautiful mother, my wife Natasha.

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I'd like to acknowledge the late Bill Lauren, who initially offered to assist me with the writing of *The Warrior Diet*. Bill was a wonderful writer, and it was my privilege to have worked with him on a health column that I used to edit. I'd like to acknowledge Linda Gail for her genius talent and incredible support.

I'd also like to thank all those that follow the Warrior Diet, who send me streams of letters telling me of their progress and testifying that the Warrior Diet really works.

Finally, as strange as it sounds, I'd like to acknowledge my cat Junior. Watching him always gives me inspiration—for his modeling of grace, agility, and instinctual power.

—Ori Hofmekler, 2007

FOREWORD

By Harvey Diamond, author of *Fit For Life*

I met Ori Hofmekler a couple of years ago in a Japanese restaurant. It stunned me how much he ate that night. I had never seen anyone so lean eat like that. At the time, he was editor in chief of *Mind & Muscle POWER* magazine. I had known of Ori's art for quite a while. His political satirical paintings always struck me as unique, bold, and thought-provoking. They are often very funny. His images have stuck in my mind for years. To quote the late, great Joseph Heller, author of *Catch-22* and numerous other classics: "Ori Hofmekler is a painter of great merit with tremendous wit, intelligence, and imagination. He is better at satirical political art than any other artist I know of at this time. His work deserves to be much better known and more widely enjoyed and treasured."

Breaking taboos, exposing lies, and punching holes in political "balloons" are all essential qualities for strong, effective satire. Real satire makes us laugh every time we're shown the naked (and often ugly) truth."

The Warrior Diet isn't satirical art, but the uncompromising integrity of its creator is evidenced here as well. This book is about the art of raw living. I find the concept of *The Warrior Diet* unique, and although it's quite controversial, I believe it will create a revolution in people's lives. *The Warrior Diet* triggers and unleashes primal instincts within us, many of which have been inhibited or dulled. It endorses virtues such as feeling a sense of freedom, alertness, and possessing optimum mental and physical strength. It also redefines what it means to be a warrior, to be tough, and to be romantic. In other words, this isn't just a diet. It's a way of life, a renaissance of the spirit of raw living. Ori and I share a similar vision. We both believe that detoxification activates a natural self-healing process and should, therefore, be a top priority.

We both believe that there is a wisdom deep within us all that can guide us to live better, healthier lives. We both agree that consuming live [raw] foods and live enzymes is essential for your health, and it affects the way you feel. While we naturally have our differences, they do not detract in any way from the overall effectiveness of Ori's approach. Besides, all you have to do is meet Ori and you will quickly see that the man is definitely onto something.

While reading Ori's *The Warrior Diet*, I realized that it all makes sense. Concepts such

as the Warrior Cycle, the energy cycle—and his explanation of the interplay between materialism and dematerialism—shed new light on how we operate around the circadian clock. Time is an essential factor in the Warrior Diet. Ori calls this “the lost dimension,” since the concept of time and cycles doesn’t play an important role in most other diets. (My original *Fit For Life* book was based on the circadian clock.)

“Unleashing the power of your instincts” is a refrain that appears throughout the book. Ori is at his fascinating best when discussing our human primal instincts, be it the hunter/predator instinct versus the scavenger instinct, the instincts to survive and multiply, or the romantic instinct. Ori demonstrates how each instinct connects to the other and how they all relate to the Warrior Instinct.

This book is akin to a new “manifesto.” It covers all aspects of life, including the instinctual connection between food and sex—a connection that penetrates to the core of human existence. Beyond all the unique and intriguing philosophy, vision, and ideas set forth, there is a very clearly defined diet here that I find to be most effective. “Lessons from History” explains how the Warrior Diet is based on the old traditions of ancient warriors, yet has been updated to be effective for the modern world. It’s designed to allow for creativity and individuality, so you can follow its principles in your own unique way. I find this diet to be as effective for women as it is for men, in spite of all the macho references. As a final note, I believe strongly in “what you see is what you get.” Ori is living proof that the Warrior Diet works.

FOREWORD

By Udo Erasmus, author of *Fats That Heal, Fats That Kill*

The *Warrior Diet* is an unusual book. It is a book without measurements, but with feeling. A book that encourages you to break rules to find passion. A book not written by academics who analyze everything, but by someone who trusts life and questions stupidity, and encourages you to do the same. This alone is reason to read *The Warrior Diet*.

Something in you already knows a lot about how you should live. Find, and listen to, and trust that instinct, author Ori Hofmekler tells you.

Experts have a nasty tendency to make what's natural and simple more complicated. They make their living by collecting rent on the insecurity they create by undermining your common sense. To do that, they snow you with big words.

In that regard, luckily for you, Ori is not an expert. He encourages you to live by an inner wisdom born of 3.5 billion years of development of creatures made from food and for activity—survival, reproduction, discovery, and joy.

You are endowed with a genetic program that knows how to build a healthy body. Do not poison that program with toxic synthetic manmade molecules that have never been present in nature. Provide it with the building blocks it needs to build that body. How do you do that? Without getting technical, Ori encourages you to get there through interesting information, through tasty recipes for health, through exercise, through lifestyle, through ways of thinking, and through calling the sleeping warrior within you to awaken. *Some of my favorite topics:*

- Ori's description of the daily sympathetic-parasympathetic rhythm: light food during the day, when energy goes to external pursuits; the big meal in the evening, relaxation with friends, when the day's work is done.

I love the simple logic of it, and it works in practice. Do big meals during the day make you feel lazy? Does light food during waking hours keep you from getting tired while you need alertness for work? Does eating when you're hungry make food taste better? While you read, ask yourself such questions.

- The Warrior Instinct. Whatever you call it, this instinct within us is more reliable

than thousands of half-baked rules imposed by half-alive, double-blind theoreticians. Rules serve the need to control, but most are out of line with your need for freedom to discover the truths of your own life.

Your life is a warrior's path. Whether it is to hunt for food, protect your family, village, or country, or to conquer lies and establish truth, the full life has always been a warrior's life.

The warrior's life involves goals. It has commitment. There is passion. It is heart-felt. It is conscious. You use your creativity. You question, and you build.

A warrior's life gives expression to the basic, in-built striving to get better. Its confidence comes not from memorizing but from doing, observing, examining, arguing, learning, and improving. It is not nine to five, but goes an extra mile or an extra hour, inspired to accomplish goals because they are worthwhile.

- Romanticism: it is much more than a way to get other people to satisfy your sexual urges. It includes that, but also all that you do with passion and care for life.

Rare in books about foods, there is wisdom in the pages of *The Warrior Diet*. Technicians write most food books, and Ori knows the techniques, but he shows you a possibility—a platform for living your life as well.

Ori's style is easygoing. His sense of history is interesting. His psychology is common sense. His stories are simple and they flow. He is flexible and learns from all his activities. He does not judge.

Ori talks about food, about ambience, about activity (exercise), about friendship, about lifestyle, about romanticism, and he provides some great recipes.

The Warrior Diet is a book that talks to all of you—the whole person hidden inside. Read the book, think about what he says, try it, find out how it works for you, argue with him if you want, and discover more of who you are.

AUTHOR'S PREFACE

I've been practicing the Warrior Diet on and off for many years. During this time I've discovered that being on the Warrior Diet has made me more energetic, alert, instinctive, ambitious, and in control than those times when I have been off the diet. My metabolism has accelerated to the point that I find it difficult to keep my weight from dropping. I'm naturally lean. I don't count calories, and I eat as much as I want of all the food groups: protein, fat, and carbohydrates. When sitting at dinner with friends or family, I used to apologize in advance for the amount of food that I consume. A few still think that something must be wrong with me, but by now most of my friends and even some family members also practice the Warrior Diet. I've heard people say, "How can anyone eat so much late at night and still be so lean?" or "It's all genetics," "He is crazy," or "Ori, how come everyone is finished and you're still eating?" I've noticed that those who are on weight-loss diets usually enjoy watching others who can eat unlimited amounts of food. For them, it's a vicarious experience—a dream come true.

Since "The Warrior Diet" column began running in *Mind & Muscle Power* magazine, many who have read it, or just heard about it from others, have been trying to jump in, often without enough knowledge or information. I've been blitzed with so many letters and phone calls from people who want advice or guidance that it became impossible to answer everyone. That is why I've written this book. Reading it should guide you to practice the Warrior Diet on your own. This is not just a diet. It's a way of life. It involves your body and mind, and gives you a sense of freedom—a sense that, in my opinion, many people lack today.

I hope you will find this book intriguing enough to try practicing my diet plan. If you do, I believe that you'll notice significant changes in the way you look and feel, and even in the way you think. It may, in short, change your life.

Those who want information regarding specific food and supplements will find it in the "Undereating Phase," "Overeating Phase," and "Warrior Meals and Recipes" chapters. The historical component of this book, "Lessons from History," is limited to basic research that shows how the Warrior Diet is actually based on a very old tradition, yet is still quite relevant, pertinent, and practical for the twenty-first century.

Life is a struggle. You either win or lose. For a warrior, survival is just not good enough. Warriors want to win. To be a warrior, you don't need a war. All you need is

the spirit, which is hidden inside you. This spirit is what I call the “Warrior Instinct.” Once unleashed, it will guide you to greater health and your own sense of freedom. And nothing tastes sweeter than freedom.

INTRODUCTION TO THE SECOND EDITION

Since the initial publication of *The Warrior Diet* in 2002, I have received numerous testimonials with enthusiastic reports on fat loss, increased energy, improvements in health conditions, and increased feelings of well-being. Nonetheless, I've been routinely addressing requests for consultation coming from readers who love *The Warrior Diet* but yet have been confused as to how to fully take advantage of its principles and apply them for various needs and lifestyles. I've also learned that some people have misinterpreted the applications of the diet's eating cycle.

This revised edition of *The Warrior Diet* incorporates lots of new information that I hope will clear common misunderstandings and help address different needs.

The Warrior Diet principles haven't changed; nonetheless, a large part of the text was adjusted and re-edited in order to elucidate the various applications of the diet.

Overall, the new edition expands in areas that have drawn the most interest. These include topics such as stubborn fat, male potency, female disorders, physical performance, and sport nutrition.

Statistically, all current diets virtually fail to help people lose weight or sustain health in the long run. People today are getting more and more skeptical of dieting. The current epidemics of obesity, diabetes, hypertension, and sterility bear witness to the fact that something is wrong in the way people are dieting.

I believe the Warrior Diet is the right alternative. Based on science, epidemiology, and real life experience, it provides viable solutions while applying critical elements that are missing in other diets. As controversial as it may appear, the Warrior Diet has been endorsed by health experts, researchers, champion athletes, coaches, military instructors, soldiers, policemen and firemen, as well as men and women of all ages and different ethnic groups.

Recent studies (2003) on intermittent fasting by Dr. Mark Mattson and colleagues at the National Institute on Aging have caught the attention of researchers worldwide as to the awesome biological benefits of feeding cycles, similar to those featured in the Warrior Diet.

There are many speculations as to how humans should eat and live. More studies are

needed to clarify these issues. Nonetheless, there is emerging evidence that humans have primarily adapted to better survive on certain feeding cycles, foods, and exercise. Some researchers speculate that the question isn't how beneficial these elements are for our survival, but rather how damaging it would be without them.

The Warrior Diet's goal is to reintroduce and restore the way people are supposed to eat and exercise and thus help people today live in the way that they're predestined to live. I hope you'll enjoy this book.

—Ori Hofmekler, 2007

INTRODUCTION

I'm about to commit dietary heresy. What I'm about to propose will cause an army of doctors, nutritionists, and self-proclaimed dietary experts to wail and gnash their teeth. They'll call me ignorant. They'll read about my revolutionary diet plan—one that can create a society of lean, muscular, modern warriors—and they'll smack their foreheads as they dismiss all my theories. No matter.

It's always been that way since the dawn of civilization. Whenever something revolutionary is proposed, society is loathe to accept it. Picasso dealt with it and eventually won. Einstein grappled with it and came out on top. So did thousands of others throughout history. I'm not putting myself in their class, but regardless, they give me inspiration.

The Warrior Diet is unlike any other modern diet plan. Every other modern eating plan is based on restraint. You count calories; you're careful about fat intake; you avoid carbohydrates. They tell you not to overeat or undereat. Well, I'm here to tell you that it doesn't have to be that way. The Warrior Diet is simple, effective, and ultimately, instinctual. It involves using the body's innate ability to burn fat and build muscle through the release of natural hormones and other growth factors. It doesn't involve any drugs. And it breaks all the rules. But that's what warriors do—they break the rules and shallow-minded restrictions placed on them by society.

Given that this mode of eating is so different from anything you've probably considered, I feel it necessary to offer some background before you learn the simple facts behind the Warrior Diet. After all, to accept anything merely on faith would be patently “un-warrior-like.”

Ancient Warriors vs. Modern Man

About ten thousand years ago, modern man reached his current state of evolution. At that point his body, his genes, and his instincts pretty much reached their peak. The main thing that's really changed since then is how we now live—in a much more crowded, civilized world. Initially we had to live by our instincts. Now they've been all but choked out of us. There's a reason, of course: following one's natural instincts is

often dangerous to society. You can't very well let people go around doing every and anything they please.

In other words, in order to control people you have to control their most primitive instincts or desires.

Still, there are those who break rules. They are the true romantics of the world. They are the spiritual warriors, and their actions often change the way we all live. Children start out as such romantics, but this instinct is usually beaten out of them by the time they reach adulthood. Consequently, there are very few modern warriors. Thousands of years ago, these warriors were common. They lived entirely by instincts. In fact, whole societies were made up of warriors. They spent their days defending their lives and their families' lives. They moved from place to place, never stopping long enough to settle down. Generally, they only sat down to eat one meal a day, and that was always at night after the battles had been fought. Consequently, their bodies were lean and hard, and their instincts were honed to perfection.

You can even see these body types illustrated in ancient art. If you take a look at examples of Minoan art, the people depicted are lean, muscular, and heroic-looking. So, too, were the ancient Greeks and Romans. They were nomadic, eating one meal a day—mostly seasonal fresh food, meats, fish, legumes and whole grains, olive oil, and wine. However, if you look a little farther south to Egypt, long-revered for their magnificent civilization, you see something altogether different. Much of their art depicts a people very soft, almost feminine. The difference? They weren't nomads; they instead settled down and farmed the land. They had fewer battles to fight. They were a "rich" society, and consequently many of its members lived an aristocratic life, eating many meals throughout the day, much of which consisted of refined wheat and other grains, breads, and cakes.

The early Roman and Greek art reflected a warrior race. Soon after, though, decadence set in and they began living much the same way as modern man: with frequent meals, a sedentary life, and dulled instincts. Predictably they began to look like modern man and suffer the same ailments. (Until Nero, there wasn't one emperor who was obese.)

Clearly, the dietary habits of civilized modern man are very, very different from those of the ancient warrior. Civilized man lives largely off refined grains; eats often; and is reluctant to engage in intense physical pursuits. Contrast that with the warrior who consumed fresh, seasonal, and fermented food; ate sparingly during the day but filled himself up at night; and toiled during the day. Civilized man has grown fat, and much of his unused muscle has atrophied. He lives by the clock, eating at predetermined times. The warrior, however, remained lean, hard, and muscular, living off his instincts

and eating when necessary or when the workday was done.

One Meal A Day

By now you've probably gotten an inkling of what kind of eating plan I've practiced for years and the one that's the subject of this book. The gist of the Warrior Diet is to eat a meal only once a day, preferably at night, and without any restriction of calories or macronutrient content.

It involves retraining the body and the mind. If you try it for a few weeks, I maintain that your hunger will diminish during the day. And when you eat at night, you'll know exactly what to eat and how much to eat. Your body may, in fact, tell you to eat a considerable amount—no matter, listen to it. During the day you'll likely want to nibble on things. This is okay, as long as your snack consists of fresh vegetables, fruits, and a little protein if desired, and doesn't include carbohydrates like breads or grains.

Yes, this runs against current theory. Yes, it runs against modern-day common sense. But there's a body of science to support it. We already know that exercising on an empty stomach supports our sympathetic nervous system and promotes more weight loss than if we had eaten beforehand. This diet guarantees you several hours a day of fat-burning hormones percolating through your body.

During these daily hours your body is at a peak capacity to remove toxins and generate energy, while staying alert, resisting fatigue and stress. Long periods of undereating increase protein efficiency. If you refrain from eating large amounts of protein at arbitrary times, your body will become more efficient at recycling proteins, so when you do eat protein, it'll be utilized much more efficiently. Not eating for long periods also improves insulin sensitivity, so when you do eat, your blood sugar doesn't fluctuate wildly and your body won't store the carbohydrate calories as fat.

The list of potential benefits is staggering. Taking in certain types of protein on an empty stomach can increase testosterone levels and growth hormone levels, and you can't do that on a full stomach. Long periods of fasting also allow certain beneficial amino acids to act favorably on the brain. How many conventional diets do that? Naysayers might argue that the body needs large reserves of glycogen to compete in athletic events. This may be true, but the Warrior Diet trains the body to stretch glycogen reserves so that athletic endurance doesn't become a problem. Others might point out that this type of diet may induce the production of the catabolic hormone cortisol, which may have negative effects on muscle growth and fat deposition. Ordinarily, yes, but this diet is not about water fasting. By ingesting the right nutrients

during the Undereating Phase you will be able to block the cortisol effect.

Just to make sure we're on the same page, let's recap the essentials of the Warrior Diet. The main "trick" is to retrain your body; teach it to become more instinctive. You can do this by avoiding most foods during the day, although I do recommend that you eat vegetables and fruits (mainly as freshly squeezed juices). It's also okay to have a little protein during the day, such as eggs, cheese, yogurt, or high quality whey. As you get used to eating this way, your cravings should disappear. And once you're done "fighting the battles" of the day, you can eat as much protein, vegetables, and carbs as you want— even if it means eating the equivalent of three meals in one seating.

The Warrior Diet Advantage

Make no mistake about it. This is not a three-week program or "get in shape for summer" plan. It is a lifestyle. As you continue to do it, hunger pangs during the day will likely disappear. Simultaneously, you'll find yourself getting leaner and more muscular. Furthermore, your thoughts should become clearer and more focused. You will, in short, become a warrior.

Remember, genetically we humans are hunter/gatherers, as are predators in the forest. Wild animals, which practice "free feeding," stay lean and athletic, but when you put them in captivity they begin to eat like most modern human beings—nonstop. Their natural instincts wane and so they eat and eat, and eventually die.

Most people habitually eat between three to six small meals per day. Unfortunately, many are not satisfied with these small meals.

Additionally, eating meals during the day leaves many people feeling sluggish and exhausted due to uncontrolled hormonal and neurotransmitter changes. On the other hand, when you practice the Warrior Diet, you can let your hormones and neurotransmitters work for you. In other words, instead of the hormones clashing against the diet, your diet will work in synergy with your hormones.

Although it may seem difficult to accept at first, the Warrior Diet allows you an incredible sense of freedom. Once your natural instincts kick in, you'll want to eat only one large meal per day, at night. You'll fully enjoy it and will get even more satisfaction knowing that you can eat to your heart's content. I believe that every time you fulfill an instinct there's a feeling of intense pleasure, a kind of high. We get this feeling from food, sex, and even after completing a workout. Could it be that the drive to exercise intensely is part of the "Warrior Instinct," and that people are drawn to bodybuilding or other sports because we're so deprived of this instinct in our modern lives?

I think so. It's all part of being a warrior.

“Warrior”—A New Definition

When I refer to the term “warrior,” it is to an instinct that is deep within us all—men, women, and children alike—and which can be triggered by practicing the Warrior Diet.

The “Stubborn Fat” Syndrome

“Stubborn fat” is a major problem for many people today. Those who suffer from this “stubborn fat syndrome” know that it's almost impossible to get rid of it. And they realize that even when they lose some body fat through diet and exercise, the fat they lose is not the stubborn fat. That's why it's called stubborn fat. This stubborn fat usually remains around the belly or chest area, making men look soft. On women, it usually hits their hips, butt, and thighs.

Stubborn fat is caused by an excess of the female hormone estrogen in both women and men. There is evidence that stubborn fat is a modern-man problem due to exposure to estrogenic chemicals in the environment, food, and water. These chemicals affect the body like estrogen, causing fat gain, sterility, and various disorders, including cancer. Besides *The Anti-Estrogenic Diet*, my recent book dedicated to this topic (North Atlantic Books, 2006), I'm not aware of any diet that seriously addresses this problem. It isn't a simple issue. Excess estrogen—which increases the size of estrogen-sensitive fat tissues—comes from various foods and chemicals that mimic the effects of the hormone in our body. The result can be metabolic disorders, fat gain, and mortal disease in men, women, and children.

One needs to understand what stubborn fat is, what the reasons are for having it, how to avoid it, why it's so hard to burn if you have it, and most importantly, how to remove it. In Chapter 7 I explain how to deal with this syndrome. It's all part of the Warrior Diet.

Some Practical Advice for Utilizing This Book

The Warrior Diet is simple and practical. However, since this book details a lot of information and ideas, it may seem a bit overwhelming at first. While I think it is essential to ultimately read the whole book to fully understand all the concepts behind the Warrior Diet, you don't need to read it in its entirety before starting to practice it!

For those who want to begin the Warrior Diet without first breaking their teeth on all that's included, here is my advice:

Read the introduction to each chapter (as well as my preface and introduction at the beginning of the book). This will give you a clear indication of what it's about. Once you understand the goals and follow the principles of the diet, you'll be able to start practicing it. I believe that shortly after you begin the Warrior Diet you'll naturally be driven to learn more and more details because the effects of it may change your life. So, breaking the ice will, in time, come easily.

The goals and principles of the two main phases of the diet, Undereating and Overeating, are at the beginning of their respective chapters. "Warrior Meals and Recipes" offers some great meals and recipes to prepare. Reading these chapters should make it easy for anyone to follow the Warrior Diet.

To sum up, I think any diet is practical if:

First: One understands the goals.

Second: One understands the principles.

Third: One has access to the right nutritional foods.

Fourth: One is able to follow it on a daily basis, enjoy it, and feel satisfied.

It's all here!

The Warrior Diet Principle

- The Warrior Diet is based on a daily cycle of undereating and overeating.

The Warrior Diet Goals

1. Trigger the Warrior Instinct
2. Burn Fat
3. Gain Strength
4. Accelerate Metabolism
5. Boost Virility
6. Detoxify
7. Slow the Aging Process
8. Attain a Sense of Freedom
9. Reach Satisfaction
10. Live Instinctively

THE WARRIOR INSTINCT

THERE'S A PRIMAL INSTINCT DEEP INSIDE YOU that may be triggered in moments of truth. This instinct spontaneously guides how you act, react, compete, fight, or hunt when faced with different situations or events that require an action or reaction in order to survive—without compromising your freedom to be what and who you really are. I call this the “Warrior Instinct.”

The question remains: What really triggers this “Warrior Instinct”? My answer, all through this book, is the Warrior Diet. Once you get on the “Warrior Cycle” you trigger this awesome instinct.

This chapter is devoted to all aspects of this primal force, including how the “Warrior Instinct” manifests itself through three other human instincts:

- The Instinct to Survive and Multiply
- The Hunter/Predator Instinct
- The Scavenger Instinct

I believe strongly that the Warrior Instinct, the Instinct to Survive and Multiply, the Hunter/Predator Instinct, and the Scavenger Instinct are all related and come from the same source, and that they're all eventually connected to the Warrior Diet. Another instinct, which I call the Romantic Instinct, is discussed in Chapter 10, the “Warrior Diet Idea,” as I believe it is also a manifestation of the Warrior Instinct.

There's much more to all this, so please keep reading.

The Instinct to Survive and Multiply

Two basic instincts guide us throughout our lives, and the Warrior

Instinct controls and allows them to manifest. The Instinct to Survive ensures that we keep ourselves alive, by protecting ourselves and hunting for food. Human beings are hunter/gatherers, and the fact that we are hunters by nature places us in the category of predators. This Hunter Instinct is part of our survival instinct, and with it comes the aggression to do two things: protect our lives and kill, if necessary. The Instinct to Multiply gives the human species, like any other species, the desire to engage in sex and produce offspring in order to keep the race alive and well, and to ensure future generations.

There is also competition among males and females to select the best mate. This involves the Warrior Instinct. When triggered, you try to demonstrate your superiority and uniqueness, continually improving yourself to be able to compete for the best mate so that you can produce the best possible offspring to carry your genes. Throughout history, this has been the case with both humans and animals. Humans, civilized creatures that we are, control and repress these primal instincts. I believe, however, that people cannot inhibit them completely, since they remain deep in the subconscious—like a volcano about to explode.

By now you're probably asking yourself why I'm talking about this in a diet book. It all ties together and relates to the Warrior Diet. It will all make sense soon.

The Hunter/Predator Instinct

Hunters have always intrigued and fascinated me. The Warrior Diet mimics the way classical hunters cycled between phases of undereating (controlled fasting) and overeating (compensation).

We all know that in the past humans had to hunt for food in order to survive. Hunting gave the hunter an adrenal rush, as it should, and a whole culture of ritualistic behavior. For instance, when stalking large animals, hunters usually went in groups. At the end of the day, when the mission was accomplished, there was a ritual of compensation—cutting the meat, creating a feast, and compensating all who took part, including the animals that helped, like the dogs. (British hunters dipped a piece of bread in the quarry's blood and gave this to the dogs as a reward for their hard work.)

So, the day consisted of two periods, hunting and compensation. Most of the day was devoted to the hardship of hunting and then preparing the meal, and at the end of the day all were compensated. The entire cycle is important. Nothing can be missing. Today, when we no longer need to hunt for food and the Warrior Instinct is inhibited by its aggressive, antiestablishment connotations, many people still find ways to feel and experience their Warrior Instinct. This is evident in most competitive sports, which closely mimic the experience of hunting.

Following is another example of hunting that is closely related to the Warrior Diet.

Falconry

In the ancient tradition of falconry, falcons are taught how to hunt. They learn to fly above their trainers, who follow on horseback until the falcon catches a bird and drops him down.

Falconry is still practiced in the British Islands, other parts of Europe, and especially in the Mediterranean and the Middle East. Hunters in these regions of the world adore falcons and think of them as “the ultimate bird.” Some even compare them to humans in a positive way (or at least with a positive aspect). The eagle, which is within the same family of hunting birds, has been and is today a symbol of many nations.

The methods used to train falcons are worth noting. In order to keep this bird in captivity without losing its Predator Instinct, trainers created what I call a “cycling diet”: the falcon is deprived of food for most of the day and is then fed fresh meat, just enough to give them the taste of blood. This deprivation of food keeps their Warrior Instinct alive, and their Hunter Instinct sharp. The cycling diet keeps them strong and aggressive enough to catch their prey.

Cycling the falcons’ diet with fasting and then feeding mimics the way that they eat in the wild, hunting whenever hungry and fasting when not. If you feed a falcon even a little bit too much, he loses the desire to hunt, loses his vitality, and loses his alertness. A hungry falcon is in his best shape. So, they are trained to hunt on an empty stomach. The other key element in training falcons consists of playing with them, using a stick with fresh, raw meat on top, which the trainers move in the air, allowing the falcons to fly and catch it. The distance of the play is

gradually increased. It is like a “virtual reality” game of hunting birds in flight. And this is how the bird exercises.

I feel empathy toward this beautiful bird, and I believe that falconry not only symbolizes but also parallels how human beings are supposed to live. Yet most of us no longer live in the woods, hunting and gathering food. Instead we live in crowded urban environments, in the suburbs, or even rural communities, with busy schedules, working in offices, carrying briefcases, with around-the-clock routines, far from a purely natural lifestyle. And most of our primal instincts are crushed on a daily basis. We are basically living in a very unwarrior-like, almost captive situation.

But, like a falcon, if you want to you can turn this virtual reality into reality and trigger your Warrior Instinct—without going to war, needing to kill anything, or even changing jobs. All you must do is keep a cycling diet, which is built on the essence of extremes:

undereating, which I call controlled fasting; and feeding/overeating, which I call compensation. When following a cycling diet you’ll get both feelings— hunger and satiety, deprivation and compensation. Another key component of the Warrior Diet is exercise. This will be discussed in “The Warrior Workout” (Chapter 14).

As mentioned before, I believe that human beings by nature are hunters, and that many successful people have similarities to predators. Therefore, it’s interesting to look at what happens to wild animals when they are caged for an extended period of time.

Predators in the Wild vs. Predators in Captivity

A lot can be learned when looking at the differences in behavior between predators in the wild and those that live in captivity. When a wild predator such as a lion hunts and eats its kill, it eats in safety and only to the point of satiety. Then it leaves and the surviving prey know that the lion is no longer a threat, at least for the time being, simply because lions don’t hunt when they are not hungry. They become peaceful. They lie on their back, enjoy the sun, and sleep. However, when you put predators in a cage they often eat and eat (bingeing) and usually don’t stop until they get sick. They will eventually die if their captors don’t control their feedings.

I give this example because I feel there are also some similarities between human beings and caged predators. Too many of us, for instance, eat several meals throughout the day and evening, sometimes even when full—without reaching satisfaction. If this continues unabated, it'll likely cause sickness.

I've come to the conclusion there are two main reasons why people eat like this:

1. The Scavenger Instinct
2. They've lost their instinct.

Sadly, most of us are not aware that our eating habits, and what we consume, are major reasons why we become sick, overweight, age prematurely, etc., or of the fact that we have the power to choose whether to live like a free predator or a caged animal.

Let's look at the opposite spectrum, what I call the Scavenger Instinct.

The Scavenger Instinct

There are several distinct differences between hunters and scavengers. Hunters/predators work in order to get their food. They make a selection. They know exactly what they are after. Wild cats do not hunt cucumbers. They hunt rabbits and deer. They eat only when hungry. They have a sense of priority—and a sense of time. This is very important. When a hunter/predator is about to eat his kill, he may be in danger if there are other animals around. If this is the case, he'll tear it apart, taking the best chunk and running with it to a safe place to eat. When necessary, he'll fight for the first bite. Hunters/predators like to eat when it's safe and they can relax. Some animals, like wolves or mountain lions, will take the food, bury it, and come back at night (when it's safe) to dig it out. Their instincts are sharp.

The scavenger is exactly the opposite. While hunters work hard to get their food, scavengers don't. They pick up leftovers. While hunters have a sense of priority and know exactly what they need, scavengers have no clear sense of priority. While hunters will make a selection, choosing their food, scavengers eat whatever is available. While hunters eat only

when hungry, scavengers eat all the time. While hunters eat warm, fresh, live food, the scavenger often eats cold, dead food. While hunters like to eat when it's safe so they can relax, scavengers eat "on the go." These comparisons might make you wonder what kind of person you are. Are you a hunter/predator or a scavenger? Be honest with yourself. Which do you want to be?

Can You Be a Hunter Without Hunting?

You may ask, "Are we all forced scavengers?" The answer is mostly yes. "Are there really hunters anymore?" My answer is that even though most of us no longer hunt in a traditional sense for our food, the Hunter Instinct is within us all—and you can easily switch it on. "Can you be a hunter if you choose your food but purchase it in advance?"

Good question.

With awareness, by choosing your own food you're already working for it and making priorities. Once you reach the peak—by designing your meals, cooking your food, and understanding what tastes do for you—you are living like a hunter. You understand what you want, set your priorities, acquire your food and, as necessary, prepare it, all of which requires effort. You sit down for your meals and relax. Then when you eat you're satisfied and you don't need to eat more. People who shop in health food stores, even if they don't understand exactly what they're doing, are already a big step ahead because they at least have awareness and are making priorities and choices. The scavenger, by contrast, is like an idiot. An idiot is someone who doesn't think about what he's doing. A scavenger will pick up any food, not knowing its nutritional value or where it came from, nor care if it's fresh, and eat it—just for the sake of eating.

Thousands of years ago, hunting and eating fresh kill were a necessary part of life in order to survive. The later development of raising animals on farms, which dominates the way we eat meat today, crushes the "traditional" Hunter Instinct.

Today, the vast majority of these farm-raised animals are given hormones in order to gain weight rapidly. For the meat industry, time is money and, yes, we are the victims. We are forced to scavenge what's available in the supermarket, most of which is drugged (loaded with

chemicals) and is therefore contaminated meat. I believe that the mainstream food industry has been largely responsible for turning people into scavengers by supplying and heavily promoting overly processed foods with aggressive tastes, lacking freshness and nutritional value.

You can mimic your Hunter Instinct by refusing to buy meat filled with hormones or other drugs, or fed rendered feed. Instead, seek out and buy organic meat that comes from animals that were treated in a humane way, fed freely on grass and grain, and were not injected with estrogen, growth hormones, or antibiotics. It might be more expensive, but your body will be healthier and your life more expansive. Don't ever think otherwise.

Hopefully I've put this all in perspective and you're now in touch with (or at least aware of) this deep primal instinct within you, and within all of us—the Warrior Instinct.

THE WARRIOR CYCLE

WE NATURALLY DO EVERYTHING IN CYCLES: EAT, drink, go to the bathroom, sleep and awaken. Our body is cycling nonstop, things going in, things going out. When one of these processes is blocked you become imbalanced, sick, and you may eventually die if it's not corrected. Our brains react to the cycle of day and night, especially through the pineal and the pituitary glands, which secrete hormones. I believe awareness of these cycles is instinctual, that everyone has his or her own cycle, and each time you break it, you're going to feel it.

Some even believe that life itself is a cycle—that once you die your soul is going to recycle to another life, and that the people you knew in this life were part of your former life and will be again in your next. Whether this is true is beside the point. I'll try to illustrate in this chapter that there is indeed a human feeding cycle and that it's built on extremes.

The Warrior Diet is built on the principle of cycling between periods of undereating and overeating, based on an instinct deep within us to undereat and overeat. The combination of undereating and overeating is not endorsed by mainstream diets; they recommend against this practice and oppose the principle. Yet I truly believe that the “Warrior Cycle” is the only biological cycle that we are built for and are naturally meant to live by. Any other method compromises our true nature.

The distinguishing aspects of the Warrior Cycle are:

- The Energetic Cycle
- The Cycle of Materialism and Dematerialism
- The Healing Process of the Cycle
- Finding the Right Cycle for Optimum Results: Timing

Each is discussed in this chapter, as well as how they relate to the Warrior Diet.

The Energetic Cycle

When Einstein introduced his theory of relativity, it was just that: a theory. It wasn't proven until years later. When asked what he'd say if his theory was not correct, he replied that he would feel sorry for God Almighty if such a beautiful theory didn't work.

Today we know that there is unity between matter and energy, that material can turn into energy, and energy can turn into material. The exact connection between quantum mechanics and macro-mechanics is still not known, but such a connection is acknowledged. Whether our spirit and soul are pure energy, and our body pure material, is not known. One thing for sure is that without energy we are dead, so we are not just material. Even though we think of the world in a materialistic way, we actually sense it through energy. All our cells are built to survive and function through quantum mechanic principles.

Moreover, people throughout the world believe that material can move into spirit and spirit into material. They believe that when we die all we lose is the material, our body, but the spirit will go on. They believe in past lives, future lives, and in cycles. No matter what your belief, it's clear that the role energy plays in the universe is quite predominant.

How does this connect to the Warrior Diet?

The Cycle of Materialism and Dematerialism

What happens in your body during the "Undereating Phase" of the Warrior Diet is what I call dematerialization, meaning that you remove/eliminate more material than you put inside. Basically, burned material turns into energy. Once you learn how to undereat and begin to practice it, you'll find that you have more energy, are more productive, more creative, more ambitious, and hungrier for life. This expanded "hunger for life" occurs when your body and mind are in a state of turning material into energy.

On the other hand, when feeding is frequent (between three and six meals) throughout the day, the opposite may occur and many people may gain weight. Why? When material (food) is continually added to the body, much of our energy must be devoted to digesting and eliminating it. The body often doesn't produce enough energy to eliminate it all. When this is the case, one becomes "overmaterialized" and the body is overwhelmed. Lethargy, exhaustion, and bloating are the result. Additionally, the excess material is deposited as body fat and stored as toxins. On top of all this, some undigested material eventually reaches the bloodstream, which can trigger allergic reactions and may lead to full-blown diseases.

The Healing Process of the Cycle

A most important aspect of the Warrior Diet is the healing process. What does this really mean? And how do you prevent illnesses and keep your mind and body healthy? To me, you can't truly understand what health and healing are unless you understand what illness is and are able to recognize its symptoms. Philosophically speaking, perhaps illness was sent to us in order to understand how to be healthy.

Just as a warrior must anticipate his enemy's behavior and reactions and understand the dangers, and just as a hunter must know the behavior patterns of animals that he hunts, in order for us to heal, to achieve and maintain a state of mental and physical health, we must be in touch with our body and be aware of the symptoms of illness. Our ability to heal, and the healing process itself, should never be taken for granted. Vanity often keeps us from accepting that we'll all inevitably face cycles of being weaker and stronger, sicker and healthier. This isn't just a slogan. Look at it like this: When you want to build muscle and get strong, you first have to break the fiber. Only then is the body tricked into a healing process to rebuild the tissue. This is similar to how the immune system is built after being exposed to colds, viruses, infections, etc.

Acupuncture heals by inserting tiny needles into certain places on the body that are energy sensors and pathways. The tiny incisions that penetrate the skin and the energy currents they stimulate create a

healing process.

Similarly, every time you undereat by following the Warrior Diet rules, your body has the potential to heal. Undereating (controlled fasting) triggers healing in two major ways: first, you will have more energy available since it's not being used for digestion; and second, a detoxification process occurs during this phase that is part of healing and staying healthy. Then when you eat a meal, it completes the compensation process and gives you a sense of freedom and satisfaction. On the other hand, when you eat several meals throughout the day, you don't give your body a chance to go through the processes of detoxification and healing or deprivation and satisfaction.

The Undereating Phase of the Warrior Diet empowers you both physically and mentally to finish the day with compensation. Every day has a happy end. So, you go through two extreme periods: first the Undereating Phase, when you are very alert, energetic, active, productive, "hungry for life," and then the Overeating Phase, when you cool out, calm down, and are fully compensated.

All in the Timing: Finding Your Cycle

It's crucial to determine the right cycle, and to find harmony when moving between undereating and overeating. The Undereating Phase should not last longer than necessary. If it goes beyond twenty-four hours, the body usually starts to draw from its lean tissues because the available material used for energy has been completely depleted. Your potential energy will decrease when fasting or undereating for too long. This is self-destructive and dangerous to your health. You'll become weak, and possibly anorexic. That's why it's the art of controlled fasting that keeps your metabolism high. Once you find the right eating cycle, all will be balanced and you'll see your body become stronger, leaner, cleaner, and healthier.

Moreover, an integral component of the Undereating Phase of the Warrior Diet is that it should be done while you are awake. This is the time to produce energy out of matter. Because your body is not being burdened with breaking down and digesting food, you'll have lots of energy to think, create, produce, be ambitious, and, figuratively, to "go

for the hunt.” This is also when the sympathetic nervous system is dominant—the system that controls the “fight or flight” instincts. The sleeping hours are when your body needs to rejuvenate, recuperate, and rebuild. This is the time when the parasympathetic nervous system dominates—the system that controls digestion, relaxation, and sleep. Your body will serve you better if you follow the Warrior Cycle.

THE UNDEREATING PHASE

“Yond Cassius has a lean and hungry look; He thinks too much: such men are dangerous.”

—WILLIAM SHAKESPEARE, *Julius Caesar*, Act I, Scene 2

FOR MOST PEOPLE, UNDEREATING MEANS not eating enough. Actually, what it really means for you is not eating as much as you used to eat during the day. This may sound so simple, and maybe it is, but there is much more to it. This chapter explains what controlled fasting is, why it’s so essential for optimizing your energy and performance, and how exactly to put it into practice. The key to maintaining the Warrior Diet is found in this phase, so please bear with me.

The Undereating Phase is the first part of the Warrior Cycle, lasting most of the day. It’s the time that requires more energy—physical, mental, and spiritual. This is when you are working, learning, creating, competing, doing physical activities, and often struggling through the hardships of your day. The Undereating Phase, as you’ll see, nourishes your brain while accelerating fat-burning hour by hour, on a daily basis.

The first part of this chapter covers the different aspects of controlled fasting, including:

- What happens to your body during fasting
- The fear of hunger
- How to deal with hunger
- How fasting is defined on the Warrior Diet

Following that, this chapter covers the subject of daily detoxification, which is a major goal of the Warrior Diet. It also explains how by manipulating your hormones you naturally guarantee hours of fat-burning, day by day.

At the end of this chapter you'll find some practical information on the adaptation period and the changes you will experience with the Warrior Diet.

Once you review this chapter, I think you'll find that my concept makes sense. By practicing the Undereating Phase, you should discover that you'll become leaner, more vigorous, and, I believe, more focused.

Before you begin to practice this phase, it's necessary to understand two fundamentals, the Undereating Principle and the Undereating Goals.

The Undereating Principle

The Undereating Phase is built on the principle of controlled fasting. It lasts during the daily hours, from the time you wake up until the evening meal. During this phase, you can consume "live": fresh, raw fruits and vegetables, and some light fresh protein.

The Undereating Goals

- Detoxify and cleanse
- Manipulate your hormones to reach maximum metabolic efficiency
- Burn fat

Controlled Fasting

The Undereating Phase can be followed by not eating anything. Some people like water fasts, while others prefer to drink coffee or tea and water. This is okay if it's what you like to do. However, these are extreme methods that won't appeal to most people. Moreover, I believe that the best way of going through the Undereating Phase is by following a controlled fast, not a water fast. Controlled fasting is easier to follow and it accelerates detoxification and overall well-being.

To practice the Undereating Phase, it's crucial to understand what controlled fasting and hunger are, as well as their different aspects. This is essential information (required reading) for following the Warrior Diet. Here is briefly what happens:

When you fast, insulin drops and the hormone glucagon increases, to

ensure a steady supply of energy to the body. When glucagon dominates, most of the body's energy is derived from glycogen reserves and fat stores. Also, the drop in insulin allows the growth hormone (GH) to peak. Elevation of GH increases the body's capacity to rejuvenate, repair tissues, and burn fat. A natural elevation of GH on a daily basis, I believe, should help slow the aging process. Unfortunately, GH is generally inhibited during the daily hours. Chronic low GH levels are also associated with sluggish metabolism, high insulin levels, and aging. Most people suffer from a sluggish metabolism as a result of over-consumption of chemical-loaded processed foods, a lack of digestive enzymes, mineral deficiencies, and physical or mental exhaustion.

The advantage of controlled fasting is the detoxifying effect that "live" fruits and vegetables, and their juices, have on the body, which is further enhanced by minimizing overall food intake. Under this metabolic environment, GH is elevated and most likely will reach its maximum metabolic efficiency.

Next we'll look at the different aspects of hunger and fasting.

What happens to your body during controlled fasting?

- Detoxification occurs (a cleansing).
- The body's enzyme pool is reloaded (which accelerates fat-burning and creates an anti-aging effect).
- Insulin drops and is stabilized (efficient metabolism of carbs and fats).
- Glucagon increases (a fat-burning hormone).
- Growth hormone increases (tissue repair and fat burning)

The Fear of Hunger

Many people today have an irrational—almost phobic—fear of hunger. We live in a society that teaches us that it isn't ever good to be hungry, and that hunger can even be dangerous. Of course, this is partly true since everyone needs to eat, and when you're hungry it triggers the *reactive* part of the survival instinct (which says "I must eat in order to survive"). Nonetheless, when you know how to manipulate hunger *correctly*, it will serve you in many positive ways. Hunger will trigger the

active part of the survival instinct—that which makes you more alert, ambitious, competitive, and creative.

Throughout history, humans have had to contend with hunger, and not just because they were unable to afford food or suffered from drought and famine. Learning to deal with hunger was also practiced intentionally, to make people tougher and stronger, thereby more resilient to life's hardships.

The historical correlation between hunger and freedom is quite evident. During the period when the Bible was written, and later, during the Roman Empire, hunger and fasting were considered an integral part of life for free people, warriors, and those who wandered. Slaves, on the other hand, were fed frequently throughout the day. The Israelite slaves' first complaint after leaving Egypt was of hunger, and they wandered in the desert for forty years, adapting and eventually becoming a free nation. Only the second generation of those escaped from Egypt reached the Promised Land.

I firmly believe that hunger triggers the Warrior Instinct, and if it's under control it will give you a "sense of freedom." I also believe that frequently feeding—due to a fear of hunger—may, to put it strongly, create a "slave mentality," because when fed continually, people tend to become more lethargic and submissive—and thus easily controlled. One could almost consider food abundance a less drastic or obvious form of "opiates for the masses."

How to Deal with Hunger

First, you should know that when you control hunger, it isn't going to harm you, and you shouldn't be afraid of it. During a controlled fast the hunger sensations usually don't last more than a few minutes, after which there is an adaptation in the body to the stress of hunger—and the feeling should dissipate.

The second thing you should understand is that hunger is a sign of vitality and health. It is now known that the hunger sensation involves production of certain proteins (neuropeptides) that stimulate growth hormones, which then promote tissue regeneration and fat-burning. Third, when you do feel hungry, go ahead and have a piece of fruit, or a freshly squeezed vegetable or fruit juice. If you crave protein, eat a small

portion of light, fresh protein food (such as yogurt, kefir, or boiled eggs), which can be consumed with small amounts of raw green vegetables. (See [Chapter 4](#), “What to Consume During the Undereating Phase,” for more detail on this.) Take advantage of your energy and alertness. In time you should adapt, find that you no longer suffer during this phase, and you will enjoy a general feeling of well-being.

All that said, excruciating hunger is a different story. When your body is chronically depleted of essential nutrients, such as when you fast for more than twenty-four hours or feel starving with extreme sensation, almost like a pain, you should listen to your body and eat. Regardless, it’s always good to break a fast with fresh vegetable or fruit juice.

What Does “Fasting” Mean on the Warrior Diet?

Fasting means different things to different people. Islamic people, for instance, fast during the holy period of Ramadan. To them, this means not eating during the day, and eating only at night. Roman Catholics fast during Lent, avoiding meat. Orthodox Jews completely avoid all foods and drink, including water, for virtually twenty-four hours during the Yom Kippur fast. In the past, Jewish spiritual leaders went on a mono diet. They lived solely on figs and carob fruits. In the East, spiritual leaders used to practice water fasting—some for short periods of time, and others for a couple of months. During the era of the Roman Empire, Romans fasted, eating only peas. Today fasting is becoming popular in mainstream America, especially among people who want to lose weight or do a natural cleanse.

On the Warrior Diet, the principle of fasting is based on not eating a full meal during the day. Since the Undereating Phase lasts for most of the day, you can consume certain “live” foods and should drink a lot of water. Naturally stimulating beverages, such as coffee and tea, are allowed, and a few nutritional supplements are suggested. You must, however, minimize the amount of food to mostly live (raw) food, in the form of fruit and veggies and their natural juices—and small portions of light fresh protein food such as yogurt, kefir, poached or boiled eggs, or a whey protein shake if needed. This will keep your digestive system untaxed and manipulate your hormones to the optimum balance.

Choose your food and beverages carefully, to accelerate detoxification.

Processed carbs and sugars should be avoided during this phase, so as not to boost your insulin levels.

Fasting vs. Starvation

There is a *significant difference* between fasting and starvation. Fasting is the art of manipulating the metabolic system; it is controlled, and for a limited time. When you reach this peak time period, and then eat a large meal, your body will compensate and your metabolism will be boosted higher than it was before.

Conversely, with starvation, the fasting is not controlled. The body is forced to slow down its metabolic rate and start to “cannibalize” muscles and lean tissues. Starvation, if done chronically, may lead to death.

The Spiritual Side of Fasting

Many different religions, including Hinduism, Islam, Christianity, and Judaism, consider adult fasting a way to reach a deeper spiritual level. There also seems to be a natural connection between controlled fasting and becoming less materialistic. During a fast, material in the body is turned into energy, and I believe this alone makes one less materialistic and more spiritual.

The Hunger for Life

As I've mentioned before, during this time you're moving from the material world into an energetic, creative one. On the scientific side, the hormonal balance is different when you fast than it is after you eat. After you eat a full meal, including carbs, the insulin system is dominant. Insulin promotes buildup of material (both protein and fat) in your tissues.

On the other hand, during a controlled fast, the glucagon system takes over from the insulin system and removes material from your body, turning fat into energy. So, during the controlled fasting time, you move away from a “materialistic metabolism” to an “energetic metabolism.” Once you adapt to controlled fasting, you should experience a “hunger for life.” Your Warrior Instinct will kick in and you'll become sharper, more alert, more energetic, more creative, and more adventurous.

A Few Words on Fasting to Heal

Children fast instinctively when they are sick; so do animals. And for many years, when people wanted to heal, they incorporated a fast as a natural therapeutic method. Overall mind-body energy is increased with fasting. This healing force throws off accumulated toxins, clears dead cells, and rebalances and rejuvenates the body. Paul Bragg, author of *The Miracle of Fasting*, states: “The greatest discovery by modern man is the power to rejuvenate himself physically, mentally, and spiritually with rational fasting.”

Researchers believe that cancerous cells die in alkaline environments. Theoretically, manipulating the correct pH through fasting can help accelerate the destruction of sick cells and tumors, which thrive in acid environments. There is also a great deal of research on the anti-cancerous properties of nutrients in fruits, vegetables, and herbs, as well as natural toxin elimination. Fasting can be analogous to “the burning of rubbish.” I’ll touch on these subjects in more detail soon.

Daily Detoxification (Elimination of Toxins, Burning Fat, Anti-Aging)

The accumulation of material in your body, especially undigested foods and toxins, makes you sick. To begin with, avoiding toxins is very important, but it’s at least as important to give your body the chance to detoxify itself. This is key for your health. When you follow traditional diets, eating three to six meals a day, your body doesn’t have enough time to get rid of all the waste material. Detoxification, in my opinion, is the most important thing you can do to live longer and have a healthier, more attractive body.

When you detoxify, a cleansing takes effect. There is a natural wisdom of the body to remove toxins. Unfortunately, when too many toxins are ingested, the overwhelmed body can’t get rid of them all. And when toxins remain, building up over time, it leads to ever-greater health risks. Since we consume, breathe, and absorb so many contaminants and pollutants through our skin, lungs, and gastrointestinal tract every day, I firmly believe it’s important to detoxify on a daily basis. We’re commonly exposed to estrogenic chemicals in the environment, food and

water that have shown the capacity to bind to estrogen receptors in the body and cause fat gain, metabolic disorders, and cancer. We can protect ourselves by applying a daily detox regimen and nourishing ourselves with food and herbs that have been shown to have anti-estrogenic and detoxifying properties.

We'll cover here the different aspects of daily detoxification, as well as three awesome properties of the Undereating Phase:

- Anti-Aging (Through Nutrients Loading)
- Fat-Burning (Through Hormonal Manipulation)
- Destroying Tumors and Cancerous Cells (Through Detoxification)

What Is Detoxification?

Detoxification is literally the neutralizing, breaking down, and elimination of waste and toxins from the body. Every organism and cell has “anabolic and catabolic processes.” The anabolic process deposits material—whether good or bad, protein, fat, or toxins—into the tissues. The catabolic process destroys and takes material away from the body, whether it's through burning fat, eliminating waste or removing toxins. *This cycle of depositing material and removing material should be done on a daily basis. If one of these processes does not happen properly, you will eventually get sick.* Detoxification ensures the elimination of waste and removal of toxins. This is an essential part of the life cycle. Unfortunately, most people today do not eliminate enough. To be brutally honest, I would say that many people are in fact constipated and chronically loaded with toxins. And it's not just because they eat the wrong food. It's also because they don't give their bodies enough time to detoxify. Time is a very important factor in the Warrior Diet—indeed it is one of the factors that makes this diet so special and unique.

The Warrior Diet is the only diet I'm aware of that's based on daily detox-ification—without, as I've said before, deprivation. There is no other diet that includes these two elements: detoxification, and then eating as much as you want.

Elimination

Elimination is integral to detoxification. It's also a vital part of the daily human cycle, or the Warrior Cycle. It is believed that constipation and other elimination-related disorders are the main causes of most disease, as well as of premature aging. Such failures of elimination create an acidic condition in the body, which is the precursor to most chronic disease. The Warrior Diet promotes a natural, healthy elimination cycle.

Destroying Sick Cells and Tumors

More and more evidence shows that fasting and detoxification help attack and kill sick cells and tumors. Cancer cells thrive on sugar and acid environments. Daily fasting helps lower blood sugar levels, and the alkalizing effect of live fruits and veggies (and their juices) aids in rejuvenating healthy cells while helping to destroy sick cells. Enzyme loading accelerates the healing process. More on this is found in the next chapter under "Enzymes."

Your immune system is naturally boosted during fasting and detoxification. When the immune system is intact, the body recognizes sick cells as "foreign invaders" and will try to destroy them. The body produces special enzymes that digest and recycle broken proteins, sick cells, and tumors. Daily detoxification and fasting are key to activating this immune response. In my opinion, fasting daily works like a natural chemotherapy, and detoxifying daily is the best natural way to let the body defend itself. It takes time to detoxify, and the Warrior Diet gives your body this vital time through the Undereating Phase.

Detoxification and the Healing Process

Detoxification brings on a healing process. Most people that I know who have gone through this process have done so with no side effects. However, when the body is overburdened with toxins, it may sometimes produce temporary and uncomfortable symptoms as toxins are eliminated. For instance, you may get allergic reactions, like a runny nose or skin rashes, or experience flu-like symptoms. People don't usually realize that these symptoms are the body's way of naturally activating the immune system to help heal and cleanse itself by getting rid of toxins in any available way. Instead of letting nature do its job,

many people today try to eliminate these symptoms by taking drugs. The mainstream pharmaceutical and medical communities compound this problem by advocating, promoting, and selling quick-fix medicines to mask the effects or reduce these symptoms, making a fortune in the process.

If, for instance, you have a fever and let it do its natural course without taking drugs, in most cases the fever will kill the bacteria or other pathogens, thus helping the body to detoxify and heal. Taking drugs cuts short this process, so your body may not have the chance to finish the healing cycle. It's important to realize that some unpleasant symptoms are normal, and you should try to overcome them without interference. There are also natural ways to reduce them such as taking minerals, vitamins, and antioxidants (we'll discuss these later). The cleaner your body is, the fewer symptoms you will get. As noted, most people I know who have gone on the Warrior Diet did not face any unpleasant symptoms; in fact, quite the opposite. Most felt better and almost immediately experienced a greater increase in energy.

Manipulating Hormones and Neurotransmitters to Reach Maximum Metabolic Efficiency

During the Undereating Phase, growth hormone, insulin, glucagon, and the stress hormone cortisol are all manipulated naturally to optimum balance. You may ask why you want to manipulate these hormones. My answer: to reach a peak metabolic efficiency, to burn fat, and to rejuvenate your body overall.

Manipulating your hormones has certain important benefits, including the following:

- **Anti-Aging:** Elevation of growth hormone (GH), removal of toxins, and enhancement of sex hormones can help provide anti-aging effects.
- **Burning Fat:** This occurs when the hormones and enzymes that burn fat are working at an accelerated rate (through elevation of GH and glucagon, and the decline of the insulin hormone).
- **Vigor:** You will feel potent, powerful, and more positive (by opening the "brain barrier," boosting brain neurotransmitters through

improved blood circulation and increased production of cellular proteins that promote energy, alertness and vigor). When you know how to naturally manipulate your hormones and brain neurotransmitters, which are the best energy controllers in your body, you can reach your most energetic state.

- Ability to resist fatigue and stress: Under a high energetic state and a low metabolic stress, cortisol is gradually controlled while the body gets more resilient to fatigue and stress.

The Adaptation Period

Adapting to the Warrior Cycle is a necessary component of the Undereating Phase. During this time your body will get stronger and tougher. The adaptation period usually lasts for the first few weeks when beginning the Warrior Diet. Some people adapt immediately, but it normally takes between one to three weeks.

In the past, our ancestors adapted more easily to different situations because they were forced to face times of real hardship and pressure, like famines, and so had no choice but to adapt to changes in order to survive. All changes in lifestyles, careers, etc., are necessary in order to evolve, acquire new skills, and grow wiser and stronger. Adaptation is necessary. Adaptation relates to the Warrior Instinct (see Chapter 1) because part of the Warrior Instinct involves taking chances.

Once you have adapted, you should feel great and full of energy during this phase—not to mention how exhilarated you'll feel once you've liberated yourself from old habits. And, you can look forward to true satiety because you will soon be eating as much as you want. The Overeating Phase is just around the corner.

If You Find It Difficult to Adapt

Some people find it difficult to jump right into the Warrior Diet all at once. If this is your case, I recommend that you begin to practice it gradually. Here are two suggestions:

Gradually increase the undereating time.

Start by undereating from morning until noon, and then add an hour

or two per day. In a matter of a few weeks, you'll get used to it and will probably enjoy it. Remember, you're allowed to consume certain foods during the Undereating Phase. The Warrior Diet is not a water fast.

Gradually increase the days that you practice the Warrior Diet.

Start by practicing the Warrior Diet one or two days per week. Increase to three or four days the following week, then to five or six the week after that, and so on until you're fully adapted.

As I said, it's better for some people to ease in gradually than to jump in cold turkey, so take your time with the adaptation period if this is what you need.

Many of those who tried the Warrior Diet have said that they almost immediately experienced such tremendous improvement, both physically and mentally, that they felt confident they were on the right track and found it quite easy to change their eating habits. Do what's good for you.

WHAT TO CONSUME DURING THE UNDEREATING PHASE

THIS CHAPTER COVERS THE DIFFERENT FOODS and nutritional supplements you can consume during the Undereating Phase. At the end of the chapter I offer my review of protein powders, for those who like to consume them during the day.

As already mentioned, detoxification and keeping insulin at a minimal level are of prime importance during the Undereating Phase.

“Living” Foods

It's most important to consume live (raw) foods on a daily basis during the Undereating Phase. Live foods contain vital nutrients, enzymes, vitamins, and minerals that aid in daily detoxification. The importance of live foods goes beyond the vitamins and minerals you get from them.

“Living” foods are fresh, raw fruits and vegetables, as well as freshly squeezed fruit and vegetable juices. I mean really fresh fruits, really fresh vegetables, and really fresh juices, not those sold pre-made.

Living foods contain many vital live ingredients. They are the highest source of food enzymes, vitamins, minerals, and other phytonutrients in their most active state. They are critical for your health. When you ingest raw fruits and veggies, or freshly squeezed veggie and fruit juices, you reload your body with living enzymes. And every time you reload your body with living enzymes, you optimize your body to:

1. Detoxify and create an anti-aging effect.
2. Reduce inflammation, congestion, and pain.
3. Better digest the food that you will eat later during the Overeating

Phase.

4. Replenish your body with nature's life forces.

Processed Foods vs. Live Food

Most processing—including many cooking methods, heat, acid processing, and pasteurization—destroys the food's enzymes and probiotics (the friendly bacteria that colonizes your gastrointestinal system). Processing can denature protein and fats. However, special processing techniques, like controlled low-temperature, freeze-dried, or air-dried techniques, can preserve much of the vitality and integrity of living foods. You could say that the term “living food” is a relative matter. Fresh, raw foods are most alive, and from there it begins a downhill slide until food is technically dead. The processed-food industry does a wonderful job wrapping up and selling dead food in a way that makes it look alive and attractive. But, as a warrior, you should be able to tell the difference between what's alive and what's dead.

What To Drink

It's extremely important to drink a lot of fluids throughout the day, primarily water. Vegetable juices that are freshly prepared in a juicer are the best choice to complement your water intake throughout the day. Fruit juices, made in a blender with no additives, are also good. However, because of their sugar content, fruit juices should be your second choice. Minimize or avoid using fruits with a high glycemic index, like grapes or watermelon, because they contain too much sugar.

Natural stimulants like coffee are allowed, and you can add a trace of milk or milk-foam. Most teas are okay. Make sure that the coffee and tea are not made with sugar or sugar substitutes to avoid over-triggering an insulin response or forcing your body to work harder as it attempts to detoxify chemical sweeteners. Every time you overtrigger insulin response during the day, you may block the benefits of undereating and can jeopardize the whole plan. Stay clear of all soft drinks.

I personally like to drink carrot and ginger juice. Sometimes I add beets or parsley to the mixture. It's delicious, detoxifying, and a very

good source of minerals, vitamins, phytonutrients, and food enzymes. The naturally occurring sugars in veggies (like carrots) are not simple processed carbs; they're naturally bound to other compounds including fiber particles, vitamins, trace minerals, and phytonutrients, all of which play important roles in sustaining a healthy metabolism. You can have veggie juices every few hours. Drink them slowly, but within ten minutes after they are prepared to ensure that you'll receive all their live nutrients.

What To Eat

Fruits

Eating whole fruits is allowed and recommended (in moderation) during the Undereating Phase. Since you don't want to spike insulin, it is best to consume low-glycemic fruits that provide a lot of nutrition, such as berries (blueberries, blackberries, raspberries, strawberries, etc.). I highly recommend berries because they have a good ratio of vital nutrition to sugar—meaning they contain a lot of minerals, vitamins, and phytonutrients, but not much sugar. Some berries, such as blueberries, raspberries, and amla berries, have healing properties and contain potent antioxidant as well as anticancerous properties. Note that amla berries are the highest natural source of vitamin C and also are a rich source of alagic acid, which has shown the capacity to destroy cancer cells. Berries can complement the digestion of high-protein meals. Warriors ate berries seasonally during the day.

Eating an “apple a day” is another good choice during detoxification, as are pears. Tropical fruits like papayas, mangoes, pineapples, as well as grapefruits, oranges, and kiwis are good, too. They are very dense fruits and contain lots of vitamins and enzymes. Citrus fruits are rich in flavonones, which have protective properties against estrogenic chemicals.

“Live” (Raw) Vegetables

During the Undereating Phase you can eat raw green vegetables of any variety. They will detoxify without taxing too much insulin. Save the

cooked vegetables for the Overeating Phase. If you really want to have cooked vegetables once in a while, it's best to have them steamed. Don't eat many because they can overload your system.

Live Enzymes—Rule of Nature

There's a rule in nature that all living foods contain their own self-digesting enzymes. When you process food, enzymes are destroyed, so the food moves through your system without digestive help, and it robs the natural enzyme pool of your body.

When the body is depleted of enzymes, it starts to compromise digestion. And when digestion is compromised, your health is compromised.

Live Minerals

The best and most accessible minerals are those naturally derived from live foods. These minerals are more potent, naturally ionized, and better assimilated by your body. For example, carrot juice is a wonderful natural supplier of live potent minerals and electrolytes, which alkalize and nourish your system instantly.

Natural minerals should taste good when you put them in your mouth. Wild animals lick salty rocks to ingest the minerals as they need them. In the past, people did, too. You'll be able to know whether you need minerals or not by your taste buds. As long as you're depleted of minerals, they'll taste good. Once enough is ingested, they no longer will. Synthetic minerals are another story. They taste like chemicals; therefore, you can't taste and balance them orally.

Having the right amount and balance of minerals in your system prevents food cravings. A deficiency of even one mineral may create a craving for a certain food. For instance, a zinc deficiency may create a craving (or even a deep, excruciating hunger) for protein, like meat and dairy, which are naturally high in zinc. Some people crave something—but they don't know what. It may well be due to a mineral deficiency.

Protein

If you feel it's necessary, you can eat small protein meals made with light, preferably fast-assimilating proteins such as yogurt, kefir, or whey protein. Remember, though, that you're detoxifying your body, so it's important to let your digestive system rest—this is why I recommend minimizing protein intake/per serving during the Undereating Phase. To minimize the stress on your digestive system, use good-quality lean protein that is easily digested, such as plain yogurt, kefir, cottage cheese or whey protein, poached or boiled eggs, or sashimi. Don't mix proteins; and limit the amount to no more than 8 ounces per serving. You can also choose to have a handful of raw nuts, such as almonds, instead of lean protein, preferably starting in the afternoon hours. I like to use my own protein powder, made from a proprietary blend of pesticide-free whey and milk protein with air-dried organic colostrum that has been taken from the first milk of lactating cows. Colostrum is the first fluid secreted by the mammary of a lactating mammal, just after a birth. Colostrum is believed to mimic the nutritional composition of human mother's milk and thus contains some unique immune supportive properties and tissue-repairing properties which regular milk doesn't.

Recovery Meals

Active individuals who exercise during the day should have a recovery meal after training, made from fresh fast-assimilating proteins such as whey or milk proteins (15–30g), together with low-glycemic carbs such as rice or oats (10–25g). After exercise, the body is in a peak metabolic potential to absorb amino acids and other nutrients into the working muscles. This highly anabolic potential diminishes within three to four hours after exercise. Timing of recovery meals is therefore critically important for overall recuperation, muscular development, and strength gain.

Protein Utilization

It's important for everyone who eats protein to understand protein utilization—especially so for athletes and bodybuilders who ingest so much protein to build their muscles.

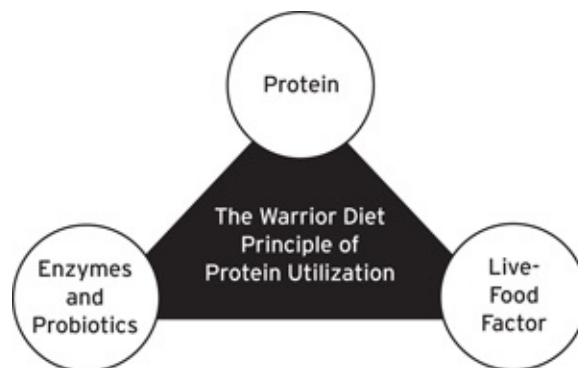
The Undereating Phase of the Warrior Diet should potentiate your

body to handle the Overeating Phase. One of the top priorities of the Warrior evening meal is protein, and proper protein assimilation is vital for your health.

Many athletes and bodybuilders reach a plateau, even though they exercise intensely and consume large amounts of protein daily. In my opinion, malabsorption of protein is one of the main reasons for this. With all the ads and information blitzed by the media, there's still a lot of confusion regarding protein utilization. Without it, you cannot reach the peak anabolic state you need to build muscle and repair tissues. There's more to this, so bear with me. Let's now cover these two essential issues regarding protein: I am referring to protein utilization and the quality of protein consumed.

Principles of Protein Utilization

The principal rule for protein utilization appears as a triangle. The top point is protein. On the lower left point of the triangle are enzymes and probiotics (the friendly bacteria in your intestinal tract), and on the right side is the live-food factor (which gives protein its integral structure). In this case I am referring to un-denatured protein (which has not been denatured, broken, or twisted). Protein should be minimally processed and sustain its integral composition of amino acids. The "triangle" is an organic structure, and each of the angles needs the other to be complete. Protein can never be fully digested without the help of enzymes, and enzymes cannot be completely potentiated without probiotics. To fully utilize protein you must optimize all three factors: enzymes, probiotics, and the live-food factor.



Protein Digestion (How It Works)

Protein, as you now know, needs digestive enzymes to be broken down. Letting your body reload its enzyme pool during the Undereating Phase is therefore critical for protein utilization and digestion, especially if you ingest large amounts of protein during the evening meal. Finally, probiotics help complete digestion and allow protein to be utilized more efficiently by breaking down waste toxins and undigested protein particles into harmless substances.

Carbohydrates

No carbohydrates, other than fresh vegetables and fruits, should be ingested during the Undereating Phase. This includes bread, cereals, muffins, pastas, corn, potatoes, rice, barley, any other starchy foods, as well as candy, pastries, and all other sweets. None of these are allowed during the Undereating Phase.

Note that endurance athletes and individuals engaged in prolonged drills can have a bowl of oatmeal or barley an hour before training.

Professional Athletes and Extremely Active People: Go to Chapter 6, the section titled ““The Warrior Diet Daily Food Cycle,” and also the end of Chapter 9, the section titled “Conclusions for the Modern Warrior / The Historical Role of Nutritional Carbohydrates” for information tailored to your specific needs.

Enzymes

Enzyme-Loading for Anti-Aging

There’s a connection between your body’s pool of enzymes and your health. When your enzyme pool is loaded, enzymes run directly to your blood from the digestive tract and induce beneficial health effects, including anti-inflammatory and antioxidant effects. A negative correlation has been found between the body’s enzyme pool and aging. In other words, the fewer enzymes you have in your body, the faster you age.

So, by reloading your body with enzymes, you may slow the aging process, rejuvenate your skin, and even recycle muscle tissues. Enzyme

reloading means letting your body recycle and synthesize its own enzymes as well as ingest enzymes from food, thereby having more potent available enzymes than are actually needed for digestion, preferably on an empty stomach.

Enzymes act also as a cellular intermediary in hormonal synthesis. They regulate numerous functions that sustain the integrity of the cell and the whole body. In conclusion, undereating during the day while reloading your body with live food enzymes will give you more vitality and will accelerate healing.

Burn Fat by Loading Your Body with Good Fat

There is a link between a lipase deficiency (enzymes which break down fat) and obesity. Loading your body with lipase derived from live food—like raw avocados, raw nuts, and raw seeds—may help ensure proper fat metabolism. The fat content in nuts and seeds is rich in phytosterols, known for enhancing sex hormone production in men and women. Don't listen to those who tell you to avoid avocados or nuts because of their high-calorie, high-fat content. Quite the opposite. These foods in their raw state may help accelerate fat burning, increase libido, and resist aging.

Note: It is best to consume high-fat raw foods, such as avocados and nuts, at night during the main meal so as not to overtax your digestive system during the Undereating Phase. Do not combine nuts and seeds with grains or sugar. These high-fat foods work best in a low-glycemic environment.

Enzyme Loading

I believe strongly in the importance of enzyme loading and even supplementation, particularly for people who suffer from enzyme deficiencies or digestive problems. Young people usually don't need enzyme supplements as much, but the older one gets, the more necessary they often become. They're also helpful for athletes who eat more (usually protein) than the average person. Digestive enzymes are vital to your health on a variety of levels:

Immuno-Protective

In addition to breaking down food, digestive enzymes work as a first defense against pathogenic invaders in the stomach, destroying bacteria and fungus.

Anti-Inflammatory

Protease enzymes (enzymes that break down protein) have anti-inflammatory properties. People suffering from injuries or arthritis can benefit from them, as can those who experience inflammation in muscle tissue after a workout. Enzymes (like bromelain) can counteract inflammation and may help reduce water retention.

Anti-Allergenic

Many people suffer from food allergies and allergic reactions due to undigested food particles in the colon and blood. Undigested food causes toxicity, inflammation, and water retention, often leading to a total metabolic decline. Your body recognizes it as a foreign invader, thus triggering an allergic reaction. Digestive enzymes may help combat these problems, preventing leakage of undigested food particles into the circulation.

Metabolism

Loading your body with enzymes may help enhance fat and carb utilization for energy and thereby help sustain your energy, strength, and health.

Supplements for the Undereating Phase

During the Undereating Phase you shouldn't overload your body with synthetic vitamins and minerals. If you choose to take supplements, make sure they're from a natural source and made by a reliable company. Do your own research to make informed choices because taking the wrong supplements can hurt you. Some can be toxic just because they're not assimilated, and may be deposited in the wrong places. For example, taking excessive synthetic B vitamins may cause high metabolic stress, adversely affecting organs such as the liver and kidneys. Ideally, you can live quite well with proper nutrition and minimum supplements.

Nevertheless, there are some supplements that I often recommend for people during the Undereating Phase.

Probiotics

Probiotics are the friendly beneficial bacteria in your digestive tract. They're necessary for healthy digestion and may be the first line of

defense in disease prevention.

The main function of probiotics is to aid in the efficient absorption of food, vitamins, and minerals. They secrete antibiotic substances that destroy harmful pathogenic bacteria, yeast, and parasites, and thereby help you digest and assimilate your food (and thus use protein optimally).

The human gastrointestinal (GI) tract is supposed to contain 85% “good” bacteria and 15% “bad” bacteria. Unfortunately, many Westerners today have the opposite ratio. When our ancestors consumed fresh plant life thousands of years ago, they unknowingly ingested large amounts of these beneficial microorganisms. However, with the advent of modern farming techniques, which use chemicals such as pesticides, herbicides, and fungicides, these essential microorganisms have been greatly depleted from our food supply. Therefore, supplementation is often needed. Probiotics are abundantly found in naturally fermented foods including sauerkraut, miso, yogurt, and kefir.

Minerals

The most important supplements are minerals, especially if you exercise during the day or are under stress. During the Undereating Phase, especially when burning fat, toxins are released into the blood. Essential minerals will chelate (bond to and transport) a lot of the toxins out of your body and keep your hormonal levels intact. Live, potent minerals are also the first defense against radiation.

Unfortunately, mineral supplements don't seem to be a priority for most people, and the ignorance of them is stunning. Research indicates that many athletes and bodybuilders are deficient in several essential minerals like magnesium, potassium, calcium, and zinc. Sometimes a deficiency occurs due to a mineral imbalance in the body. For example, if you take too much calcium, you may actually deplete your body of magnesium and zinc, and vice versa. Each mineral is essential for different bodily functions, and a deficiency in even one of them might lead to unpleasant symptoms and metabolic disorders.

Magnesium deficiency is one of the main causes for tension headaches and nervousness. Zinc deficiency can cause chronic food cravings; copper deficiency might rob you of your sex drive. Chromium deficiency

could cause insulin insensitivity that might lead to hyperglycemia, and possibly even diabetes in a later stage. The list of mineral deficiencies is a long one. Most importantly, active people can deplete themselves of minerals in a matter of hours, especially during the summer months. When you practice controlled fasting, it's important to "max up" your minerals. Warriors in the past were aware of the essential role of minerals. Salt was a precious commodity and people used to trade mineral salts for gold.

I usually recommend taking a multivitamin and minerals supplement that contains the right balance of minerals. Magnesium is essential not just for relaxing muscles and therefore avoiding muscle cramps and spasms, it's also necessary for maintaining hormonal levels, especially testosterone. Zinc is important for your glandular, reproductive, and immune systems. Active people especially need it. It's best to take the multimineral supplement before or right after your workout. Minerals help alkalize your body and thus protect it from the acidic side effects of physical and mental stress.

Note: Minerals should not make you nauseated if you use ones that are derived from a natural source.

Vitamins/Antioxidants/Herbs/Brain Boosters

For extra protection against free radicals and to accelerate detoxification, there are certain vitamins and antioxidants that should be taken in the morning or during the day:

- Natural amla C with bioflavonoids. Amla C is the best source of natural vitamin C with bioflavonoids and alagic acid. Natural vitamin C is believed to be hundreds of times more bioactive than synthetic C and therefore requires lower dosages. It is best to take vitamin C in the morning (100–500 milligrams).
- Grapeseed extract is an antioxidant that is believed to help aid in the detoxification process, elimination of free radicals, and rejuvenation of tissues (100–300 milligrams).
- Multivitamins: Many people suffer from vitamin deficiencies. Stress, excessive alcohol consumption, smoking, and intense physical exercise may deplete your body of its B vitamins and vitamin C, E,

and A. Taking a good-quality multivitamin each day is a way to ensure an adequate vitamin supply in your body. Nevertheless, I recommend that people take a few extras as well, simply because the dosage amounts of certain vitamins (such as vitamin C) in some multivitamins are too low. You can take the multivitamin in the morning or at night with your main meal. Those who work out in the morning or during the day may want to take a multivitamin and minerals afterwards, because exercise depletes essential vitamins and minerals from the body. The best vitamins and minerals are those derived from natural sources rather than synthetic sources.

Antioxidant Treat

Another option is to take bilberry, blueberry, or elderberry powder out of the capsule and mix it with a half teaspoon of raw honey. You can then mix this paste with water or chew it as is first thing in the morning. The purple pigment in berries like bilberries, blueberries, blackberries, or elderberries is a most effective antioxidant. This is a natural alternative to popping grapeseed or pignogenol capsules, is much cheaper, and you can enjoy it while benefiting from it at the same time.

Ginseng (Panax and Siberian)

Ginseng is an adaptogenic herb, meaning an herb that helps you adapt to stress. I find ginseng to be a good natural stimulator and substitute for caffeine (for those who are sensitive to caffeine). I like to alternate between these two natural stimulants (ginseng and caffeine) so that I don't overdo either of them. Please note that all of my suggestions for supplemental stimulants and herbs are optional.

Ginseng could be especially helpful during the Undereating Phase. Besides being a great aid against stress, it contains antioxidant and healing properties. Both ginseng and ginkgo biloba are believed to be aphrodisiac herbs. They boost the body's own production of nitric oxide, which plays a vital role in regulating blood pressure. Nitric oxide is also essential for getting and maintaining erections and for sexual potency. Ginseng has been used for thousands of years. Today scientists believe it contains more beneficial properties that still need to be researched.

I like to mix ginseng with a half teaspoon of raw honey. I use panax during the day or Siberian ginseng at night. I enjoy the taste and aroma

of this bittersweet herb. The honey makes it more edible and I believe it helps in the delivery of its nutrients. (Panax is a pick-up herb, while Siberian ginseng is more of a sedative.)

Ginger

Ginger is a warming thermogenic herb with anti-inflammatory properties, and one of the best natural digestive aids. Gingerol, the active ingredient in ginger, possesses natural antibiotic properties, which makes it a most viable herb for detoxification. I mix ginger powder (200–500 milligrams) with a half teaspoon of rice syrup. It tastes like a hot candy, freshens your breath, cleans your mouth, and warms your body. I have this during the day. I also like to add fresh ginger to veggie juices that I drink during the Undereating Phase.

Liver Detoxifiers

Herbal detoxifiers for the liver include *Picrorhiza kurroa*, *Bacopa monniera*, amla, chicory, *Gotu kola*, *Boerhaavia diffusa*, *Eclipta alba*, and *Andrographis paniculata*. These herbs have been used traditionally as liver tonics for cleansing, jaundice, and protection against ethanol (alcohol) toxicity. There is growing evidence of their therapeutic properties. For instance, studies reveal that certain phenolic compounds in chicory (esculetin) were found to inhibit oxidative degradation of DNA. Amla contains a most unique spectrum of antioxidants, believed to be two hundred times more powerful than synthetic vitamin C. Gotu kola has been important in the medicinal system of central Asia for centuries. *Boerhaavia diffusa* has been used traditionally as a diuretic and also for detoxification. Other liver detoxifiers including *Eclipta alba* and *Andrographis paniculata* have shown substantial hepatoprotective properties against chemicals and alcohol as well as substantial enhancement of bile flow, which is critical for fat metabolism.

Male Virility Enhancers

These include *mucuna* and various estrogen inhibitors. Mucuna has been mostly used to enhance male virility, yet it also has anti-inflammatory properties. The seeds contain L-dopha, which has been studied for use in

Parkinson's disease. L-dopa promotes dopamine production, which in turn enhances testosterone activity and overall feelings of vigor and well-being. For estrogen inhibitors, see the section below.

Kidney Detoxifiers

Shilijit, *Tribulus terrestris* (the fruit), *Boerhaavia diffusa* (root), cardamom (fruit), and triphala (fruit) are plant substances that have been used traditionally to maintain kidney health. Some of them have diuretic and detoxifying properties (boerhaavia, tribulus), whereas others help enhance digestion, elimination, and rejuvenation, thereby lowering the overall metabolic stress on the kidneys (cardamom, triphala).

Shilijit

One of the Himalayan herbs with a long history of use, shilijit has been a traditional treatment for various ailments and injuries, as well as immune support. Shilijit is a great source of trace minerals. It is also rich in essential acids, all of which work as potent anti-inflammatory agents. Shilijit can be beneficial in cases of injury, muscle soreness, or inflammatory disease. It has been traditionally used to enhance liver and kidney detoxification.

Ashwagandha

This plant has long been used medicinally in India and Africa as an adaptogen, anti-inflammatory, fever relief agent, and as a first defense against infections. It is also believed to enhance brain functions, aid in memory, and increase resiliency to fatigue. The active ingredients in ashwagandha, including anolides and flavonoids, were found to induce anti-inflammatory, antioxidant, anti-tumor, and brain boosting effects. Ashwagandha can be used as a general adaptogen (tonic), as a brain "pick up" agent, and also as an anti-inflammatory and adrenal supportive aid to enhance recuperation from physical exercise or injury.

Prostate Healing Herbs

Prostate healing herbs have been traditionally used to alleviate prostate

enlargement symptoms and reduce the risk of cancer. Prostate healing herbs work systematically on the detoxifying organs—the liver and the kidneys; they also support a healthy hormonal balance and help enhance the body’s defenses against harmful inflammatory substances. These herbs include: Triphala fruit, guggul gum, wild yam root, neem leaves, coriander seeds, milk thistle seed, sandalwood, pumpkin seeds, garlic rhizome, and *Embilica officinalis* fruit.

Blood Sugar Stabilizers

The following herbs have been traditionally used to stabilize blood sugar by enhancing insulin sensitivity and supporting utilization of carbohydrates for energy: asphaltum gum, neem leaves, *Gymnema sylvestre* leaves, cinnamon, and fenugreek seeds.

Brain Boosters

There are natural ways to boost brain neurotransmitters throughout the Undereating Phase. The “empty-stomach factor” can accelerate the delivery of certain amino acids and nutrients to the brain. By crossing the brain barrier, these nutrients can boost mood, alleviate depression, and give you a feeling of well-being. Following are some of these brain booster supplements.

Glutamine

Glutamine is a free-form amino acid that nourishes the brain as a daily fuel. The main fuel for the brain is glucose, but when glucose supply is short, the brain converts glutamine into glucose and uses it as a reserve fuel. Glutamine also works as a neurotransmitter, boosting the feeling of well-being and assertiveness.

The Undereating Phase is the best time to take glutamine supplements. When you take this amino acid on an empty stomach, it will cross the brain barrier and do its job as a brain booster. However, when glutamine is taken with food, it won’t reach the brain. The body will use it as fuel, or to replenish the lining of the digestive tract.

Glutamine is believed to be a stress-hormone blocker. On top of all

this, glutamine is essential for the anabolic process. This amino acid is found in very high concentration in the muscle tissue. Every time you are under physical stress, your muscles lose glutamine. Maintaining a proper diet should be adequate to supply your body's demand for glutamine. Most protein foods are rich in glutamic acid, which converts to glutamine in the body. Nevertheless, it's worth considering glutamine supplementation during the day if you want to boost your mind and muscle performance. Use the advantage of the empty-stomach factor through the Undereating Phase to ensure maximum glutamine absorption.

Tyrosine and SAM-e (s-adenosyl methionine)

Tyrosine and SAM-e (an active metabolite of the amino acid methionine) may boost your dopamine and acetylcholine (major brain neurotransmitters) if you take them on an empty stomach. Boosting your dopamine will improve your mood, making you more alert and excited to face the day. High dopamine is linked to an increase of growth hormone. In an indirect way, dopamine keeps testosterone levels high by blocking prolactin (the female hormone that stimulates milk production, which adversely affects men's virility).

Estrogen Inhibitors

Certain compounds in food and plants have shown the capacity to inhibit estrogen and protect the body from the harmful effects of estrogenic chemicals in the environment, food, and water. The most potent anti-estrogenic foods are cruciferous vegetables, omega-3 oils, citrus fruits, onion, garlic, and dairy products made from grass-fed animals. The most potent anti-estrogenic herbs are indoles derived from crucifers, apigenine derived from chamomile flower, and chrysin (5,7 dihydroxy flavone) derived from passion flower.

(For more information on this topic, see *The Anti-Estrogenic Diet*, North Atlantic Books, 2007.)

Protein Powders: A Review

For athletes or bodybuilders interested in keeping their protein consumption high during the day, protein powders could be an instant alternative to cooked meals. However, it's very important to choose the right one. Protein powders are divided into three groups: dairy, soy, and egg.

Whey Protein

Whey (a dairy protein) is considered by many nutritionists to be one of the best powders for its immuno-supportive properties. It's also a complete protein food. A good whey protein powder should contain two factors to make it viable and potent:

1. *Immunoglobulins*—proteins that support the immune system by containing compounds that trigger immunity antigenic activity against pathogens and infections.
2. *Growth factors*—these translate in your body as growth hormone derivatives, promoting tissue repair, muscular development, and rejuvenation.

Commercial When Protein

Unfortunately, most commercial whey protein manufacturers compromise on the immunoglobulins (the protein that supports the immune system). And, as far as I know, none contain any growth factors. Growth factors (especially IGF-1) are bound to the fat globules of the raw dairy. Hightemperature processing, pasteurization, and removal of the fat completely eviscerates commercial whey powders of their natural healing properties.

To top it all, many of these powders are loaded with estrogenic chemicals. The beef and dairy industries use estrogenic hormones to increase cattle weight and tenderize the meat with layers of fat. Prolactin (a milk-producing hormone) is often added to the drug mixture to stimulate milk production. Prolactin has a devastating blocking effect on testosterone. Derivatives of all these toxins may appear in the milk and products that are derived from milk, unless they're made from organic milk.

Do your own research. Look for products made from pesticide-free, hormone-free dairy and check the processing methods and ingredients used.

Lactoferrin, the Magic Bullet

Lactoferrin is a major immune-supportive protein in mother's milk that protects babies from bacterial infections. It's also the best iron scavenger. Lactoferrin is abundant in good-quality colostrums and whey protein, but it rarely appears in commercial dairy protein powders. Lactoferrin can be beneficial in more than one way. In addition to its iron scavenging abilities, lacto-ferrin deposits iron in places where the body really needs it.

Iron oxidation is a tremendous problem, not just because it can toxify the tissues, but also because it feeds the bad bacteria in your intestinal tract, such as the pathogenic bacteria that cause yeast infections.

Some researchers believe that lactoferrin has anticancerous properties, and scientists surmise that lactoferrin contains other healing properties, including the possibility that it may eventually combat chronic diseases such as AIDS and cancer. These issues need further research. Nonetheless, based on current data, lactoferrin could be one of the most promising "dairy derivative" healing aids in the future.

Dairy Protein Powders

Regrettably, whey protein powders are not the only protein powders with problems. Most dairy protein powders on the market today are just not "clean." For instance, dairy protein powders (the most highly consumed protein powders) are generally produced cheaply with overaggressive processing methods. As a result, they often contain damaged protein and toxic byproducts.

This can have a terrible effect on your body. Besides being toxic, what's possibly most upsetting is that some of their damaged or twisted protein is deposited in body tissues, compromising the integrity of the tissue fibers. Such products may eventually damage lean tissues in your muscles or skin. Pasteurization alone can potentiate negative side effects. The process separates the milk from the friendly bacteria within it,

which is killed by the heat. The acidity of pasteurized dairy also increases to the point that it's no longer natural (raw milk has neutral to alkaline pH). Since raw (unpasteurized) milk is illegal in many states, the only alternative I know of is low-temperature processed, freeze- or air-dried pasteurized dairy powders, which retain most ingredients in their natural state.

Soy Protein Powders

I don't use soy protein powders. There are several reasons why:

- Pasteurized processed soy powder loses a lot of its nutritional value when compared to the whole soybeans.
- Soy protein is high in protein-inhibitor substances, like phytates, which may also inhibit mineral digestion and iodine absorption, thereby impairing thyroid hormone production. (An under-active thyroid leads to slow metabolism, fatigue, and impotence.) The Undereating Phase requires that you eat only protein that's easily assimilated, which does not include soy.
- Soy protein contains isoflavones that may accelerate an already existing estrogenic disorder in some people. Soy isoflavones are estrogenlike substances that have been shown to bind to estrogen receptors in the body and mimic the actions of the hormone estrogen.
- Many people are sensitive to soy. Soy is one of the most allergenic foods, especially when it's highly processed.
- Most soy powder supplements are loaded with fillers and gums that may irritate your guts and cause bloating and pain.
- The fiber in textured vegetable soy protein is harsh and tough. I don't recommend it for anyone who has a sensitive digestive tract. This said, sometimes I like to have whole soybeans (edamame) during the Overeating Phase as a complementary source of protein from whole food. The isoflavones in whole soybeans are less bioactive than those in soy protein isolate or tofu, and thus can be neutralized by the liver before inducing any estrogenic effects.

Egg-Protein Powders

I personally do not consume commercial egg-protein powders. However, whole fertile or organic eggs are a very good source of protein, minerals, vitamins, nucleotides, and essential fatty acids. Unlike sterile eggs, fertile eggs carry both X and Y chromosomes.

Therefore, I recommend consuming eggs, preferably fertile, mainly for the Overeating Phase, but once in a while it's okay to eat eggs during the Undereating Phase. Make sure that you consume the whole egg, with the yolk. Those who like to consume egg whites only as a source of protein should try to keep a ratio of about four egg whites to one yolk. The yolk contains many vital nutrients, so don't skip it.

Summary of the Undereating Phase

Once you have finished the Undereating Phase, you've kept to the priorities of detoxification. You let your body reload its enzyme pool, optimized your glandular and hormonal systems, and stabilized your insulin. You turned your body—naturally—into a highly energetic, fat-burning machine.

It's best to exercise now to accelerate these effects even further. But, since the Warrior Diet is, after all, a diet, I'll complete the diet section first, and we will deal with exercise in the "Warrior Workout" chapter. Besides, you may only wish to incorporate the diet components into your life. I strongly believe that a very good way to start on the Warrior Diet is by following the diet elements first. This alone will probably do the job. Moreover, it may stimulate even sedentary people to begin some kind of physical activity, due to all the extra energy people generally feel when they become warriors.

In the next chapter you'll learn how to practice the Overeating Phase of the Warrior Diet.

Foods and Supplements for the Undereating Phase

- Live (raw) fruits and vegetables
- Freshly prepared fruit and vegetable juices
- Yogurt, kefir, pesticide-free whey and milk protein shakes, poached or boiled eggs

Optional:

- Handful of raw almonds (starting in the afternoon hours) *Supplements Recommended:*
- Multivitamin and minerals
- Amla C
- Probiotics
- Estrogen inhibitors
- Liver detoxifiers
- Blood sugar stabilizers

Optional:

- Grapeseed extract
- Ginseng
- Ginkgo biloba
- Ginger
- Glutamine
- Tyrosine
- SAM-e
- Enzymes
- Prostate healing herbs

THE OVEREATING PHASE

OVEREATING GENERALLY MEANS EATING MORE than normal. But what is “normal”? When people refer to the term “normal” they usually think it relates to a standard that all should live by. However, what many people call “sensible eating” doesn’t always make sense to me. And today “normal” certainly isn’t a clear-cut indication of quality. I feel it’s high time to reconsider and reevaluate the concept of overeating. I’ll explain why and how overeating can work for you in short order.

You’ve now reached the point that it’s time to eat your main meal. Your body is conditionally depleted of carbohydrates. Your hormonal levels are at their height, and their effects are accelerated even more if you’ve just exercised. Your growth hormone has picked up, and your enzyme pool is fully loaded. Most important, your insulin level is at peak sensitivity, which is one of the biggest advantages of the Warrior Diet.

Put simply, your body is ready now to consume large amounts of food without gaining fat. This is the best time to eat as much as you need and enjoy this wonderful sense of freedom.

The Overeating Principles

Overeating sounds like a lot of fun. As a matter of fact, it is! But there is an order to this “piggin’ out” thing. You need to know *how to overeat* during your main meal. The Overeating Principles are based on Three Rules of Eating:

Rule #1: Always start with subtle-tasting foods and move to the more aggressive.

Rule #2: Include as many tastes, textures, colors, and aromas as possible in your main meal.

Rule #3: Stop eating when you feel much more thirsty than hungry.

I highly recommend that you start with raw veggies, and then move to cooked food including vegetables, protein, and carbs. Another option is to substitute carbs with high-fat foods such as raw nuts and seeds. To fully enjoy your meal, try to prepare the food in a way that will incorporate as many tastes, textures, colors, and aromas as possible.

Finally, you should be able to stop eating instinctively—either when you feel pleasantly satisfied, or when you become significantly more thirsty than hungry.

There is of course much more to it, but once you understand these basic rules, you can practice overeating and reach the goals of this phase of the diet. The second part of this chapter goes into more detail on these three rules.

Instinctual Eating

The Overeating Phase does not involve guilt or obsessive self-control. You should find that by following the rules you'll create a way of eating that is more instinctive. By trusting your instincts, you'll experience a sense of freedom and real satisfaction. Having a sense of freedom is necessary to be truly happy.

The Goals of Overeating

- Enhance your recuperation (repairing tissues and building muscles)
- Boost your metabolism
- Replenish your energy reserves
- Nourish your body and mind while providing a sense of pleasure and full satisfaction
- Experience a sense of freedom (guilt-free)
- Retrain to eat instinctively

Controlled Overeating

The Science Behind Overeating

I'd like to address the issue of overeating. This is a controversial topic, so please bear with me.

Briefly, when people practice overeating after undereating, their body changes to a more thermogenic and highly metabolized state. The brain receives a signal that it should elevate metabolism in order to burn the extra energy coming from food. On the whole, when one overeats after a controlled fast, nutrients are assimilated at a greater rate, there is an acceleration of the anabolic process of repairing tissues and building muscles; a replenishment of depleted glycogen reserves and intramuscular triglycerides (special high-octane fat fuel in the muscle); and there's an increased secretion of dopamine, thyroid hormones, and sex hormones. If overeating is practiced regularly, your body's metabolism will remember this, and while adapting to these daily big meals, it will most likely become metabolically faster and more efficient than before.

Many people have lost the capacity to enjoy the subtle taste of whole food; if you're one of them, you should know that it's fairly simple to retrain your taste buds. As noted, after the Undereating Phase, your taste buds are very fresh and sensitive, so that's the best time to train yourself to acquire subtle tastes.

Exploring the Advantages of Overeating: Metabolic Acceleration Per Meal

Scientific studies indicate that there's a correlation between our metabolism and how many calories are consumed per day. However, as far as I know, no studies have been conducted on the correlation between our metabolism and the amount of calories consumed per meal. I truly believe that the amount of calories consumed per meal is the bottom line.

The Fasting–Overeating Cycle

Studies by Dr. Mark Mattson, Professor in the Department of Neuroscience, Johns Hopkins University, and colleagues at the National Institute on Aging (2003) have shown that mice who followed intermittent fasting (one day fasting followed by overeating twice the amount of daily calories the next day) were surprisingly provided with substantial benefits, including increased life span, reversal of diabetes, and increased resilience to age-related brain damage. Researchers

speculated that the cycle of fasting-overeating affects the brain similar to the way physical exercise affects muscles.

Adaptation to Big Meals

Let me give you an example of how adaptation works. People can walk for two hours every day without noticing any improvement in muscle, strength, or speed, but if they sprint for only five minutes a day, they will most likely notice improvement in both strength and speed. So, it's not necessarily the length of time spent exercising, it's the intensity of the exercise. Coming back to the subject of diet, the question remains: Is it the intensity of the meal that will dictate your body's metabolism? My answer is yes. That's the way I experience it.

Overeating: A Primal Instinct

The Warrior Diet is the only diet that explores the advantages of overeating. Let me say something to all those who overeat and then feel guilty. You feel guilty because you didn't know that a deep, primal instinct drove you to overeat—an instinct that we have most likely inherited from our late Paleolithic ancestors who were night eaters, cycling between periods of famine and feast (undereating and overeating). Many people binge late at night when exhausted from a rigid, obsessive, daily self-control. That's usually the time when inhibitions are broken down and the alleged "demons" come out. But these are not demons. If you know how to use this instinct in the right way, it can work for you instead of against you.

The Three Rules of Eating

First Rule: Always Start with Subtle-Tasting Foods and Move to More Aggressive-Tasting Foods

Start with raw veggies, then move to protein and cooked veggies, and finish with carbohydrates, or alternatively, high-fat foods such as nuts and seeds.

Subtle Tastes

The first rule of eating is to start with subtle tastes (the tastes that nature gave us—free of processing, fried foods, and sugar). If you start with food that has more aggressive taste and then move back to a more subtle one, your body won't react as well.

Everyone can develop a subtle taste, and it's very important to do so. After a controlled fast, you already start to develop a subtle taste, and the foods that possess the subtlest tastes are actually raw vegetables. Soon after starting the Warrior Diet, you should find that you'll begin to enjoy eating raw (live) vegetables.

The American diet is too aggressive—too much sugar, salt, fried fats, and overly processed foods. It's hard to enjoy natural food when one is used to aggressive tastes. In the past, food was more natural and subtle. People didn't have access to refined sugar. Honey was scarce. I believe the human body is basically built for subtle, whole-food tastes. But taste buds today have been dulled from being fed an aggressive, overly processed diet from an early age.

It's okay to combine protein and carbohydrates. However, if your goal is to lose weight, have the carbohydrates at the end of your meal. Following this method can also prove effective for those who like to rotate between high-fat days and high-carbohydrate days.

Note: People who suffer from blood sugar problems should shift from carb to fat-fuel foods until their blood sugar stabilizes.

If you choose to consume more natural food, you'll develop a subtle taste rather quickly and will begin to find it unappealing to eat foods that are too aggressive. Even after just a few months people tell me that they no longer crave fast-food meals. This is the truth; they say that they'd rather have salad greens, steamed veggies, a stew, broiled fish, chicken, or a steak.

How to Begin the Overeating Phase and Follow the First Rule

Begin the Overeating Phase with live (raw), leafy green vegetables. The greener they are, the better they are, and the denser they are, the better it is. Starting with a mixed green salad is a good choice. A handful of parsley, a cucumber, and some endive leaves can be added to your salad

as well as other vegetables such as tomatoes, raw onion, scallions, and olives. They'll enhance flavor, texture, and the salad's nutritional composition. The amount to consume is optional. Use your instincts.

There are several reasons to start the meal with live food (raw vegetables):

- Your stomach lining is very sensitive, and when you first ingest dead food, it doesn't react so well.
- Vitamins and minerals are absorbed more quickly when live (raw) greens are the first thing to reach the stomach.
- It's also healthy for the digestive system since raw foods are high in food enzymes, which are vital for optimum digestion and elimination.

If you prefer to have a low-glycemic fruit, such as berries, or a tropical fruit such as a papaya, mango, or pineapple as an appetizer, this is also allowed. Tropical fruits are good because they're very dense and contain a lot of digestive enzymes. As a general rule though, I'd rather you begin the Overeating Phase with leafy greens.

Second Rule: Include As Many Tastes, Textures, Colors, and Aromas As Possible in Your Main Meal

It's my strong belief that you should try to include as many different tastes, textures, colors, and aromas as possible in your main meal because doing so will deliver a complete feeling of satiety. If you miss even one of them on a regular basis, after a while you'll probably develop food cravings.

Aside from hot and cold, warm and cool, sweet and sour, salty and bitter, spicy and plain, tart, pungent, and astringent (the sharp, biting or harsh taste in foods, such as that in ginger and hot radishes), we know there are other factors, including aromas, colors, and textures, which also relate to and affect taste, and are vital to feeling satiety. The more variety you introduce in your diet, the better off you'll be. There are enormous possibilities. When preparing meals, you should try to incorporate this huge variety as much as possible. Combining them in the right balance is the art of cooking. Traditionally, meals were

prepared like this. (See Chapter 9, “Lessons From History,” for more on this topic.)

- *Tastes:* sweet, sour, salty, bitter, spicy, astringent, pungent, smoked
- *Textures:* hard, soft, crunchy, sticky, grainy, chunky, smooth, chewy, jelly, gummy, light, heavy, thick, thin, wet, and dry
- *Aromas:* related to all of the above, such as sweet, sharp, smoked, rich, aged—like cheeses or wine
- *Colors:* green, orange, red, yellow, purple, brown, white, black, blue
- *Temperatures:* hot, warm, room-temperature, cool, cold, frozen

Sensing Essential Nutrients

Different foods contain different essential nutrients. Your body can instinctively sense essential nutrients by sight, smell, taste, and touch (texture), and they activate pleasure sensors in your brain. There is a connection between cravings and nutrient deficiencies. For example, people who suffer from a mineral deficiency often crave salty foods, and those on a very low-carbohydrate diet often develop cravings for sweet foods.

Some natural foods, such as mother’s milk, contain all the tastes necessary to satisfy a newborn baby. Natural foods that contain all the tastes are usually the most nourishing. The main idea here is to prepare a meal that contains as many tastes, aromas, colors, and textures as possible, so one can reach full satisfaction and at the same time be nourished with all the essential nutrients.

Colors and Nutrition

The pigmentation in foods marks the presence of vital nutrients, flavonoids, minerals, or vitamins. There are different theories about how to combine food colors. Some suggest starting the day with bright colors, such as yellow, orange, and red, and finishing the day with purple,

black, and brown. Others believe that there's a correlation between the color of food and different inner energies. According to this theory, red stimulates sexual energy, while yellow and orange are spiritual energizers. Regardless, colors should never be taken for granted. This is one way of evaluating the nutritional quality of whole foods. Introducing a variety of colors in a meal will enhance the nutritional composition. It's also aesthetically pleasing and helps you reach satiety.

Saying all that, the most essential color is green. I believe that if a main meal has no green color, it is nutritionally inadequate.

Third Rule: Stop Eating When You Feel Much More Thirsty Than Hungry

How Do You Know When You Reach Satiety?

A lot of people say, "I eat and eat and never reach satiety." On the Warrior Diet you're going to gradually gain a sense of satiety. And the more you practice it, the more you will feel satisfied.

Generally, you're allowed to eat as much as you want, so you don't eat feeling guilty. And, the minute you start to become more thirsty than hungry, that's the first indication that satisfaction is coming. It means that you now need more water than food, and it's time to start thinking about finishing. Allowing your thirst to become a parameter for controlling your satiety is an instinctual matter. When you drink after dinner, you probably won't want to eat after that, because you'll feel like you gave your body exactly what it desired, and any more is unnecessary. Take a 20-minute break. See how that affects your hunger. It takes about that amount of time for satiety signals to reach your brain.

But if you're still hungry, you can eat again. There is no rule to stop. You're not going to gain body fat because, as I said, your insulin is at peak sensitivity, and your body is busy replenishing your depleted energy reserves.

You might get tired after eating your meal. Use this time for relaxation — read, watch TV, wash dishes, or do nothing, just as long as it makes you feel peaceful. However, it's best to wait at least two hours after finishing the meal before going to bed.

A Few Words on Hunger and Thirst

Your body has more sensitivity, in general, to hunger than to thirst. There is a common presumption that there's a sort of defect in our sense of thirst, so we often don't drink as much as we need to. In my opinion, one of the reasons why some people lack thirst-sensitivity is because of the following: if we were thirsty all the time, we simply wouldn't eat as much as we need to. And for active people this could be fatal.

Regardless, people who lack the ability to sense thirst are in constant danger of dehydration. Dehydration, as most know, can lead to headaches, fever, kidney stones, high-blood pressure, and even death.

It is believed that when you force yourself to drink on a daily basis, it helps develop a greater sense of actual thirst. Soldiers in the army go through this. When I was in the army, I remember being told to stand in line and drink a couple of liters of water before training. Let me note here that those who fail to supply their bodies with enough water put themselves in danger of compromising all metabolic systems. Without enough water, nutrient assimilation plummets, toxins are not eliminated, and the fat-burning process slows down. It's commonly recommended that adults drink at least 6–8 glasses of water per day; however, in my opinion you should try to gradually increase your intake beyond this amount, especially throughout the day, and during and after a workout. (I personally drink about one liter of water total during and after my workout.) Starting your day with a glass or two of pure water (with lemon, if you like it) is a great way to begin the detoxification and elimination process.

How to Instinctively Stop Eating

If you're one of those who has a large appetite and doesn't instinctively know when to stop eating, here's what you should do: once you reach the point that you feel significantly more thirsty than hungry, that's when you should start drinking and consider stopping eating. I'm probably the first one to tell you that the time to stop eating is not when you count your calories and say, "If I eat more I'm going to gain weight." And it's not because somebody told you to count the macro and micro nutrition. Stay away from all this guilt. You can eat unlimited

amounts from all the groups discussed. But when your body tells you that it's more thirsty than hungry (and it will tell you more and more as you practice the Warrior Diet), this is the time to stop. Take a break and drink a glass of water or cup of tea. If after 15 or 20 minutes you still feel hungry, you can eat again. You probably won't be, but if you still are, go ahead and eat again. No other diet will give you this freedom.

What to Drink After the Main Meal

In addition to water, any tea that stimulates digestion is good. Herb teas such as peppermint, ginger, and chamomile, as well as green tea, are highly recommended. I often like to drink ginger tea or green tea mixed with ginger tea. On the nights when my main meal is largely protein, I like to sweeten my tea with a natural sweetener such as raw honey or maple syrup. Sweetened teas may help stop sugar cravings and enhance your feeling of satiety.

Other beverages such as regular or decaf coffee, cappuccino, latte, espresso, or even hot chocolate are also okay to have. Nonetheless, treat them like a dessert on days of high-protein, low-carb meals. Coming up in the next chapter, you'll learn "everything you wanted to know but were afraid to ask" about the main evening meal.

THE MAIN MEAL: FOOD PREPARATIONS FOR THE OVEREATING PHASE

THIS CHAPTER IS ALL ABOUT THE MAIN MEAL. It covers every aspect — from choosing foods and food preparations to food reviews. Also included: what’s good, what’s bad, and what’s ugly (meaning not so bad, but not so good either).

The Importance of Choosing Fresh Foods

Choosing fresh foods is part of the “Warrior Instinct.” Predators are very conscientious about the food they eat. A wild cat first smells, licks, and then eats its food. If the food doesn’t smell or taste right, the cat won’t eat it. The survival of these animals depends upon their ability to distinguish between fresh viable and stale decomposing foods, and the same could be said about warriors.

Cooking Your Own Meals

I’m a big believer in cooking your own meals. It makes it much easier not only to ensure that you eat fresh foods but also to follow the second rule of eating (see previous chapter), which advises incorporating as many colors, tastes, textures, and aromas as possible into one’s meal. Beyond those benefits, I feel that cooking celebrates self-respect, and it’s especially important on the Warrior Diet. Through cooking, you can control exactly what you put inside your body. It’s a creative process,

where you use trial and error to determine what you like. You can use different herbs and spices to increase or balance flavors, aromas, and textures. You're not a scavenger on the Warrior Diet. You work to purchase (gather) the food, prepare, and cook it. Controlling the entire process is very important. For more on Warrior recipes, see Chapter 15, "Warrior Meals and Recipes."

Advantages of Eating Cooked, Warm Food

People have consumed warm food since the discovery of fire. Yet there's a lack of awareness today about the important role of temperature in relation to our food.

The main meal of the Warrior Diet encourages consumption of cooked, warm food, especially since the Undereating Phase is based mostly on raw (live) uncooked foods. There are people who adamantly believe that we should eat only raw food. With all due respect, I disagree with them.

There are several advantages to consuming cooked, warm food:

- Eating warm food often brings more satisfaction than cold food. The thermogenic (warming) effect slightly increases the temperature in your brain, so you feel more satisfied and happy with your meal.
- Warm temperatures are beneficial for your digestive tract, which reacts much more efficiently to warm than to cold food. Food is easier to digest when warm.
- Some people are sensitive to cold foods; others suffer from overacidity. Well-cooked warm food may help ease these discomforts.
- Warm food stimulates the immune system.
- More of the flavonoids, indoles, and other phytonutrients bound to the fiber of many veggies and fruits are released and can be better absorbed when they're cooked.

I strongly believe that eating warm food mimics the effect of a fresh kill. A predator's first bite of its prey always tastes warm. Scavengers, on the other hand, who eat leftover corpses, experience the cold taste of the animal that was killed some time ago by a predator. It's my belief that when you eat and enjoy warm food, it triggers the Predator Instinct, and those people who settle for cold leftovers may trigger the Scavenger

Instinct.

Napoleon and the Predator Instinct

Eating chicken with your hands can indicate a Predator Instinct. Napoleon was notorious during his war campaigns for tearing apart a whole, cooked chicken and eating it with his hands. It's interesting to note that the night before Waterloo, Napoleon changed this habit and ate fried potatoes. As you probably know, Napoleon lost that battle.

Go and Kill a Pizza

Please bear with me for a moment and let's look at hot pizza in a completely different way. The crust is dry and, to me, it resembles the skin of a hunted animal; the inside is soft and warm, with melted cheese and red tomato sauce that's like the warm blood and flesh of a fresh kill. The way pizza is eaten mimics the way people used to hold fresh meat in their hands and, yes, bite the bloody thing. To continue with this line of thinking, I could even argue that eating fresh pizza is like virtual reality of a bloody kill. This may sound appalling to you. Or appealing. In either case, next time you're in the mood, go and hunt for a fresh pizza. The Warrior Diet doesn't recommend eating pizza often, but once in a while it's okay to have a slice or two.

Cooking Vegetables to Optimize Flavors and Flavones

Cooked vegetables possess different tastes, textures, and aromas. Certain veggies like parsley, celery, and cilantro work like herbs and spices to enhance the flavors and nutritional composition of a meal.

Vegetables are like water in the sense that you can have as much of them as you want. These calories don't count.

Now let's be specific. Other than leafy greens and salad foods, for the main course, the veggies should be cooked. Besides the advantages listed above of eating warm food, cooking also frees more of the fiber-bound nutrients from the veggies.

Tomatoes

Only a small percentage of the lycopene (an important carotene flavone) in tomatoes is absorbed when eating raw tomatoes. That doesn't mean it's bad to eat fresh tomatoes, but when you cook them you greatly increase lycopene absorption.

Broccoli and Cauliflower

Indole-3 carbinol, indole-3 acetate, and diindolymethane (DIM)—found in broccoli, cauliflower, and all other cruciferous vegetables—are very important phytonutrients which are bound to the fiber. When you eat cruciferous vegetables in their raw state, these indoles can hardly be absorbed. Cruciferous vegetables need to be cooked in order to potentiate nutrient assimilation, whether they're inside the veggie or on the fiber. Moreover, many people think vegetables such as broccoli and cauliflower taste better when cooked.

Cruciferous indoles help both men and women protect against estrogenic effects of chemicals (xenoestrogens). A large intake of cruciferous indoles was found to help the liver detoxify estrogen derivatives, protect against cancer, and may even enhance fat loss.

Berries

Cooking berries potentiates their flavones to a much higher degree. However, it will destroy live enzymes as well as some vitamins. The natural balance of nutrients is changed when you cook the raw fruit.

Legumes and Grains

Another substance that has warranted extensive recent study is IP6, inositol hexaphosphate. Researchers believe today that IP6, found in the fiber of legumes and grains, is the major ingredient responsible for preventing colon cancer and other cancers. Food must be well cooked in order to free IP6 from the fiber and enable it to be absorbed in the system.

IP6 seldom appears in soluble fiber. It's usually attached to the bran,

the hard (insoluble) fiber, which is difficult to digest. IP6 is found in legumes, peas, wheat, barley, and oats.

Raw vs. Cooked Veggies in the Main Meal

Ideally, leafy green veggies should be eaten raw. They should cause no problem with digestion even if you consume a fair amount of them. But, as just stated, cruciferous vegetables such as broccoli, cauliflower, kale, and Brussels sprouts should be cooked. There's no reason to eat them raw. You won't be able to assimilate as many nutrients if you eat them raw, and they're not going to taste as good either. Moreover, when eating them raw, you'll likely suffer from unpleasant symptoms like gas and bloating.

Some raw plants may cause toxicity. Most sprouts, for instance, need to be soaked and washed well to remove toxins or other substances that may block nutrient absorption. Alfalfa sprouts should be eaten only when the sprouts reach maturity of at least three days. They should look green. If eaten prematurely, alfalfa sprouts may be toxic. Note that both alfalfa and clover contain active phytoestrogens and should be avoided by individuals suffering from excess of estrogen.

High-Sulfur Foods

Some foods are high in sulfur-containing proteins. As mentioned before, high-sulfur proteins like cysteine work as antioxidants, and they can be helpful as a defense against cancer and radiation. Cysteine is necessary for optimum metabolism, and is destroyed by aggressive processing and heat.

Sulfur is a mineral and a gas-forming substance. Be aware of how you combine high-sulfur foods when cooking. For example, eggs are high-sulfur protein. When you eat eggs and cabbage together, you may suffer from bloating and gas because both eggs and cabbage are high-sulfur foods, and you may be consuming too much at once. So be careful about combinations and quantities, and try to incorporate different types of foods, not only one group at a time. If you really want to combine high-sulfur foods, let your body adjust slowly to this.

If you suffer from sulfite sensitivity, you should consider supplementing with molybdenum, a trace mineral, which is involved in sulfite metabolism.

Eggplant

Cooked eggplant goes very well with protein meals, such as meat and fish. The soft, oily texture of peeled, cooked eggplant balances the harder, meaty texture of the protein. When mixed together it gives the protein natural tenderness and moisture.

Squash

I highly recommend eating all of the squash family. They contain numerous nutrients and minerals, and are highly beneficial for the digestive tract. I actually think the squash family is among the very best for the digestive tract. Squashes of all varieties aid in the elimination process without gas or bloating. They should be cooked well. There's no reason to eat squash raw.

Foods Containing High-Sulfur Proteins

- Eggs
- Raw milk
- Raw cheese
- Colostrum
- Low-temperature-processed whey

High-Sulfur Vegetables

- Broccoli
- Cabbage
- Cauliflower
- Kale
- Brussels sprouts

Soups and Stews

I'm a big believer in soups and stews, not just during the cold season, but in warm weather too. I think having veggies and soup is one of the best ways to start a meal. Hearty vegetable soups and stews, where everything is cooked together—often veggies, roots, eggs, fish or seafood, and whole grains—have a great advantage in that many tastes, textures, and aromas combine in one hearty, hot meal. This thousands-of-years-old tradition is extremely good for your satiety. Fermented soups (like miso soup) are also great. Miso is a natural alkalizer. Fermented foods are helpful for your digestion and the balance of healthy bacteria in your guts.

Protein

Proteins bear different tastes, textures, colors, and aromas. Dominant textures are chewy, wet, dry, hard, soft, or creamy. Dominant tastes are sweet, salty, and pungent. After veggies, what the body needs most (second among the subtle tastes) is protein. When you're hungry, starving, or lost in the jungle, the first thing that your body needs is protein. Human beings can survive without carbohydrates, yet cannot survive without complete protein. "Complete" protein foods contain all the essential amino acids. The body can synthesize carbohydrates from protein or fat; however, the body can't produce essential amino acids without ingesting it from outside sources. Therefore, in order to survive, the body needs complete protein. Both women and men should make protein quality their top priority.

Fish, Meat, and Poultry

While on the Warrior Diet, you're going to crave exactly the things you need most. After going through the Undereating Phase, people crave protein. It doesn't have to be meat or fish. It may be beans, nuts, legumes, or cheese. For active men particularly, I feel there's no substitute for whole protein that comes from wild-catch fish, organic fresh eggs (preferably fertile), or organic dairy (preferably raw milk products from grass-fed animals).

In principle, fish oils are essential to the body. Nevertheless, I do have some concern regarding conventional fish. A lot of fish today are contaminated due by polluted waters, and most of the toxins, including mercury, are in their fat tissues. Fish, however, is a fine source of protein. It's high in iodine, and as noted is an excellent natural source of essential fatty acids (EFAs) in their most bioactive form, EPA and DHA. These EFA derivatives are essential for brain development and maintenance, and they are the building blocks for prostaglandins, which help regulate the hormonal system. The least-contaminated fish, I believe, are wild-catch fish, as well as low-fat white fish such as flounder, sole, and turbot.

As for meat, let me say it upfront: *Humans haven't fully adapted to eating meat.* Unlike other predators, we lack enzymes that convert degraded "D" proteins into live "L" proteins. All life forms on this planet are made from "L" proteins. Nonetheless, upon the death of an organism, "L" proteins convert spontaneously into "D" proteins. This process, known as racemization, typically occurs during the decomposition (rotting) of meat. The racemization/degradation of proteins is a reaction that occurs during the death/decomposition cycle of all living things including plants, animals, and humans.

Meat has one of the highest rates of racemization. Improper storage or exposure to high temperatures increases the level of ranceant proteins, rendering the meat rancid and unsuitable for human consumption. Our bodies are virtually defenseless against the intake of "D" proteins. Accumulation of these degraded proteins in the body's tissues, particularly the brain, is associated with aging and disease. Racemization isn't the only problem with meat consumption. Due to inhumane treatment of livestock animals, they produce a highly toxic byproduct of stress—an adrenaline metabolite called adrenochrome, which catabolizes (wastes and destroys) muscles and other tissues in the body. This metabolite occurs in high concentrations in the meat that we eat, along with antibiotics, hormones, and other substances fed to the animals.

Meat is known to be a good source of protein, iron, and zinc. Nonetheless, one should always be aware of the downside of eating it.

Organic Proteins—Say No To Drugs!

I recommend buying organic proteins to avoid the hazardous effects of hormones, antibiotics, pesticides, and other toxins such as rendered feed (ground-up remains of dead animals, including “road kill”) that some meat growers use. Organic proteins also taste better. They’re accessible today and, granted, cost a little more, but it’s worth it. As for farm-raised fish, they may also contain toxins from polluted water and artificial feed. So right now, wild-catch fish is your best choice.

To Eat or Not to Eat Meat?

Research continues to show that, statistically, men who are meat eaters are more virile, compared to those who are purely vegan. Part of the reason for this is that many vegans simply don’t know how to practice food combining and suffer from protein deficiency as well as deficiencies of essential oils, certain vitamins such as B12, and vital minerals such as zinc, calcium, and iron. Adding dairy to the diet can solve the problem. Some of the healthiest societies on this planet have followed lactovegetarian diets. Nonetheless, just to put things in perspective, compared statistically to meat eaters, vegans live longer, with lower rates of mortality from cardiovascular disease or cancer.

Nuts and Seeds

Humans used nuts and seeds as primary fuel food long before grains. It is very likely that the human body is better adapted to these low-glycemic, high-fat fuel foods.

Nuts and seeds have different tastes, textures, and aromas. They add a crunchy texture and different nutty aromas and flavors to meals.

A variety of nuts is allowed and suggested on the Warrior Diet. Raw and lightly roasted nuts are both good, but raw nuts are highly superior to roasted nuts since they nourish the body with healthy oil, live enzymes, and phy-tosterols, which the roasting process destroys. Eating raw, high-fat foods such as nuts and seeds is a natural way to load your body with hormonal-supportive nutrients such as sterols and sterolines, which are capable of enhancing sex hormone production in men and women.

On the Warrior Diet you can actually consume as many raw nuts as you’d like and still not gain weight. Just follow this rule: Do not

consume nuts with grain carbohydrates. Nuts work very well with a small amount of protein and with an abundant amount of veggies. You can basically live on nuts and veggies, eating as much as you want of them, and still not gain weight. Actually I believe you're going to lose some weight. Try this for a couple of days and see for yourself. Just make sure you chew the nuts extremely well to ensure maximum digestibility. For a "nut-and-veggie" diet, the best nuts are almonds. An almond-veggie diet will give you a nice body odor, almost like a vanilla-almond scent. Sounds too good to be true? Well, that's the way life should be.

Almonds

Almonds are highly recommended. They are a great source of protein, minerals, vitamins, monounsaturated fats, and an excellent natural source of zinc. Almonds have long been considered to be an aphrodisiac food. Ancient Hindus, Hebrews, and Romans saw the almond as a symbol of female as well as male genitals. I truly believe that almonds are an aphrodisiac food, partly because of their mineral composition, partly because of their fat content, and partly due to their alkalizing effect. Edgar Cayce, among other holistic healers, considered almonds to possess anti-cancerous properties. It's interesting to note that almonds are believed to be a homeopathic remedy since they contain a minuscule amount of cyanide, which some say works like a natural chemotherapy agent in the body that destroys sick cells and tumors.

Almonds ideally should be eaten raw. In their raw state they're the only nut that alkalizes your body. It is okay, however, to occasionally eat lightly roasted almonds. They're still good for you, and some prefer their taste. It's best to eat roasted almonds right after you roast them to avoid rancidity.

Peanuts

Peanuts aren't really nuts. They belong to the legume family. According to Dr. Peter D'Adamo, author of *Eat Right for Your Type*, research shows that peanuts have anti-cancerous properties, especially the red skin

around them. Just make sure you're not allergic to them! I personally like to eat peanuts in moderation because over-consumption is acidic, and for some this may make the peanuts harder to digest. Also, peanuts may contain mold toxin, which is believed to be cancerous.

On a positive note, peanuts are high in protein and contain essential fatty acids (mainly omega-6). The oil is relatively stable, which is why peanuts, their butter, and oils are used so often throughout the world in various dishes, sauces, and even protein bars.

Cashews

Cashews are one of the least allergenic nuts. They are naturally high in iron. If you like them raw, that's the best. To be on the safe side, seek out organic cashews. Note: Most cashews come from India and go through a fumigating process before they can be exported. So, it's unlikely that you'll find unprocessed raw cashews.

Walnuts

Walnuts are one of the most nutritious nuts, and they contain omega-3 essential fatty acid. Since their fat content is very high, you shouldn't eat more than a handful or two at any one time. To avoid indigestion, eat walnuts in moderation.

Pine Nuts

Pine nuts do not contain the ideal fat but are a good supplemental nut because of their antioxidant properties. Ancient Romans and Greeks used them often as a supplemental food, adding them mainly to grains to enhance taste and density. Pine nuts continue to be used in this way today, particularly in the Mediterranean.

Pistachios

One of the biggest advantages of the pistachio, besides the fact that it

tastes so good, is that it's one of the least allergenic nuts. Very few people have reactions to pistachios, even if they react to all other nuts. Pistachios were popular all throughout the Roman Empire, especially in the Middle East and North Africa, and they remain popular in many regions of the world today.

Thoughts on Salted Nuts

Although they're allowed on the Warrior Diet, I think salted nuts aren't always the best choice, because salty means processed, which means less natural properties. Salted and roasted nuts can, however, accelerate satiety simply because they'll make you thirsty sooner than unsalted nuts, and some people prefer their taste.

Seeds

Seeds belong to the same high-fat food group as nuts. They are highly nutritious. To avoid indigestion, don't consume too many seeds at any one time; a half handful will do. I think of seeds as a supplemental food. It's best to eat them alone as a snack, or with protein meals. Seeds contain a higher content of fat than nuts. Sesame, pumpkin, and sunflower seeds are all good sources of oils, phytosterols, vitamins, minerals, and other nutrients that support and maintain optimum health. Pumpkin seeds, for example, are one of the highest natural sources of zinc. Seeds such as pumpkin and sunflower are thought to help protect your hormonal system and are considered to be aphrodisiac foods. Sunflower seeds are very sensitive to light and ideally should be kept in a dark container to avoid rancidity. Seeds are rich in plant sterols and stero-lines, which are oil substances that, as previously mentioned, are believed to support the hormonal system and have cholesterol-lowering properties.

My thoughts on raw versus roasted seeds are the same as those for nuts. Both are good, but raw is always better.

Lecithin

Lecithin is a natural source of phospholipids, which are the building blocks of cell membranes. Lecithin has a nutty, buttery taste. Besides being a good source of phospholipids, it's also high in choline and inositol, which are building blocks for brain neurotransmitters. Lecithin is a natural emulsifier, helping the liver to metabolize triglycerides. Thus, lecithin is a great aid for liver detoxification and fat metabolism.

I usually put a tablespoon or two on top of my protein meals just before eating. Lecithin occurs naturally in egg yolks and soybeans.

Eggs

Another good source of protein, eggs have different tastes and textures. The dominant tastes are sweet and salty, and textures soft, smooth, wet, or oily. Don't be afraid to eat the egg yolk. It's a natural source of vitamins A to E, DNA, RNA, and the essential sulfur-containing protein cysteine. The yellow pigment of the yolk is a vital carotene, so don't eat just the egg whites. For those who consume many eggs in one meal, I think it's best to keep a balance between the yolk and the whites. I personally keep a ratio of about four egg whites to one yolk. As far as cholesterol is concerned, more and more research suggests that eggs do not raise cholesterol. Eggs contain natural lecithin and, as just mentioned, are one of the highest sources of the natural protein cysteine. Cysteine is crucial for our metabolism and immunity. It's a sensitive protein, though, and is often destroyed when processed. For instance, cysteine is destroyed in most commercial whey protein powders; however, whey and colostrum that are processed well do retain it. Eating egg yolks is one of the best ways to supply your body with cysteine. Egg whites are said to be a complete protein, but I feel that egg whites alone are an inadequate source of protein and at least some yolk is necessary to enhance the egg's protein composition and enable you to derive all the benefits of its nutrients. Nature created a white and yellow egg. There are no mistakes in nature, so use both to your advantage. I believe it also tastes better when the whole egg is eaten.

Dairy

Dairy contains a wide variety of tastes, textures, and aromas. Dominant

tastes are salty, sour, sweet, pungent, and smoked. Textures are smooth, creamy, buttery, milky, oily, soft, hard, chunky, and chewy. Dairy is a very good whole source of complete protein, and often tastes great. Try to buy organic dairy products. The best sources of dairy protein, and those I highly recommend, are aged raw milk cheese as well as minimally processed fresh, white nonfat or low-fat cheeses like farmer, ricotta, and cottage cheese, and plain yogurt and kefir. Consuming moderate amounts of high-fat dairy can be highly beneficial, particularly if it's made from grass-fed animals or organic raw milk. Certain compounds in milk fat, called conjugated linoleic acid (CLA), were found to have anti-estrogenic and anti-cancerous properties. It's great to indulge sometimes in eating aged cheeses, such as a chunk of Parmesan, as an appetizer. Like wine, Parmesan has most of the tastes within it. Goat, sheep, and buffalo cheeses and yogurt have unique tastes and aromas. They can be great alternatives to cow milk products. Generally speaking, goat, sheep, and buffalo dairy products are less allergenic than cow milk products.

Dairy products that are made from raw, organic, non-homogenized, and non-pasteurized milk are thought to be the best, but these are hard to find due to current governmental regulations for aggressive pasteurization, which kills beneficial as well as potentially harmful bacteria in dairy products.

If you're not allergic to dairy, that's wonderful, but never take this for granted because if you overeat it you may become sensitive or allergic. So rotate your dairy and don't eat it every day.

Whey Protein

Whey is one of the best sources of fast-assimilating proteins. If processed right, it's a most viable protein powder, and a great alternative to other protein foods. I believe when taken on an empty stomach, whey protein will nourish your digestive tract, muscles, and also your brain. Whey is great for recovery after a workout, as a light meal during the Undereating Phase, or as a dessert. I don't think whey should be part of the main meal itself since it's a processed powder and doesn't contain the combination of tastes, aromas, and different textures that whole

foods do. And, as mentioned before, you need to experience this sensual array to be truly satisfied. You should chew real food for the main meal and enjoy it. Whey is dairy, so some people are sensitive to it. Monitor yourself.

Legumes, Beans, and Peas—The Gladiator Protein

I highly recommend consuming beans and peas, not just because of the fiber and IP6, but also because they're a very good source of protein that's balanced well with complex carbohydrates. And they taste pretty good, too.

The most accessible IP6 is generally found in legumes, beans, and especially peas. A study conducted on Finnish people found that although they consume one-third as much fiber as the Swedish, they have much less cancer, especially colon cancer. Researchers attribute this to the fact that in Finland the main source of fiber is legumes and peas, with their abundant IP6.

Beans contain high natural quantities of the protein L-DOPA, which boosts dopamine (a major neurotransmitter) in your brain. Dopamine plays an important role in regulating testosterone and virility. Ancient Romans were aware of the aphrodisiac effects of beans.

For thousands of years, peas, lentils, and beans were a main source of protein for Greek and Roman civilians as well as the Roman legions. Beans were also the main source of protein for the gladiators. The Greeks and Romans hated feeling bloated, so they were very careful when selecting beans and utilizing cooking methods. Even given the high consumption of beans at that time, people were ambiguous about them. The full story is quite intriguing. I discuss it at greater length in Chapter 9, "Lessons from History."

Cooking Protein

History has taught us how to best prepare beef, fish, and fowl. Ancient Romans cooked protein foods in broth. They often mixed fish or meat with veggies, grain, and beans all together in one pot. The popular practice today of barbecuing or grilling meat, which caramelizes or

burns its surface, damages the protein and creates toxins that are widely believed to be carcinogenic. Some processing and cooking methods are less damaging to the food than others. “Warrior Meals and Recipes” (Chapter 15) discusses how to prepare protein meals.

Rotating Protein to Avoid Sensitivities and Allergies

Rotating and varying protein works best. Try not to eat the same group of protein foods on an everyday basis. If you do, you may develop sensitivity or an allergic reaction to it.

Eggs, for instance, are considered to be an allergenic food. I believe that sensitivity to eggs often occurs due to high and frequent consumption of egg white omelets. I personally have never had a problem with eggs, but I don’t consume egg whites alone. I have eggs a few times per week, and generally rotate them with dairy, fish, and seafood. Everyone is different, so experiment to see what works best for you.

Oils

Oils and fats have a variety of tastes, textures, aromas, and colors. In general, oils add richness to meals as well as a characteristically smooth texture.

- Fat is Essential
- Essential Fatty Acids—Yes
- Monounsaturated Oils—Yes
- Hydrogenated, Partially Hydrogenated Oils—No
- Butter—Yes
- Margarine—No
- Cocoa Butter and Chocolate—Yes

Essential Fatty Acids

Essential fatty acids (EFA) are the most important oils. Since our bodies cannot produce them, we have to ingest them. They should be part of

your main meal. These oils belong to the “raw food” group. They should be cold-pressed, minimally processed, and applied on the top of food, never cooked or heated. Some great organic essential fatty acid oils are now available in the United States, and they can be found in the refrigerated section of health food and vitamin stores. Ideally your diet should contain a ratio of 2:1 (or higher) omega-3 to omega-6 oils. Many people suffer from an omega-3 deficiency. This essential fatty acid appears only in fatty fishes such as salmon, tuna, mackerel, and sardines; plant sources include flax seeds, hemp seeds, and walnuts, though the latter is not a rich source of omega-3 oil. For those who don't consume enough omega-3-rich foods, supplementation is necessary (preferably in the form of flaxseed oil, in which omega-3 is present in higher quantities than omega-6). Omega-6 is abundant in many foods such as grains, nuts, seeds, vegetable oils, animal protein, dairy, and eggs. Primrose and borage oils are good sources of omega-6 GLA (gamma linoleic acid). GLA is an omega-6 bioactive derivative, a building block for prostaglandins, which regulate blood pressure, inflammation, and pain.

It is best to consume essential fatty acids with protein and unsweetened carbohydrate meals. Never heat these oils. Fresh flax seed oil (an omega-3) has a pleasant nutty taste. Hemp oil contains both omega-3 and -6 and is very aromatic. Primrose oil, which is high in omega-6 GLA, has a light, neutral taste.

Essential fatty acids should be carefully processed and handled. Check the expiration date before purchasing and keep the bottle refrigerated. As mentioned before, use your senses. Smell oils before you use them. If they have a paint-like smell, it's time to throw them away. Taste them too. You should enjoy these oils. If they don't taste good to you, don't use them. As mentioned, EFA deficiencies, especially of omega-3, may create serious metabolic problems, including insulin insensitivity, chronic inflammation, hypertension, estrogen disorders, and increased risk for cancer.

On the Warrior Diet, healthy fats are unlimited. Use your instinct and trial and error to determine how much EFA oil you need. I generally recommend using 1–3 tablespoons per day.

Monounsaturated Oils

Monounsaturated oils are generally considered to be the safest oils since they don't oxidize so quickly, being less sensitive to light and heat. In their raw state, these oils have pleasant natural aromas and are great additions to meals, especially to dry or grainy foods. Olive oil is the least sensitive to light and heat, and is therefore the best monounsaturated oil to use for cooking. It's also great for dressings and flavoring. Use cold-pressed extra-virgin olive oil to obtain maximum nutritional value.

Avocados, nuts, and seeds contain monounsaturated oils. I highly recommend that you consume them as whole foods. The naturally occurring oil is in its most biologically viable state in avocados, almonds, pecans, walnuts, and seeds such as pumpkin and sesame. Processing these foods into oils may take away much of their live properties. When consumed in their raw state, avocados and almonds are alkalizing. Nuts and seeds are rich in lipase (the enzyme that breaks down fat) and other nutrients, including phytosterols that support the hormonal system.

Polyunsaturated Oils

Despite what many health practitioners say, people should be concerned about using polyunsaturated oils/fatty acids such as canola, soy, safflower, and corn oil. Most of these oils don't have enough omega-3 essential fatty acids and can be destroyed (go rancid) very quickly when heated, exposed to air, etc. High consumption of these oils may lead to an imbalance of essential fatty acids, and a deficiency of omega-3 may eventually lead to serious metabolic problems, including excess of estrogen, weight gain, and related disorders.

Hydrogenated and Saturated Oils

These oils have a solid texture at room temperature. They contain different tastes and aromas. When added to meals they usually enrich flavors and add a smooth, oily texture.

I think it's best to stay away from hydrogenated oils like margarine and the processed oils that are found in many commercial foods. Saturated tropical oils like palm or coconut oil are good as long as they're raw and unprocessed. Regarding butter, while I don't recommend

using it extensively, it's okay to have once in a while. Butter is high in saturated fatty acid; however, it does contain a balanced ratio (1:1) of omega-6 to omega-3 essential fatty acid, and it is rich in vitamins A and E as well as the anti-estrogenic compound CLA. Butter is preferable to margarine. Saturated oils are more stable than polyunsaturated oils, so there's less risk of them becoming rancid.

Some saturated oils may actually be good for you. It is believed that chocolate might indeed be an aphrodisiac, and cocoa butter, which is high in stearic acid, may naturally convert in the body to monounsaturated fatty acids, which have a neutral-to-lowering effect on cholesterol. So, in addition to other surprises, the Warrior Diet allows you to indulge in—yes—chocolate (preferably dark), following low-carb protein meals.

The worst oils to consume are trans fatty acids. These damaged (by high temperatures) fatty compounds are abundant in margarine, hydrogenated oils, and many processed foods.

Carbohydrates

Carbohydrates offer different tastes, with sweet or starchy being most dominant. They have different aromas and textures: light, heavy, grainy, smooth, chewy, creamy, and crunchy.

Complex and Simple Carbs

Most people know that there are two kinds of carbohydrates, complex and simple. Consuming complex carbohydrates (whole grains) is usually much more beneficial than consuming simple carbohydrates, but not always. Sometimes simple natural carbohydrate-rich foods, such as papaya or pineapple, can be the best complement to a meal. Adding more flavors and textures is partly why, but the main reason is that meat is usually digested more easily when eaten with certain fruits. Combining meat with fruit is a very old tradition. Hunter-gatherers hunted meat and also gathered berries, and often ate them together. In tropical areas people like to marinate meats with papaya or pineapple juices. The protease enzymes found in these tropical fruits pre-digest and

tenderize the meat. Whole grains are best to eat when they're fully cooked. Soaking, rinsing, and cooking removes toxins and makes the fiber soft and more edible.

Pleasure, Satiety, and Relaxation

Carbohydrates create satiety since they naturally boost serotonin production in your brain. Serotonin is a protein neurotransmitter that makes you feel calmer, happier, more satisfied, and able to sleep better since serotonin is also a building block for the hormone melatonin.

Here are some reasons why it's good to eat carbohydrates as the last component of your meal:

Control Your Insulin: It is unhealthy to unnecessarily overspike insulin. High insulin spikes are associated with blood sugar fluctuations and insulin resistance. It's better to consume a meal with the lowest glycemic index. The higher the glycemic index, the more pressure is placed on your body to produce insulin. When veggies are eaten first, followed by protein and fat, the glycemic index of any carb that is consumed afterwards is automatically reduced.

Follow the First Rule of Eating: Carbohydrate-rich foods such as bread and pasta generally have more dominant, aggressive tastes than veggies or protein, and the more processed they are, the more aggressive they become. Since the first rule of eating is to begin with subtle tastes and move to the more aggressive, carbohydrates should in general be eaten last. You can skip carbs entirely if you reach full satiety after eating the veggies and protein part of the meal. You don't have to eat carbohydrates every day. It's also good to rotate between relatively low and relatively moderate carb days.

Lose Body Fat: Overconsumption of carbs may cause oversecretion of insulin, which inhibits fat breakdown. If you want to lose body fat, have carbohydrates as the last component of your meal (after protein). This method naturally minimizes the amount of carbs that you eat without a

feeling of deprivation. The fewer carbs you ingest, the more fat you burn.

Choosing Carbohydrates—What Are the Best Carbs to Eat?

Plants and Roots

The safest sources of carbohydrates (meaning the least reactive, and with minimal insulin response) come from plants and roots, including beans, carrots, beets, pumpkin, and all the squash family. Potatoes, corn, plantains, and cassava are more starchy and dense, and have a higher glycemic index. Therefore, they're somewhat more reactive with insulin. All these plant foods are rich in vital nutrients such as minerals, phytonutrients, and fiber, and most of them need to be cooked.

The Problem with Refined Carbohydrates

It is my opinion that consuming whole-food carbohydrates is the best way to reach satisfaction instinctually, largely because of the mineral and fiber content of these foods. When one eats foods that are high in naturally occurring minerals and fiber, it triggers an instinctive feedback mechanism in the body that recognizes full nourishment and satisfaction. Conversely, eating refined, processed carbohydrate foods, which lack minerals and fiber, leads to feelings of deprivation, and this often manifests as compulsive bingeing.

Fruits

Fruits aren't necessarily a good choice of carbohydrate for the main meal, as they digest better on an empty stomach. However, fruits are loaded with phytonutrients, vitamins, minerals, and living enzymes in their most potent form. Since the Undereating Phase is based on ingesting live fruits and veggies, with their detoxifying, catabolic, alkalizing qualities, I believe that in order to balance the body into more of an acidic, anabolic state later in the day, and to reach full satisfaction from your meal, you should minimize fruits during the main meal and instead consume more plants, roots, and grains. There are, however,

exceptions. As noted, you can complement high-protein meals with berries, tropical fruits, and fermented fruits, which are lower in sugar than other fruits and high in enzymes.

Grains

Next to plants and roots, the best source of carbohydrates comes from grains such as rice, oats, barley, quinoa, and millet.

Rice

Rice is a highly nutritious grain, and very few people are sensitive to it. Ideally you should develop a taste for whole-grain wild or brown rice, with the fiber. (Wild rice is actually a grass seed, not rice grains. Some grains are actually seeds and some are actually fruits, like quinoa.) Whole-grain rice is rich in B vitamins, rice bran, and a complex of vital nutrients, including tocopherols, which are believed to be the most potent form of vitamin E. But if you'd rather have white rice at times, this is also fine. I sometimes prefer white rice. Let your taste and mood be your guide.

Oats

Oats are another very good grain. I like oatmeal and sometimes include it as part of my main meal. With fish or other seafood, I prefer to have plant carbohydrates, rice, or other grains. Fish and rice simply works better for me than fish and oatmeal.

I know that most people like to have oatmeal in the morning, but the Warrior Diet does not suggest having grain carbs during the Undereating Phase (unless you are an extremely physically active person). In Chapter 10, "The Warrior Diet Idea," I discuss how you can alternate the Warrior Diet with days of high fat and days of high carbs. You can basically live on oatmeal on high-carb days.

I think oatmeal goes very well with certain proteins, like eggs or yogurt. Oatmeal is very high in water-soluble fiber and B vitamins,

which are essential for your health. Oat fiber is rich in proteoglycans, known for lowering blood cholesterol and blood pressure while enhancing the immune system.

Barley—The Gladiator Grain

Barley is one of the most ancient grains. In addition to its high protein content, it has one of the lowest glycemic indexes. Barley was a major grain and ingredient in bread for both the ancient Romans and Greeks, and a main food of the gladiators (who were sometimes called “Barley Carriers” in mocking reference to the animals used to transport barley).

Barley is often used in soups but can also be eaten as porridge or as part of a cooked meal, just as you’d serve rice. Barley broth is believed to help detoxify the liver.

Quinoa

Quinoa isn’t really a grain; it’s actually the fruit of an herb native to the Andes. It’s high in protein and contains all eight essential amino acids plus potassium, iron, and zinc. Quinoa requires only a short cooking time. It has a mild flavor and a fluffy, slightly sticky texture. It’s one of the safest grains to ingest, and one of the most alkalizing.

Millet

Another alkaline grain, millet has a protein content higher than that found in wheat, corn, or rice. It’s popular in India, Africa, China, and Russia. Millet is the least allergenic of all grains.

Amaranth

Another choice is amaranth. It is high in protein and is actually a complete protein with a roughly equivalent protein composition to that found in red meat. Like quinoa, amaranth is not really a grain; it’s a fruit. There are different ways to eat amaranth, including toasting it so it

pops like popcorn. It tastes pretty earthy when prepared other ways. Those who've never eaten it should prepare themselves for something completely different. Some people find its taste to be too strong and aromatic. You've got to try it to determine if you like it. Amaranth was the food of the Aztecs and their gods. Amaranth can be found in many forms in most health food stores.

Wheat and Buckwheat

The least desirable grain is wheat. A lot of people have allergic reactions to it or are sensitive to the gluten inside, and wheat is one of the most acidic grains. The wheat we eat today is not the same as it was in the past; modern wheat contains a higher percentage of gluten. So be cautious with it.

According to Dr. Peter D'Adamo, author of *Eat Right for Your Type*, people with blood type O should avoid wheat, and those with blood type B and AB should avoid buckwheat. On a positive note, since buckwheat doesn't belong to the wheat family, it doesn't contain gluten. Buckwheat is also high in complete protein.

You can find gluten-free breads, cereals, and pastas in many health food stores.

Sprouted Wheat

Sprouted wheat is different from regular wheat. The sprouting destroys most of the gluten. It's also less acidic than common wheat, and a good source of enzymes and bran. Sprouted wheat breads are available in health food stores. Check the ingredients to make sure that sprouted wheat is the main ingredient in the flour.

Kamut and Spelt

Members of the wheat family, these grains are more ancient than wheat. Many people who eat them experience more or less similar but usually milder symptoms than with common wheat. These grains can be eaten as

porridge or as part of a whole-grain meal. You can also find them in puffed and other dry cereals, and as puffed cakes (like rice cakes).

Dry Cereals

Carbohydrates are generally best to ingest when they're fresh, cooked, warm, and somewhat moist. But there's an alternative way to eat them—"chewing dry cereal." There are some very good, unsweetened dry cereals on the market today, usually sold in health food stores or the health-food section of supermarkets. The best ones are organic. I like cereals made from puffed rice, corn, or a combination of corn and amaranth, but there's a whole host of other options as well. The ideal time to eat dry cereals is toward the end of the meal, right after protein. Dry cereals add a crunchy texture to the meal. If you add essential fatty acids on top of these cereals it will lower the glycemic index, enrich the nutritional value, and might even make them taste better. The advantage of dry cereal is that you use a lot of your saliva, which helps pre-digest the food. When you eat wet cereal, you don't chew it as much as when it's dry. The more you chew, the better you're going to digest the food, and I believe the more satiety you'll experience.

If you like eating your cereal with milk, note that you may miss the whole point of chewing dry cereal. However, if you like to add milk, check how it affects your digestion and satiety. If you're trying to lose body fat, stick to unsweetened dry cereal. Think of it as similar to eating popcorn.

Sweet Meals for a "Sweet Tooth"

The carbohydrate stage of the Warrior Diet is one of choice. You must select either a sweet meal or starchy one. Sweet meals are not the preferred choice. But for those who like to have something sweet for dessert, here's a suggestion.

Have a high-protein meal with veggies (such as zucchini, broccoli, spinach, Swiss chard, string beans, eggplant, or cauliflower). Avoid starches altogether, and minimize even starchy vegetables. Moderate your fat intake on these days as well—fat and sugar aren't an ideal

combination because sugar may disturb optimum EFA (essential fatty acid) metabolism. At the end of the meal you can indulge in a sweet dessert. But try to avoid simple (common processed) sugars, and hydrogenated and partially hydrogenated fats. They're always bad for you.

In these pages I suggest and explain how to prepare some dessert recipes, such as pumpkin cheesecake and fruit gelatin, which contain minimal carbohydrates yet taste like a sweet, delicious dessert (see Chapter 15, "Warrior Meals and Recipes"). And, as noted earlier, it's okay to eat chocolate at the end of the meal if you want to. Just make sure that you treat it as a condiment.

Sugar Tip:

Natural sweeteners like raw honey or brown rice syrup can be mixed with protein (like whey powder). It'll add texture and taste, and may stop sugar cravings at the end of your meal. Moreover, especially for athletes, this is a good way to add protein to your diet.

Sample Sweet Meal

First Course—Salad

Main Course—Fish and Eggplant

Dessert—Pumpkin Cheesecake

Starchy Meals

The second choice, which I generally prefer, is to consume complex carbohydrates (starches) in my main meal and no sweet dessert. Remember, even though carbs are unlimited, it's best that they come at the end of the meal, particularly for those whose goal is to lose body fat. If you like to mix carbohydrates with protein, that's okay. As noted earlier, eating carbs alone, without protein or fat accompanying it, often causes overstimulation of insulin, which eventually leads to insulin insensitivity, blood-sugar fluctuations, and fat gain.

Sample Starchy Meal

First course: Salad

Second course: Grilled fish and cooked vegetables

Third course: Rice or pasta (third course can be eaten together **with the second course**)

Fiber

Fiber contains different textures: pectins, mucilage, and gums are soft and gummy, while cellulose and bran are solid, coarse, and crumbly. Having fiber in your diet is critical for your health. Fiber helps keep insulin in balance, feeds healthy gut bacteria, helps prevent constipation, reduces cholesterol, and protects against cancer.

Unfortunately, when many people eat fibrous food they become bloated and gassy. Those who experience this should monitor themselves and eliminate from their diet those fibers to which they're sensitive. It's not unusual for people to react poorly to one kind of fiber, and better to others. Note that loading your body with enzymes may help digest fibrous foods and alleviate undesirable side effects. In my opinion, if you take a high-quality probiotic supplement, you can reduce your fiber consumption somewhat and should still keep your digestion and elimination systems intact.

Fermented Foods

Fermented foods contain a variety of tastes, textures, and aromas. They enhance the composition of the meal and thus fall within the second rule of eating. ("Include as many tastes, textures, colors, and aromas as possible in your main meal.") The dominant taste of fermented food is sour. Textures and aromas vary according to the food.

Naturally fermented foods are high in lactic acid-producing bacteria. This helps the digestive process and optimizes metabolism.

Fermentation helps protect food from spoiling. Warriors used to carry

fermented foods with them during war campaigns, or under extreme conditions when fresh food wasn't accessible. The lactic acid-producing bacteria within naturally fermented foods is what prevents spoilage; and this good bacterium destroys pathogenic bacteria. In fact, consumption of naturally fermented foods is one of the best ways to help eliminate yeast infections, which affect much of the Western population today. Yeast infections are the result of a chronic imbalance of gut flora, and they are usually caused by the continual consumption of sugar, overly processed and junk foods, as well as taking antibiotics.

Naturally fermented foods are great aids in the supply of certain B vitamins, as well as vitamin D. They are probiotics, which support digestion. The lactic acid-forming bacteria within fermented foods complete the final digestion of amino acids, thereby improving protein efficiency. Traditionally, fermented food accompanied high-protein meals. This fact is extremely important for athletes, who usually consume much more protein than the general population. Lactic acid-producing bacteria optimize the pH in the colon, which protects against bacterial infections and cancer.

The Japanese traditionally pickle a variety of exotic vegetables, roots, and even fruits. In India, mangos and papayas are pickled and used as a chutney relish, often served with meat or fish. Mediterranean food is enriched with pickles, olives, and sauerkraut. Indonesian cuisine is also full of relishes and fermented foods. Ancient Romans used to pickle almost anything, including fish and dairy. Let me note here that not every sour food is naturally fermented. Real fermentation requires lactic acid-producing bacteria as a natural catalyst.

Fermented foods can be eaten at any stage of the meal. It's preferable to eat them before or with protein. You should monitor the amount of fermented food that you consume. Start with small amounts and increase gradually in order to avoid unpleasant symptoms, like bloating.

Fermentation destroys sugar by converting it to lactic acid. For those who are lactose-intolerant, eating fermented dairy (such as plain yogurt or kefir) may be of benefit, because under fermentation most of the lactose sugar is destroyed.

Examples of Fermented Foods

(that when naturally fermented are good sources of beneficial bacteria)

Pickles

Olives

Sauerkraut

Miso

Apple Cider Vinegar

Yogurt (preferably plain)

Kefir (preferably plain)

Apple Cider Vinegar

Apple cider vinegar is a good source of food enzymes and minerals, and thus could be a good live supplement for your digestion and overall health. I'm not, however, a big fan of vinegar in general because it also feeds bad bacteria and may cause yeast. And, vinegar increases acidity, sometimes in an uncontrolled manner. If your diet is too alkaline, vinegar (in moderation) could be helpful. It has a balancing factor. But if you're too acidic, stay away from all vinegars.

Wine

Wine contains most of the tastes (with a dominance of sour, sweet, dry, and pungent), different aromas, and a smooth texture. Wine is a live fermented food. When you sense its taste, your brain already starts to achieve a certain level of satiety.

Wine is good for digestion of protein since it contains enzymes. It can also help combat free radicals, and studies have shown that the flavones in red wine may protect against heart attacks. Drinking wine in moderation may help keep you healthy.

A lot of people drink a glass of wine just before, or with, their dinner. This is acceptable on the Warrior Diet, as I believe, speaking generally, that drinking a glass of good wine just before or with dinner enriches a meal. Wine works well with protein food, veggies, and nuts. Nonetheless, wine should not be combined with sweets or with carb

meals such as pasta or bread to avoid high insulin spikes, blood-sugar fluctuation, and fat gain.

Wine can have some negative side effects, including:

- It may tax the liver.
- The alcohol content may have an estrogenic effect on the body.
- Some people are sensitive (allergic) to the sulfites that are in most wines.
- Drinking wine may exacerbate overacidity in those who already suffer from it.
- If you suffer from toxicity, drinking alcohol will make this worse.
- Pregnant women should avoid all alcohol.

The Acid-Base Balancing Factor

In addition to balancing tastes, textures, aromas, and temperatures, it's important to reach a healthy acid-base balance of your meal in order to keep the second rule of eating intact. ("Include as many tastes, textures, colors, and aromas as possible in your main meal.")

You can control your acid-alkaline balance on the Warrior Diet without compromising the quality of food or the amount you eat. Since the Undereating Phase is based on consumption of living foods including fruits, vegetables, and their freshly prepared juices, which are potent alkalizers, you actually pre-potentiate your body's pH and your enzyme pool for the Overeating Phase, which is based on more acid-forming foods such as eggs, fish, meat, and certain grains.

Consuming a lot of vegetables with the main meal, in addition to the advantages mentioned earlier, is alkalizing. Regarding grains, some are less acidic. For example, millet and quinoa are alkalizing grains. All the grains that belong to the wheat family are more acidic.

People Whose System Is Too Alkaline

Those people whose systems are too alkaline can use vinegar (rice vinegar or organic apple cider vinegar are good choices) in order to instantly acidify the overalkaline system. Eating high-protein meals

naturally acidifies the body. All animal proteins (besides raw milk) are acid-forming foods.

People Who Suffer from Overacidity

Those who suffer from overacidity, which is the case for the majority of people, should consume more live and cooked vegetables, since they are alkalizing, and avoid all vinegars. I also recommend consuming foods that are high in minerals, such as miso, which is made from nonpasteurized, fermented soybeans. Miso is a great alkalizer that's rich in minerals and naturally occurring sodium. It can be consumed as a soup or as a sauce. Another way to instantly alkalize the body is supplementing with good-quality minerals, in particular calcium.

Glycemic Index

The glycemic index (GI) shows how much insulin your body secretes when a food or beverage is introduced into your blood. Although this sounds simple, it's actually quite complex. For instance, the same food can have a different GI depending on how it's cooked. Pasta *al dente* (pasta that's cooked for a short time and so remains slightly hard) has a lower glycemic index than well-cooked soft pasta. Baked potatoes have a higher glycemic index than mashed potatoes because of a difference in the macrostructure of the carbohydrate.

When you add butter, milk, monounsaturated oil, or essential fatty acids to food, it usually lowers the GI. So, if you eat a baked potato with oil, for instance, it has a lower glycemic index than eating a plain baked potato. Fiber slows carbohydrate absorption and therefore may help reduce the glycemic index of the carbs ingested. Whole grains have a lower glycemic index than refined grains.

Even though many people consider the glycemic index to be the parameter for selecting carbs, I don't believe that the GI is always as critical a factor as it's projected to be. Fructose, for example, has a lower GI than white rice. But in my opinion, commercial fructose, which appears in many commercial foods, processed foods, and health bars, is one of the most dangerous and destructive sources of carbohydrate. The liver has a limited enzymatic capacity to utilize fructose. Any excess,

particularly when fructose is ingested in a pure refined form, may overwhelm the liver, leading to elevated blood lipids, insulin resistance, and weight gain. White rice, with its higher GI, is a far superior choice. When mixed with fiber, protein, and fat, white rice can be effectively utilized without any adverse effects. Fruit juices and certain vegetable juices (like carrot juice) have a relatively high GI, but since they come from natural, live (raw) foods (I'm referring to juices that are freshly squeezed), the body can usually handle them very well. Freshly prepared juices contain digestive enzymes that load the body with essential nutrients to support overall metabolism. So, even though fruits and certain veggies have a relatively high GI, it's not something to worry about, unless you are diabetic or hypo-glycemic.

The Case Against Grapes

The exception to not worrying about the high glycemic index of healthy fruits and vegetables is grapes. They're high in glucose (not fructose), and glucose causes rapid rises in blood sugar and therefore may trigger undesirable insulin spikes. As noted, grapes should be avoided or eaten in moderation during the day. I sometimes have grapes for dessert after a high-protein evening meal. It's essential to source organic grapes if you like them, since grapes are heavily treated with pesticides and herbicides and are consistently found to retain the highest amounts of toxic residue of any foods in the supermarket.

Salt Restriction

I question the effectiveness of salt restriction. When you restrict sodium, in the beginning you might lose some water weight, but if you reintroduce it, you may suffer from water retention. This is because sodium restriction triggers a spike in the hormone aldosterone (one of the adrenocortex hormones secreted by the adrenal glands), which works to preserve sodium inside the tissue cells, and this process creates water retention when sodium intake suddenly increases. As long as you keep sodium intake fairly consistent and in a normal ratio (which, of course, should be slightly higher in warmer weather and after extensive exercise), you won't over-secrete this hormone or trigger the

“aldosterone syndrome.”

Healthy people who routinely consume sodium generally don't experience ill effects by increasing it somewhat. It's those who restrict sodium consumption and then suddenly increase it who usually suffer from water retention. This is unfortunately what happens to bodybuilders and other athletes who need to “make weight” before competition. During the competitive season, when sodium is restricted, they look leaner, but sometimes hours after the first meal that's no longer sodium-restricted—boom—they can blow up like a balloon.

Keeping the Sodium Pump Intact

Balancing sodium intake has a lot to do with the ratio of sodium to potassium and magnesium. Natural foods—fruits and veggies, whole grains, and roots—have a high ratio of potassium to sodium (up to 200:1). Unfortunately, the typical American overly processed diet has an opposite ratio in which sodium is higher than potassium. To say this simply, in order to regulate your sodium intake, make sure that you balance your potassium-to-sodium ratio. Ideally your potassium intake should be higher than your sodium intake. Potassium is antagonistic to sodium. It drives excessive sodium out of the cells and thus keeps your sodium-potassium pump intact, helping protect against water retention and high blood pressure.

The best salts to consume are sea salts. My favorites are those that come from the Dead Sea.

Iodized salt is a fair option for those who suffer from an iodine deficiency. However, the best sources of organic iodine are fish, seafood, and sea vegetables.

Note: This advice relates to healthy people. Those who suffer from high or low blood pressure, arthritis, or heart problems should first consult their physician about sodium consumption.

The Most Allergenic Foods

The most allergenic foods are wheat, soy, peanuts, yeast, corn, dairy, and sugar—and all the foods made with them. There are many other

foods that people are allergic to as well, including shellfish, chocolate, potatoes and other nightshades, aspartame, citrus fruits, coffee, chamomile tea, MSG, additives, and a host of other substances. Monitor yourself. Those who feel sensitivity to certain foods should avoid them and consider seeing an allergist. In any case, it's always a wise idea to rotate all the foods you consume to avoid developing sensitivities and allergies from over-consuming any one item.

What Is Not Allowed on the Warrior Diet

Almost everything is allowed on the Warrior Diet, but there are a few exceptions:

- Refined sugar
- Refined, processed pastries

Combining starch with excessive sugar does not work, never has, and never will. I think that if the sugar content per 2-ounce serving of a starchy treat (such as cereals or bread) is less than 2 grams, then it's okay. I don't recommend more than this because it may place unnecessary pressure on your pancreatic system to rapidly increase insulin production. You should read the ingredients to check the quality of the leavening, as well as the chemicals and preservatives used in baked products. If they contain aluminum-based leavening, artificial sweeteners, sugar alcohol, nitrites, sulfites, hydrogenated or partially hydrogenated oils, or simple sugars, stay away from these highly polluted treats. Also, avoid eating chemical-laden protein bars. If you choose to consume them, you may suffer the consequences, such as nausea, bloating, allergic reactions, and undesirable weight gain.

END NOTE:

If you're completing this chapter and still find the information confusing or a bit overwhelming, just remember to follow the Warrior Diet's Three Rules of Eating. This is a great way to ease in and begin experimenting.

Rule #1: Always start with subtle-tasting foods and move to the more aggressive foods.

Rule #2: Include as many tastes, textures, colors, and aromas as possible in your main meal.

Rule #3: Stop eating when you feel much more thirsty than hungry.

By practicing this diet, you'll gradually remember more of the details, which will help you to define and reach your goals. This is a very personal and creative diet. As long as you follow the above rules, you'll soon find your own unique diet, the one that works best for you. Trust your instincts.

The Warrior Diet Daily Food Cycle: What and When to Eat and Drink

This is for all those guys who ask me, "Just tell me what I can eat during the day and what I can eat at night."

- Eat raw fruits, vegetables, and light fresh protein (yogurt, kefir, eggs, nuts and seeds, protein shakes) during the day; all food groups at night.
- Drink plenty of clean, pure water throughout the day.

Mornings through noon:

- Water—drink at least one glass of water upon awakening (plain or with lemon).
- Coffee or tea
- Fruits—fresh and raw
- Juices—freshly prepared from raw vegetables or fruits. I mean really fresh, those made to order in a blender or juicer, not prepared or bottled juices.
- Small servings of light fresh protein food, such as plain yogurt, kefir, poached or boiled eggs, as well as whey and milk protein shakes.

Noon through end of day:

- Coffee or tea
- Small serving of protein
- Fruits—fresh, raw fruits

- Juices—freshly prepared from raw vegetables (such as carrot, beet, parsley) or raw fruits (such as oranges, grapefruits, strawberries, blueberries)
- Miso soup

During the adaptation period, and days that you feel deprived:

- Green salad, with little or no dressing
- Protein—pesticide-free whey and milk protein shake would be the best protein of choice during the day.
- Or you can opt for lean protein (no more than 6 ounces) such as sashimi, eggs, plain yogurt or kefir (low-fat or nonfat), cottage cheese, or whey ricotta cheese. Don't mix proteins; have only one per snack.
- Raw nuts: A handful of raw nuts, preferably almonds, instead of lean protein during the afternoon hours.

Evenings:

The Warrior Diet is based on the principle of eating one large meal per day, preferably at night. During this meal you can eat as much as you want from all food groups (protein, fat, and carbohydrates), as long as you follow the Warrior Diet rules of eating:

1. Start with *leafy green vegetables* (such as romaine lettuce, red leaf lettuce, arugula, parsley, endives).
2. Continue with *protein* (such as fish, seafood, eggs, beans, cheese), *cooked vegetables* (such as broccoli, cauliflower, zucchini, carrots, squash, mushrooms, eggplant, beet greens, kale, collard greens), and *fat* (such as essential fatty acid oils, olive oil, almonds, avocado, butter).
3. Finish with *carbohydrates* (such as rice, potatoes, corn, yams, quinoa, barley) or alternatively, finish with raw nuts or seeds (such as almonds, pecans, walnuts, pumpkin seeds).
4. Stop eating when you feel much more thirsty than hungry.

Before your workout:

Water

Coffee or tea
Protein shake (made with pesticide-free, fast-assimilating proteins such as whey and milk)

After:

One liter of water, during and after
Multivitamin and minerals
Protein shake (same as pre-workout shake but larger serving)

Extremely Active People

For professional athletes and others who engage in intense, vigorous physical activities during the day and burn thousands of calories, it may be necessary to consume more food during the day to satisfy high-calorie demands and to spare muscle breakdown. In these circumstances, it's okay to have a light carbohydrate meal during the day (such as oatmeal and eggs, rice and eggs, rice soup, or barley soup). However, if your goal is to lose body fat, minimize the amount of carbohydrates during the day and have a light protein meal instead, preferably from a light, fast-assimilating source such as yogurt, kefir, or pesticide-free protein shake.

The Warrior Diet—A Sample Day

Upon awakening:

1 cup of water
Amla C: 100 mg
Multivitamin and minerals (1/3 daily serving)
Probiotics: 3–6 capsules
Coffee—black, from freshly ground beans
Morning shake
Small glass of grapefruit juice or yogurt or protein shake (15–30g)

Noon:

Medium-size juice—carrot, beet, and ginger, or a salad with boiled or poached eggs
Multivitamin and minerals (1/3 daily serving)

Amla C: 100 mg

Early afternoon:

A bowl of berries or yogurt

Late afternoon:

Protein shake

Coffee—black or espresso with milk foam

Early Evening Workout—during and after:

1–1.5 liters of water

Multivitamin and minerals (1/3 daily serving)

Calcium and magnesium (500 mg)

Amla C: 100–200 mg

Recovery meal:

Protein shake: 30–50 g

Evening: Main Meal (eat as much as you want)

Mixed green salad (you can add tomatoes, onions, and olive oil)

Curry fish in spicy tomato broth

EFA oil, lecithin

Steamed broccoli, zucchini, and carrots or string beans with garlic

If you are fully satisfied or much more thirsty than hungry, stop eating. If you are still hungry, finish with brown rice topped with EFA or lecithin, or instead finish with 1–3 handfuls of raw almonds, or alternatively, finish with a Warrior Diet dessert like pumpkin cheesecake or green tea with ginger, slightly sweetened with maple syrup.

Late night:

Protein shake—no sugar added

As you can see, The Warrior Diet can be applied with different food

combinations and recipes to accommodate different needs and satisfy different tastes. The food choices can be adjusted according to variables such as food availability, level of physical activity, and health condition.

STUBBORN FAT

STUBBORN FAT IS A MAJOR PROBLEM for many people today. It doesn't matter if they are trying to get rid of it through various diets or exercise routines—the fact is, this fat remains and seems impossible to remove. That's why it's called stubborn fat. Besides the Anti-Estrogenic Diet, I'm not aware of any diet that seriously addresses this problem.

One of the most popular methods today of removing stubborn fat is lipo-suction, an intrusive and risky procedure. This is a multimillion-dollar business involving sucking out fat tissues through surgery. Not only can it be dangerous, or even fatal, liposuction often doesn't solve the problem. Other methods include crash fad diets and diet pills, often with devastating effects on the hormonal and neural systems, as well as the overall metabolic integrity of the body.

Such extreme measures show how desperate people are. There are natural, noninvasive ways to remove stubborn fat. To understand how to deal with this problem, let me explain what stubborn fat is, why we have it, and how to prevent or lose it.

What Is Stubborn Fat?

Stubborn fat is composed of slow-metabolized, often estrogen-sensitive adipose tissue. To burn fat, a natural hormonal process has to take place. When a fat-burning process is stimulated, the adrenal hormones bind to special receptors in the fat tissues. There are two major groups of receptors in the fat tissues, alpha and beta. The beta adrenoreceptors are the active ones, which respond to the adrenal hormones and burn fat. On the other hand, the alpha receptors are antagonistic to fat-burning.

Stubborn fat tissues often have a lower ratio of beta receptors to alpha

receptors. Due to alpha receptors' inhibiting effect on fat breakdown, stubborn fat tissues are generally slow to respond to adrenal hormones.

To make matters worse, stubborn fat is generally an estrogen-sensitive tissue, typically high in estrogen receptors. Estrogen (the female hormone), once it's bound to estrogen receptors, causes enlargement of the adipose tissue and thus induces even more fat gain.

There's much more to it, but I don't want to make this too complicated and overly scientific. So for now, let's just say that stubborn fat presents three major problems:

1. It doesn't have a high enough ratio of beta receptors to alpha receptors, so it doesn't respond to adrenal fat-burning stimulation.
2. It is highly sensitive to estrogen, which promotes the growth of estrogen-sensitive fat tissues and thus accelerates fat gain.

And, on top of all this—

3. Stubborn fat doesn't have a healthy blood circulation. These slowly metabolized fat tissues have fewer blood vessels than a normal fat tissue, and consequently this fat is slower to metabolize and, therefore, more stubborn or difficult to remove.

What Causes Stubborn Fat?

There are many reasons for having stubborn fat. Both men and women suffer from stubborn fat gain as a result of unhealthy diet, exposure to estrogenic chemicals and/or aging. The increase in size of estrogen-sensitive fat tissues has been associated with excess of estrogen in the body. Excess of estrogen often occurs due to the inability of the liver to break down and detoxify estrogenic substances, metabolites, or chemical compounds that mimic estrogen in the body.

Fat gain has also been associated with insulin insensitivity and over-consumption of carbohydrates. Over-consumption of too many carbohydrates— especially sugar and overly processed, refined carbs— places pressure on the pancreas to overproduce insulin in order to lower blood sugar levels.

Hyperinsulinemia causes insulin insensitivity. When this happens, the body converts these extra carbohydrates into triglycerides and fat.

Indeed, insulin resistance and diabetes have been associated with excessive belly fat (pear shape), which has been associated with increased levels of circulating estrogen.

Deficiencies in certain nutrients, vitamins, and minerals—such as B vitamins, chromium, magnesium, zinc, and omega-3 essential fatty acid (alpha-linolenic acid)—may also cause insulin insensitivity and compromise fat metabolism.

Stubborn fat can be linked to protein deficiencies as well. Vegetarians and vegans are more likely to suffer from protein deficiencies, and especially the essential amino acid lysine. Lysine, abundant in animal proteins but less so in grains, converts in our bodies to L-carnitine. Carnitine enzymes (carnitine palmitoyl transferase or CPT) mobilize fat for breakdown in the mitochondria (the cell's site for energy production and fat utilization). Carnitine is essential for the fat-burning process. It is found mostly in animal foods, including meat, dairy, eggs, and fish. Without enough carnitine and carnitine-related enzymes in your body, the ability to burn fat may be severely compromised.

Stubborn fat can be an age-related problem for men and women. The older men get, the more testosterone is converted into estrogen. This process, called aromatizing, affects women in a similar way. The older one gets, the more active the aromatase enzyme is. Fat tissues are the sites that produce aromatase enzymes and therefore accelerate the conversion of testosterone into estrogen. There are natural ways to help block this process, involving ingestion of certain foods and herbs. We'll discuss them soon.

Men typically suffer from stubborn fat gain in the belly and chest. Women usually gain stubborn fat around their hips, thighs, and butt. Some women have stubborn-fat tissues around their upper arms or entire legs. Age-related stubborn fat for women may be the result of estrogen dominance in the body, with an increase in estrogen receptors in the tissues. Moreover, age-related insulin insensitivity, chronic stress, liver congestion, low thyroid, vascular permeability, and exhausted adrenals may all make the syndrome even worse for both men and women.

How to Prevent Stubborn Fat

There are several things you can do to avoid stubborn fat:

1. Stay away from crash diets or diets that make you lose fat and gain it again. Second-generation fat would most likely be more stubborn than the first.
2. Avoid consuming foods and herbs that have estrogenic effects on the body, such as soy, clover, and licorice. Also, minimize intake of omega-6 vegetable oils such as canola, corn, safflower, and soy, which have shown the capacity to induce estrogenic effects when not balanced with omega-3 oils.
3. Eat as much organic food as possible, thereby avoiding estrogenic substances that are in our food supply, such as petroleum-based fertilizers, pesticides, herbicides (found in non-organic produce), and hormones, which are found in conventional meats, poultry, and dairy.
4. If the food or water smells like plastic, stay away from it. Certain compounds in plastic called plasticizers, such as bisphenol A, have been found to be highly estrogenic and carcinogenic. Plasticizers can leach into water, milk, or foods that are packaged in plastic.
5. Minimize alcohol consumption. Excessive alcohol may compromise your liver's ability to break down and detoxify estrogenic derivatives. These estrogenic toxins can then penetrate the blood and cause adverse symptoms like bloating, water retention, and stubborn-fat gain. If these toxins remain unchecked, they may cause chronic diseases and even cancer. Alcohol may cause ethanol toxicity in the liver, which is also associated with insulin resistance, hypertension (high blood pressure), and fat gain.
6. Control your insulin. Naturally minimize the amount of carbohydrates you ingest by having whole carbs as the last component of your meal. If needed, supplement your diet with all the vital nutrients for stabilizing your insulin, such as essential fatty acids, vitamins, and minerals. If you're insulin-resistant, switch from carb foods to low-glycemic fat fuel foods such as nuts and seeds.
7. Follow a steady exercise routine. A comprehensive diet and exercise routine is the first defense against stubborn fat. Exercising boosts the metabolic rate, lowers estrogen level, and reduces stress-related symptoms, and thus accelerates the diet's effects. However, avoid

overtraining. Chronically overstressing your body may cause the opposite effect and slow down your metabolic rate.

As for plastic, avoiding it altogether would be very impractical and almost impossible today, given how widespread and ubiquitous it is. Therefore I recommend that everyone do their best to check what type of plastic packaging is used before buying and consuming products wrapped or bottled in it. The worst packaging products are made with soft plastic, such as conventional “cloudy” plastic containers for water or milk. And, as noted above, you can use your senses. If anything edible smells like plastic, stay away from it. Moreover, acid-based foods such as lemon juice, vinegar, tomato sauce, and wine should never be packed or stored in plastic containers, since acid is more reactive with plastic material. A few safety measures I use are:

- Cut away a small amount of the outer edge of foods that are wrapped in plastic, such as cheese.
- Store food and beverages in glass or ceramic containers.
- Do not ingest liquids packed in soft, “cloudy” plastic containers.

To sum up how to prevent stubborn fat:

1. Avoid weight fluctuations.
2. Avoid estrogenic foods and herbs such as conventional meat and dairy, inorganic produce, omega-6 vegetable oils—canola, safflower, corn, and soy, all soy protein products, soy isoflavones supplements, clover and licorice supplements.
3. Minimize consumption of non-organic foods.
4. Avoid foods or liquids that smell like plastic.
5. Avoid excessive alcohol consumption.
6. Control your insulin; minimize refined carbohydrates; eat nuts and seeds instead of grains.
7. Follow a steady exercise routine.

The Problem with Plastic

Plastic is a very controversial issue. Its use is widespread in packaging for all types of food and beverages, and many oils. Most of these plastic bottles are made from

polyethylene (a type of plastic that's been shown to be acceptably safe packing material for foods and oils). However, some plastics used on the market today for packaging food are quite toxic—in particular, soft plastics which are high in plasticizers.

How to Get Rid of Stubborn Fat

If you suffer from stubborn fat, you should consider trying natural supplements, or “stubborn-fat busters,” that may help you burn it off, including estrogen inhibitors and liver detoxifiers.

Estrogen Inhibitors

Certain compounds in foods and herbs have shown the capacity to inhibit estrogen and modulate its effects. The most potent estrogen inhibitors are found in cruciferous vegetables (indoles), chamomile flower (containing the flavone apigenine), passion flower (the flavone chrysin), onion and garlic (the flavone quercetin), bee propolis (galangin), citrus fruits (containing the flavonone naringenin), curry (curcumin), red grapes or wine (resveratrol), omega-3 oils from fish, flax seeds, or hemp seeds, and milk fat, particularly from grass-fed animals (CLA).

Studies reveal that a combination of estrogen inhibitors has a superior estrogen-inhibiting effect than each of the components alone. When combined properly, estrogen inhibitors counteract estrogen on three levels:

- Lowering or antagonizing the estrogen receptors' activity.
- Inhibiting the aromatase enzyme that produces estrogen (from male androgens).
- Shifting estrogen metabolism to favor the production of beneficial estrogen metabolites instead of harmful estrogen metabolites. Cruciferous indoles (indole-3 carbinol, indole-3 acetate, and diindolyl methane or DIM) have demonstrated highly protective anticarcinogenic properties by shifting estrogen metabolism to produce beneficial metabolites. The flavones apigenine, chrysin, quercetin, and galangin were found to be potent aromatase

inhibitors. So is the citrus flavonone naringenin, although with a lower inhibition potency. Omega-3 oils are most important estrogen modulators, balancing the estrogen-promoting effects of omega-6 vegetable oils. Omega-3 oils antagonize estrogen receptors' positive tumor cells, and so does CLA (conjugated linoleic acid), which is derived from milk fat and found abundantly in aged cheese and butter from grass-fed animals.

Both omega-3 oils and CLA seem to exert anti-estrogenic and anti-cancerous effects in a similar manner. Other estrogen inhibitors, including curcumin from turmeric and resveratrol from grapes, were found to work together as potent anti-estrogenic agents and cancer cell destroyers. Overall, when combined with anti-estrogenic foods and applied in sufficient amounts, estrogen inhibitors may help counteract the adverse effects of chemical as well as endogenous estrogen, thereby helping defend the body against estrogen-related fat gain, disorders, and cancer.

It's popular today to take soy isoflavones as a natural preventative aid against estrogen-related cancers, but I believe that a combination of the aforementioned estrogen inhibitors is the best alternative. Unlike soy isoflavones, these estrogen inhibitors have no inherent estrogenic effects and therefore are safe and viable. Soy isoflavones were found to be estrogenic and therefore may be part of the problem rather than the solution.

Liver Detoxifiers: Milk Thistle, Dandelion Root, and Amla C

As I've mentioned before, one of the reasons for excessive estrogenic activity in the body is liver congestion. The liver works as a filter organ. Under normal conditions the liver breaks down or neutralizes toxins and estrogen derivatives as well as chemicals, preventing them from reaching the blood. Bad diets and excessive alcohol consumption lower the liver's capacity to break down estrogen. Therefore, toxic estrogen substances reach the bloodstream, thereby inducing adverse estrogenic effects. That's one reason why many heavy drinkers and alcoholics suffer from estrogen-related stubborn fat in the belly and other areas.

As noted, leafy greens and cruciferous vegetables such as broccoli,

cauliflower, Brussels sprouts, kale, and cabbage are believed to be great natural aids for the liver's estrogen metabolism. Routinely consuming cruciferous vegetables is a natural, simple way to provide the liver with its first defense against excess estrogen. Those who want to accelerate liver detoxification and rejuvenation should consider supplementing with milk thistle and dandelion root, since these herbs have been shown to help the liver detoxify and recuperate. Dandelion root is a diuretic herb and mildly laxative, so be cautious about the amount you take. Start with a small dosage, see how you feel, and then increase it slightly. Both herbs are available as teas, tinctures, and capsules. As mentioned previously, both amla C and boerhaavia are potent liver detoxifiers as well.

Steroids and the Liver

Those who take steroids, and women who take hormone replacements, place pressure on their liver to break down and detoxify these drugs. An inability to break down steroidal drugs may cause unpleasant symptoms such as bloating, water retention, and weight gain. In these cases, supplementing with natural estrogen inhibitors may help.

Yohimbe Bark, An Alpha Antagonist

Yohimbe bark is an herb derived from a West African tree. Yohimbe is used as an aphrodisiac herb for men who want to boost potency. It may also benefit those who suffer from stubborn fat.

Yohimbe is an alpha-2 adrenergic antagonist, meaning that yohimbe may block alpha receptors of fat cells. The blocking of alpha receptors makes it possible for a stubborn fat tissue to be more responsive to the adrenal hormones. (The adrenal hormones bind to the beta receptors and activate a fat-burning response.) For both men and women who suffer from stubborn fat, this herb may offer positive effects. However, some people don't react well to yohimbe. Those who suffer from high blood pressure, heart conditions, or thyroid problems should consult their physician before trying it. Due to government regulations, yohimbe isn't easily accessible in stores.

Summary

In summary, the first defense against stubborn fat is to maintain a chemical-free diet, proper nutrition, and a regular exercise routine. It's best to eat anti-estrogenic organic foods, increase intake of omega-3 oil, minimize intake of omega-6 oil, supplement with estrogen-inhibitor herbs, and drink clean water. Try to reduce the purchase, consumption, and storage of foods or liquids packaged in plastic; avoid foods to which you are sensitive or allergic; minimize exposure to industrial estrogenic chemicals; minimize alcohol consumption; and, yes, avoid fluctuating weight through fad or crash diets.

The Warrior Diet can greatly help in preventing and eliminating stubborn fat. As you've already seen, this diet gives you hours of daily detoxification. This, coupled with the fat-burning that happens during the daily Undereating Phase, should keep you lean and healthy. If you follow the overeating rules of the Warrior Diet, you'll know that all the nutritional advice mentioned in this chapter is already part of the Warrior Diet routine, and so you may be able to virtually eliminate the problems that cause stubborn-fat gain. And, if you have stubborn fat and want to get rid of it, ideally you now know what to do.

As an "end note" for this subject, let me reiterate how essential exercise is to accelerate fat-burning and to reduce stress. Maintaining a healthy diet is of utmost importance in order to achieve any positive results. Nonetheless, exercise makes you achieve the results you're hoping for much faster.

THE WARRIOR DIET VERSUS OTHER DIETS

I RARELY HEAR PEOPLE TALK ABOUT THE STABILITY of specific diets, yet to me, stability is key. Most dietary programs today are missing a critical dimension—time. We are not steel objects; we are living entities in time and space. Time is a crucial factor, and it can't be ignored. Diets need to reflect the fact that human beings, like all living creatures, exist in time and space, and that we are evolving, moving, and always cycling our activities. The easiest way to get people's attention is to make them believe that they live in a simplistic, two-dimensional world. But in life, "one plus one" does not always equal "two." Things manifest in cycles, contradictions, and extremes, balancing each other, existing all together in a dimension called Time. Rotations and changes occur in the differences between seasons, weather, days and nights. So it still puzzles me how can people be brainwashed to believe that their life should be lived within the same parameters every day!

A stable diet is one that, once you're on it, you can live with it regardless of your location, the weather, or the season. To me, a stable diet isn't just a diet. It's a way of life. So even if you change something, or go off your eating regimen for a short while, you'll still be balanced. And that's how human beings should be—balanced—whether they eat a little more carbohydrates or protein on any one day, or even if they fast, they should still be balanced. That's one motto of the Warrior Diet. Our bodies are built to adapt to various situations without losing homeostasis.

If a diet is built on such specifics that you often fail to follow the regimen, it is most likely an "unstable diet." An unstable diet is a bad diet simply because it's almost impossible to stay on it. For instance, The

Zone says you should eat 40% carbohydrates, 30% fat, 30% protein, and that if you change the ratio even slightly, you've lost The Zone. As Barry Sears says, "You're as good as your last meal." To me this diet is the very definition of unstable because, according to its creator, any deviation will mess you up. In fact, the truth is quite the opposite. There is substantial evidence that humans have adapted to cycle between different ratios of macronutrients. If we hadn't adapted to these cycles (in ratios of macronutrients), we wouldn't be able to survive climate and seasonal changes.

Most diets are built on a very simple equation and, to me, this is wrong. Many modern diets can't work for very long because it's impossible to follow a specific, straight formula in an un-straight world. It's just not realistic. And anyway, you shouldn't eat the same food or ingest the same number of calories every single day because of changes in your routine. For instance, on some days you may be highly physically active, whereas on others you may not be active at all. You're the same person, but your ratios and needs are changing. Everything in life is evolving. So should your diet.

Light and daylight influence the hormonal system. For some people, there's a peak time of hormone secretion in the afternoon, but for others it's early in the morning. The hormonal system can also be affected if, for instance, you work in the evening as opposed to during the day. Animals and plants are also affected by and react to the cycles of day and night and the seasons. Why do we so often overlook or ignore this?

Since the Industrial Revolution, we've been moving further away from the natural cycle of life, governed by sunrise and sunset. As a result, many people today suffer from symptoms of chronic jet lag as well as related problems, like depression, fatigue, or feelings of deprivation, often leading to chronic cravings for pick-up foods and sweets.

The stability of the Warrior Diet is built on the premise that whether or not you've eaten your main meal, you'll always know where you are in the cycle and what you're supposed to do to keep evolving from one part of the cycle to the next.

I believe that nature is wise, and that we all have deep instincts within us that can provide the wisdom to know when to eat, what to eat, and when to stop eating. Everyone has and needs these primal instincts. The Warrior Diet allows you to make changes, to binge on carbohydrates or

fatty foods like nuts, and still be fine. Other diets don't allow this freedom. I believe that feeling free should be a part of your life. By introducing you to the Warrior Diet, I hope to relay how this sense of freedom will enrich your life in many ways.

The Warrior Diet vs. the Frequent-Feeding System

The frequent-feeding system (followed by many people today) is where you eat relatively small, frequent meals throughout the day. Those who advocate frequent feedings say that it puts less pressure on the digestive tract and keeps sugar levels stable. And, especially for physically active individuals, it allegedly enables them to ingest more protein throughout the day to further build muscles.

I understand the philosophy and science behind this, but I also see the down side. With all due respect, the huge disadvantage of the frequent-feeding system is that the body never gets a break to detoxify, to recuperate, and to let the pancreatic system rest. Additionally, when you deposit material so often without giving your body enough time to detoxify, you basically deplete your body's pool of enzymes. This often results in compromised digestion, especially of proteins. The loss of digestive power weakens the immune system, and if this is unchecked, it may lead to waste of lean tissues and disease. A large percentage of those who practice frequent feeding no longer have a healthy feeding cycle. It's no wonder that so many people today suffer from digestive disorders, constipation, weight gain, and related diseases. These problems are so pronounced that the companies who sell drugs to help people become "regular" make a bloody fortune.

The Warrior Diet is built on daily detoxification and enzyme loading. If you practice this diet, you'll eventually reach your own natural cycle and should be able to sustain prime health and increase your resilience to stress and disease. This makes the Warrior Diet radically different from all conventional diets today.

Reviews of Popular Diets

Including How They Differ from the Warrior Diet

I've separated the diet reviews into five major groups:

Group I – The American Diet

- The All-American Diet
- The American Health-Food Diets

Group II – The Low-Fat Diet

- High-Carb/Low-Fat/Low-Protein
- The Pritikin Diet
- Dean Ornish's Diet

Group III – The Protein / Fat / Carb / Ratio Diet

- The Zone: 40-30-30

Group IV – High-Protein, Very Low-Carbohydrate

- Dr. Atkins (New Diet Revolution and Vita-Nutrient Solution)
- Protein Power
- South Beach Diet

Group V – Holistic Diets

- Macrobiotics
- Andrew Weil (Instinctive Healing)
- Harvey Diamond (Fit for Life and Fit for Life: A New Beginning)

To make things clear and simple, I chose to review only those diets that, in my opinion, best characterize their group.

Group I: The All-American (Junk Food) Diet

From Hot Dogs and French Fries to Sodas, Chips, and Cookies

There are no books in this category, other than cookbooks (and fast food or diner menus).

This is a relatively young diet, less than a hundred years old. It cropped up during the twentieth century and is an example of a

“scavenger diet.” People on this diet don’t think about what they eat and blithely consume prepared and overly processed foods. True scavengers don’t hunt for food; they eat what’s left over by another animal. They pick up and eat dead food. Scavengers have this unique mentality.

The All-American Diet is based on consuming food without thinking. This is a very aggressive diet, high in refined and overly processed foods loaded with chemical preservatives, pesticides, nitrates, and artificial food colors. When I say “aggressive,” I refer to taste—meaning there’s too much sugar, salt, and grease (unhealthy fat). Sugar overstimulates insulin levels, thereby maintaining the craving for more sugar. Overly processed foods make up the majority of the All-American Diet: hot dogs, hamburgers, fried chicken, cold cuts, cakes, cookies, candies, sodas and other sugar-laden beverages, refined or sugary grains like most muffins, donuts, and cereals, and French fries and other fried foods.

Many of you already know how bad this diet is. A great deal of data show its correlation with obesity, diabetes, heart attacks, and degenerative diseases. It’s my contention that even if you try to balance it somewhat by reducing sugar consumption and increasing your intake of olive oil (instead of margarine or other hydrogenated oils), you’re still left with too much overly processed food. To add insult to injury, unless you eat organically, much of the food is contaminated with hormones, antibiotics, pesticides, and petroleum-based chemicals and other estrogenic derivatives. You can’t win here!

The American “Health Food” Diets

Choosing organic food is definitely a step in the right direction, because it means that there’s some awareness of what you eat. You’re attempting to avoid the hormones and antibiotics found in most non-organic meat and dairy products, as well as the chemical herbicides, pesticides, and fertilizers used in most of the nation’s food supply.

But one of the common mistakes people make when they see a health-food label is going for it without checking the ingredients. A lot of organic foods, including many cereals, contain too much sugar or other sweeteners like fructose, or they have undesirable oils or overly processed fats—all of which are unhealthy for you. Remember, even if your food choices are right, it is *when* you eat that makes *what* you eat

matter.

Group II: High-Carbohydrate, Low-Fat, Low-Protein

The Pritikin Diet and Dean Ornish's diet belong in this group, which is still popular today despite massive research showing the insulin impact of high carbohydrate-based diets.

High-carb, low-fat, low-protein diets have proven ineffective in terms of weight loss. Even when calories are reduced, many people who try these diets gain weight. Following high-carb, low-fat, low-protein diets can also lead to major health problems. For example, when there's a chronic imbalance between protein and carbohydrate consumption, it may result in protein deficiencies as well as overspiking of insulin. This can, in turn, lead to insulin insensitivity, hypoglycemia, and even diabetes. Additionally, active people require more protein than those who are sedentary. These diets may not supply enough amino acids for their active muscles.

It's common to find people with "fat phobias" in this territory—people who don't realize that dietary fat plays a critical role in supporting the hormonal, muscular, and neural systems. If one doesn't consume enough healthy fats, particularly essential fatty acids (EFAs), one may suffer from an EFA deficiency. This can lead to metabolic impairments in the brain, inflammation in other parts of the body, excess of estrogen, weight gain, and compromised immunity. Moreover, it may lead to depression, impotency, and eventually full-blown disease.

Group III: The Zone (40/30/30)

I respect many of Barry Sears' theories, and he's taken a great step ahead by explaining to people the mechanism of fat-burning and the difference between insulin and glucagon. However, there's absolutely no reason to conclude from his theory that there is actually a "Zone." In my opinion, if there is something similar to the alleged Zone, it definitely doesn't look like the Zone. I can prove philosophically, not just scientifically, how wrong this assumption of a Zone is. First of all, let's address the amount and proportion of food. There's no proof that all people should

consume 40% carbs, 30% protein, and 30% fat daily.

I believe that Sears has made some incorrect assumptions. He believes that this ratio fits everybody—men and women of different ages, athletes, and sedentary people. The truth is that different people have different needs, so you can't say that everybody should follow the same ratio. Moreover, some people suffer from metabolic problems such as gout or hypoglycemia, and their diet absolutely must accommodate their condition. Sears ignores the fact that a diet's protein-to-fat-to-carb ratio depends on one's personal condition. If you're in a phase where you want to lose weight, you should have one ratio; if you want to maintain your weight, you should have another.

To me, the worst thing about the Zone is that it's built—like virtually all diets today—on control and deprivation. The human instinct to reach satiety (satisfaction) from food and to enjoy a sense of freedom cannot be achieved with this diet. Maybe people can fool themselves for a while, but the fact that you have to measure everything, almost like a pharmacist, is very difficult for people to maintain. I think the Zone is a potentially interesting diet, and some people can probably lose weight on it. But in the long run, such a diet would most likely fail due to impracticalities, restrictions, and deprivation. For those who want to build lean tissues while boosting their metabolism and feeling a sense of freedom as well as satisfaction from their meals, I believe the Zone diet is just not good enough.

Group IV: High-Protein, Low- or No-Carbohydrate

- Dr. Atkins' New Diet Revolution
- Vita-Nutrient Solution
- Protein Power
- The Carbohydrate Addict's Diet
- The South Beach Diet

I chose to review Dr. Atkins' New Diet Revolution and Vita-Nutrient Solution for Group IV because I think it represents this group well. Dr. Atkins is a pioneer, since he was the first to introduce the public to some of the science behind fat-burning, as well as the hazards of

carbohydrates and overconsumption of sugar. But, unfortunately, his diet suffers from serious downfalls. I believe it's virtually impossible to follow his diet for the long term, mainly because it is impractical and wrong to ask people to deprive themselves of carbs forever. There are other problems too, involving overacidity and imbalance, resulting from not consuming enough raw plant foods, and over-consuming protein and junk fatty foods, such as hot dogs, cold cuts, or bacon, which acidify the body, often load it with chemicals, and deplete its vital enzymes. On top of this, Dr. Atkins overlooks the importance of whole foods and their healing effects on the body. The emphasis on live, raw foods is missing from his diet plan. Human beings were created as an integral part of nature, and consuming whole foods is essential for our health.

In his other book, *Dr. Atkins' Health Revolution* (1990), he suggests a list of vitamins and herbs that you can take to supplement this high-protein, high-fat, low-carbohydrate diet. Nonetheless, he draws the wrong conclusions. Chronically avoiding carbs may compromise the body's natural production of serotonin, a major neurotransmitter that triggers pleasure sensors in the brain, giving a calming effect. Serotonin is the precursor for the hormone melatonin, which promotes sleep and rejuvenation. Dietary carbs also play an important role in sustaining a critical metabolic pathway in the liver (the Pentose Phosphate pathway), responsible for production of DNA, RNA, and some of the most powerful endogenous antioxidant enzymes. Chronic carb restriction may shut down this metabolic pathway, thus leading to accelerated aging and disease.

I contend that there is no substitute for the phytonutrients, minerals, and vitamins we get from whole foods. I also firmly believe that whole carbohydrates should be an essential component of the diet.

Any recommendation to cut out some of what nature provides—fruits, plants, whole grains, and fibers—and instead use synthetic supplements is absolutely wrong. Phytonutrients, minerals, and microorganisms are needed to support all bodily functions. The Atkins Diet misses a lot of potent, living-food forces.

The colors of live food, such as the pigments in plants, are actually nutritious and essential for your health. These phytonutrients are much more potent in their natural state than in synthetic forms. You can't achieve this same potency with processed powder supplements.

Many years ago, when the soil was richer and less contaminated with environmental toxins, food contained much more vitamins, minerals, flavonoids, and other phytonutrients, all of which support our body's hormonal, neural, and muscular systems. Their decline in our food supply is a major problem today. So why follow a diet that makes this problem even more pronounced?

Dr. Atkins almost completely ignores the importance of natural detoxification, which is one of the main roles of living food and food enzymes. I believe, moreover, that following this high-protein, high-fat diet with the absence of daily detoxification will place too much pressure on the liver, and so will eventually increase the overall metabolic stress on the body and thus accelerate aging. Atkins' slogan that "you can eat whatever protein and fat you want," including bacon, salami, cheese, and butter, is a dangerous gimmick. If you choose to go on this gimmicky diet, you may temporarily lose weight but eventually pay the consequences.

In summary, the Atkins Diet overlooks and therefore lacks four major elements:

- The importance of dietary carbs in supporting the body's metabolic integrity.
- The importance of the wholeness of food, derived primarily from plants and grains.
- Daily detoxification
- A sense of freedom (since the diet is built on deprivation)

Group V: Holistic Diets

- Macrobiotic Diets
- Andrew Weil's Instinctive Healing
- Harvey Diamond's Fit for Life and Fit for Life: A New Beginning

Macrobiotics

Macrobiotic diets are based on the ancient Eastern cultural concept of balancing yin and yang. However, we Americans seem to have created a modern mutation of an old Eastern tradition. These diets are based

mainly on consumption of cooked food, including cooked fruits and veggies. Grains are the main source of energy.

Yin foods are those that have light, expansive, and often cooling properties, such as fruits, vegetables, sugar, and some herbs and spices. Yang foods have contractive, anabolic, and often warming qualities; they include meat, grains, and beans. Since macrobiotic diets are vegetarian, the yang foods are mainly grains, nuts, seeds, beans, and legumes.

In my opinion, these diets aren't as balanced as they claim to be. They neglect, or nearly avoid, the living-food factor. As a result, people who eat a macrobiotic diet miss the live-food elements, which, as mentioned, are so essential for your health. I also question the wisdom of balancing the yin and yang food with each meal. Some people are more acidic, so they need more yin, alkalizing food, and the opposite holds true, too. Moreover, cooking methods may change the quality of fresh yin-like food to a more yang-like quality. It's confusing. On top of all this, the diet is simply impractical to follow, especially for people on the run. Macrobiotic junkies usually carry precooked food with them in plastic containers. This is inconvenient; furthermore, precooked food may spoil if left for too long without refrigeration.

This diet is built on control and deprivation because your choices are limited, and you can't freely use your own instincts. And as we've said: no freedom, no good!

Andrew Weil's Instinctive Healing

I respect Andrew Weil. He deserves the credit for educating people about the importance of fresh food, the dangers of processing, and making the right choices when it comes to different plants, seeds, and herbs. Dr. Weil puts things in the right perspective when he covers the subjects of healthy oils and natural toxins. He also elaborates wisely about different healthy cooking methods, and the importance of being in tune with nature and seasons when it comes to dieting.

But philosophy is one thing, and a practical diet is another. I suspect that one of Dr. Weil's magic bullets, besides his charisma, is his ability to remove guilt from those who are looking for guidance. Using Weil himself as a living example of his diet philosophy is somewhat confusing. Dr. Weil argues that the lean body image isn't a healthy one.

According to him, it's all right to be chunky (like himself), and this point of view suggests to people that it's okay to be overweight. Dr. Weil says that lifting weights (bodybuilding) is bad for you, and that moving yourself from the chair to the kitchen and back is kind of an exercise (well, maybe gardening and walking around the block is mentioned, too). I find this approach to be misleading. People can do better than that. In short, if you want to follow Andrew Weil, you may learn a lot about food and cooking. But you might find yourself looking like, well, Andrew Weil.

Harvey Diamond's *Fit for Life* and *Fit for Life: A New Beginning*

These diets are very popular among people who are looking for a practical way to heal themselves. Harvey Diamond's books are built on three major premises:

1. **Food Separation:** Carbohydrate and protein meals should be separated. According to Diamond, food separation will guarantee better digestion since carbs and protein need different enzymes under different pH.
2. **Detoxification:** In his latest book, *Fit for Life: A New Beginning*, Diamond elaborates on the importance of periodic lymphatic system detoxification as the only natural way to prevent disease.
3. **Living Food:** Diamond explains the vital importance of living food forces as an integral part of the diet.

My main problem with these books was, and I say "was," that in my opinion they appeal to sick or sedentary people. I fully understand and agree with his suggestion of consuming fruits and freshly squeezed fruit and veggie juices, but disagree with Diamond's advice concerning what and how much you're allowed to eat. I, as well as other active people, would literally disappear if I followed *Fit for Life*. However, after speaking with and meeting Harvey Diamond, I realize that he's much more flexible than I thought before we met. Harvey agreed that his diet doesn't target active people or athletes who need to consume more protein and meat. He admits that in spite of his attack on "flesh foods," he no longer is a vegetarian and does, in fact, enjoy a steak once in a

while.

Given the above, I have to say that this is a diet I honestly recommend as one of the most effective means of detoxification, for healing, and for breaking old, unhealthy habits. I personally don't follow food separation since I think that eating carbs alone may cause a rapid rise in insulin, while combining protein, fat, and carbs in one meal prevents high-insulin fluctuations— and has the added benefit of providing more satiety.

Further, some natural whole foods, such as beans and nuts, contain both protein and carbohydrates in an almost equal ratio.

Let me just note that Harvey is also a great writer with a wonderful sense of humor. He cracked me up a few times. No other diet book has ever made me laugh.

As a final note here, let me mention that I didn't find it necessary to review all of today's popular diets. Though they manifest in different variations, virtually all current diets are based on similar dietary restrictions: low fat, low carbs, or low calories. The Warrior Diet is the only diet today that challenges all common dietary concepts and offers a real alternative—guidelines that are not based on superficial restrictions, but rather on true principles of human nutrition.

LESSONS FROM HISTORY

THE MIGHTY ROMAN SOLDIER WAS A LIGHTWEIGHT, 135 pounds on average. Yet in face-to-face combat against Gauls or Celts who weighed about 180 pounds, the Roman warrior came out on top. Julius Caesar was only five feet, six inches tall, and Alexander the Great wasn't physically a big man, but history remembers them both as giant warriors.

One might ask why history and legend remembers these lean people as giants. In my opinion, the answer lies somewhere between the ways these people lived, and how adamantly they followed their convictions.

I've chosen to focus mainly on the ancient Romans and Greeks for two reasons. First, the Greco-Roman culture is considered to be the foundation of modern Western civilization. Western cultural ideals of beauty and body proportions are derived from the Greco-Roman classical period.

Second, I find the Greeks, and especially the Romans, to be great historical examples of people who created large empires and documented their warrior way of life over hundreds of years. There's a lot to learn from ancient warriors, but since this isn't a history book, I have limited myself to major topics relevant to the Warrior Diet. To understand what made these people live as they did, you need to get acquainted with their priorities. What were their aesthetic and moral concepts of beauty and ugliness? What did courage and cowardice mean to them? How did they relate to subjects such as health and sickness? And, especially, what were their attitudes toward pain, pleasure, deprivation, and compensation? I find it all most intriguing. I hope you will, too.

Although I focus mainly on the Romans and Greeks, I do refer to other groups of ancient people. This chapter aims to shed some light on the

historical relevance of the Warrior Diet.

At the end of the chapter I offer my conclusions and elaborate on the historical role of nutritional carbohydrates.

The Romans—An Empire of Wanderers

Romans devoured space. They spent most of their lives outdoors. They traveled the length and breadth of Latium, Italy, and the provinces (the regions that were conquered by the Romans, such as Gaul, North Africa, and Palestine) as soldiers, magistrates, or freed men entrusted with their patron's business. "On the move," these roving Romans had to be constantly alert and able to adapt to different foods, weather conditions, and especially to times of deprivation. It was essential for nomadic people to maintain a tactical nutrition strategy that could sustain them while moving from one place to another. They were, therefore, geared towards eating mostly accessible, seasonal, fresh food. They were also using natural preservation methods for their food supply. As you'll soon see, diet and food supply played quite a large role in their lives. Maintaining a healthy food supply required special strategies, which influenced almost every aspect of their lives, including how they planned war campaigns.

What You See Is What You Get

Physical appearance was crucial to all Romans. They conducted business face to face. Army commanders had to stand before their soldiers and demonstrate physical and rhetorical authority. A positive self-image was an essential factor that could never be taken for granted. Roman awareness of self was derived from the way others looked at them. Their virtues and vices were an open book, manifested in their style of dress, tone of voice, and choice of body movements. They were forever on stage but always played themselves. Because they were judged by their physical appearance, those who neglected it were no longer respected as citizens or men. To look at a man was to know the truth about him.

The famous censor, Cato, wore a close-fitting toga. When giving speeches, he did so with deliberate delivery, few gestures, and careful

steps. Thus he would exemplify his political program: austerity and restraint.

Roman people had a very strict, aesthetic concept of physical appearance. They had their own unique style, which they called *cultus*. Cultus involved body washing, hairstyling, beard trimming, and especially, eating adequately. To suspend one's body cultus demonstrated self-neglect. Gluttony was considered a disgrace, and obesity a humiliating weakness. Censors debarred obese cavalrymen from the army. In order to look lean, Romans had to maintain a special diet. This diet had unique rules, which I'll cover later on.

History also tells us that the Spartan warriors paid a great deal of attention to physical appearance. According to Plutarch, Spartans kept their hair long, as they believed that long hair made a strong man look handsome. A shaved head was a sign of defeat and failure. A "skinhead" was a loser. Greeks idealized physical appearance and class. This is apparent when one looks at the way their artists portrayed Olympian athletes, heroes, and gods in paintings and sculpture.

The ancient Greeks had a common saying: "Tell me what you eat, with whom and how, and I will tell you who you are!"

A Soldier's Status

Roman soldiers had to take an oath, called a *Sacramentum*, which released them from the prohibitions and constraints of civilian life. They wore clothing different from civilian men; soldiers didn't wear togas or light-colored garments. They wore dark red tunics that wouldn't show bloodstains.

Being a soldier required a total commitment to obey orders, and kill or die for a cause. The hardship of military life, battle wounds, and the scars of war were all a source of pride. Soldiers enjoyed a high status and great deal of respect.

Great philosophers, historians, and orators often were involved in one way or another with soldiers and warriors. Aristotle (384–322 BC) was a tutor of Alexander the Great. Xenophon (428–354 BC), a leading associate of Socrates, was an Athenian mercenary in the Persian army under Cyrus the Younger. Demosthenes (384–322 BC), the last spokesman of free Athens, was a lifelong rhetorical opponent of Philip of

Macedonia and his son, Alexander the Great. He committed suicide with poison.

Philosophy and spirituality went hand in hand with the sword. Warriors surrounded themselves with philosophers and tutors, and spiritual leaders were ready to sacrifice their lives for their ideas.

The Sense of Chivalry

One element of the Warrior Instinct, manifested throughout history, is the way men have carried arms to defend themselves, their honor, and the honor of their loved ones. Males were routinely trained from a young age to acquire fighting skills such as fencing, wrestling, and later, shooting. During the Greco-Roman period, it was the right and privilege of free people to carry arms. Dueling has been popular among free men since biblical times. American statesman Alexander Hamilton and the Russian poet Pushkin are examples of famous people who died in duels while defending their honor. Dueling was an accepted part of life until the twentieth century.

Virtues and Vices

Courage, generosity, devotion, and self-sacrifice were traits adored in the Greco-Roman society. Cowardice, according to the Romans, was to be treated with cruelty. The Romans were driven to be adventurous, to take risks, and were tempted to gamble just to see how far they could venture without tipping over. Being adventurous was regarded as a courageous way of life. Adventure stories of warriors who wandered to remote and dangerous places were part of Roman and Greek mythology. The Warrior Instinct, which drives people to take risks and even put themselves in danger of death, was an inherent part of life.

Self-control was a matter of life and death in the ancient Roman world. Sensual passions and overindulgence were considered serious weaknesses, which threatened to dissolve the body. Ancient Greeks and Romans believed that heroism protected them from death. Let me point out here that the ability to withstand pain, hunger, and fear were thought to be the warrior's main strength. For the Romans, war was a "competition of pain." Those who could withstand the most suffering

would win.

Since pain and deprivation were an integral part of warrior life, the warriors would induce both in order to conquer fears and grow tough enough to withstand the hardship of war. Army leaders, such as Pompey and Mucius Scaevola, also physically tortured themselves.

The Greco-Roman Warrior Cycle

Romans cycled between extremities of deprivation and compensation. A typical cycle was based on intense activity during the day, and relaxation during the night. There was also a yearly cycle, based on the seasons:

- Spring through summer was the time for war and work.
- Winter was the time for peace.
- Autumn was the time of transition between war and peace. This was the season for “the Games.”

Each cycle had its rules. Following them was not an option. It was a must.

Romans and Greeks were quite class-conscious, and each social class—rich, poor, freed men, or slaves—had its own rules. To keep things simple, I’ll cover the most dominant rules and social behaviors.

As you’ll see, poor people had a different diet from the elite. You’ll also note that hard laborers and soldiers, who were engaged in extreme physical activities, needed to satisfy their high-calorie demands by consuming carbohydrates during the day. However, during peacetime, consumption of carbs during the daily hours was minimized to raw foods such as veggies and fruits.

The Roman Food Police

Food prohibitions were enacted to enforce diet rules, especially during wartime. This meant that certain luxury foods were not allowed for sale on days other than festivals. Caesar sent special supervising brigades to the markets to seize foods in violation of the law. Soldiers broke into houses to check what was being served in

people's dining rooms. During wartime, there was a maximum annual sum that citizens could spend on luxuries such as bacon or salty meat.

Daytime Activities

Daytime was dedicated to work and war. A Roman had to struggle throughout the day, dealing with physical stress and anxiety. Being alert was part of the daily routine. Luxuries, pleasures, and ostentation were not allowed.

The only function of food during the day was to restore strength. People ate standing up. In times of necessity, such as during war campaigns, soldiers ate only dry biscuits and water. Given this, Romans in general didn't like dry food; they ate it for nourishment only. When people traveled, they often ate bread and figs, as they didn't have the time or facilities to cook meals.

Poor people—and those unwilling to wait until the evening meal—would gnaw at dry bread, boiled vegetable leftovers, or an onion. The poor were often on the brink of starvation; eating during the day was for them a matter of survival. By comparison, the elite and soldiers ate only one meal, at night. They minimized food consumption during the day to mainly raw, uncooked foods (*crudus*).

Evening Pleasures

The Roman evening was dedicated to relaxation, pleasure, and socialization, including family gatherings. This time was organized around the evening meal, called the *cena*. Roman citizens went to public baths in the early evening. Taking a bath was a transition ritual between the physical agitation and anxiety of the day, and the evening leisure or *otium*.

It was essential for people to relax at night and avoid all signs of being troubled or worried. They did not talk business. The wealthy had their slaves play music. Those who couldn't relax were thought to be suffering from a stiff or corrupted soul. Given all these relaxation rules, Romans, with their warrior discipline, always retained a certain level of alertness. They sat on Roman chairs, which had no back, and practically allowed them to wear a sword while remaining alert. The evening relaxation

prepared them for sleep. Sleep was essential for a Roman who had to awaken at dawn. Insomnia was considered a sign of weakness, remorse, regret, worry, longing or having a bad conscience.

Concept of Food and the Roman Diet

The Roman concept of food was both symbolic and sensual. According to their beliefs, *crudus* (raw food) was considered animal fodder. They felt that if a man ate the same raw food that wild animals ate, he might himself turn into a beast. In spite of the fact that Romans felt this way, they ate *crudus* as part of the daytime austerity.

Romans believed strongly in *humanitas*—human feeling and culture. Food, therefore, was prepared in the evening in ways that would differentiate it from its raw state. Romans preferred soft foods. To them soft foods were the opposite of crude, tough to chew, raw, and therefore “animalistic” foods. During the *cena*, food was cooked, eaten warm, and was of better quality.

The Plebeian Diet

The plebeian (common people) diet was based mainly on grains and legumes. Meat, cheese, fish, seafood, and eggs were available, but only rich people could afford them on a regular basis. Poor and working-class Romans liked to eat cheese, seafood, and bacon if accessible and affordable but were generally forced to compromise, and so consumed a principally vegetarian diet based on grains. As a result, they often suffered from protein deficiencies. To get enough protein, they combined grains with legumes; beans and peas were their main sources of protein. They prepared grains and beans using two methods: grinding it into flour and baking it; and cooking it in water.

Alcohol Rations

I find it interesting to note that army rations of wine and beer in early modern Europe were pretty high. For instance, daily rations of wine for the Spanish navy during the sixteenth century were 1.14 liters per soldier. Daily rations of beer and wine for Russian army soldiers in the

eighteenth century were 3.5 liters and 0.25 liters, respectively. A British seaman during the Napoleonic wars enjoyed a daily ration of up to 4.5 liters of beer. Given these rations, one may wonder about the role that alcohol played in historical war campaigns.

Basic Food Preparations

A cooked meal— “gruel—consisted of grains mixed with legumes, pieces of meat, or fish, all boiled together in water for a long time. Romans preferred boiling to roasting or grilling because boiling adds water to the food and softens it.

Oil was used and consumed only during the evening meal. Fresh olive oil was added to bean purées, gruel, meat, and dry cheese.

Soldiers also liked to fortify their carb meals with protein. Mixing protein, fat, and carbohydrates all together was generally preferred to eating carbs alone.

Wining and Dining in Ancient Rome

Free Romans did not dine with slaves. Slaves and hard laborers ate during the day. Cato fed his slaves barley, fermented fish, olives, and vinegar. During seasons of particularly hard labor, workers ate bread shaped like a dough ball, with cheese and honey in the center. Romans liked to eat with company. Eating alone was considered unwelcome and depressing.

Romans liked to drink wine. Wine was diluted with (sometimes warm and salty) water to reduce its acidity: one part wine to two parts water, or the opposite.

The greatest warriors in history, Alexander the Great and Julius Caesar, drank a lot of wine. Most warriors, in fact, drank wine, and the more they wandered, the more they drank. Roman warriors liked wine and beer.

According to the Greek historian Thucydides (c. 460–400 BC), Spartan soldiers enjoyed a steady supply of both wine and meat. Great mythological heroes like Hercules and the God of Wine, Dionysus, were notorious for their gargantuan drinking habits. Even the Bible regards wine as a source of happiness.

The Evening Meal—*Cena*

The *cena* or evening meal was designed to include three courses. The first course was *gustatio* (taster or appetizer), meant to introduce a variety of tastes and textures. A typical appetizer was a combination of honeyed wine and tasty small tidbits. Roman cooks mixed ground seafood with exotic herbs and oil to create an unrecognizable, mysterious, and tasty appetizer. *Gustatio* might also be something like boiled eggs and olives (egg salad), or bacon, walnuts, and dried figs taken from the cellar.

The second or main course typically included wild boar, turbot (a type of fish), plump chicken—all very well cooked, until the meat fell apart. There was a kind of food hierarchy in regard to evening meals:

- The bottom level consisted of grains, legumes, vegetables, fruits, oil, and wine;
- The middle level was based on cooked, farm-raised animals;
- The top (preferred) level was a meal that included wild game such as boar or hare.

The most popular fish sauce was *garum*—fermented fish mixed with salt and herbs.

Since Romans liked soft food, the most popular evening meals were prepared by mixing vegetables with different ingredients such as grains, lentils, meat, fish, or cheese into one mushy, soft, warm serving. This whole meal included a variety of tastes and textures to satisfy and relax the diner.

Extreme luxury foods for Romans included fatty meats, fish, eel, and especially shellfish. Roman nobles had their own fishponds (*piscinae*) where they cultivated fish and shellfish.

The third course was dessert. Desserts were chiefly based on fresh fruits such as apples, grapes, or figs. Sometimes the Romans consumed their favorite delicacies, such as shrimp, oysters, or snails, as a condiment to finish the meal.

Mixing Carbs and Protein

Those following the Warrior Diet who choose to mix carbs with protein for the main meal can

do so as long as the carbs *are not eaten before* the protein. However, those interested in losing body fat should consume carbs as the last component of the meal. In so doing, the quantity of carbs consumed will be minimized naturally without restriction. This method also helps regulate the amount of carbs ingested when cycling between days of high-protein meals and days of high-carb meals.

Carb Content in Ancient Warrior Meals

The ideal ancient warrior meal consisted mainly of animal proteins such as meat, fish, eggs, and cheese. Carbs were a secondary component, meant to add texture and bulk to the cooked food. However, in reality, soldiers were often forced to use carbs as a main source of food because of shortages in animal proteins. Soldiers generally needed more carbs than civilians to satisfy their high calorie and energy expenditures.

Beans: The Main Source of Protein

As mentioned, the typical plebeian diet was based on grains. To avoid protein deficiencies, they mixed grains with legumes. Beans were considered “the poor man’s meat.” They were also the gladiator’s main source of protein, and beans were served to Roman soldiers in times of short supply of meat, cheese, or fish. The bean was a strong symbol. It conjured up images of death, hell, blood, and semen, yet at the same time was considered a good-luck charm.

There were rules for consuming beans. Romans were aware that they caused gas, bloating, and water retention. In time they developed techniques for cooking beans to reduce or eliminate these side effects. Techniques included triple rinsing, then soaking in water overnight, then triple rinsing again, and finally peeling and removing the skins—all before cooking.

Poor people ate beans as part of the main meal. Roman soldiers mixed bean flour with wheat or barley to enrich bread. The wealthy ate beans and other plebeian food to affirm their superiority over the lower classes. They used beans as a condiment. The “elite bean treat” was served at the end of the meal and resembled baked beans mixed with honey. For the Greeks, beans were a symbol of democracy. However, the Greeks preferred oligarchy. They considered democracy to be the rule of the lower classes over the elite. Pitagoras imposed a ban on beans partly

because of oligarchy. Like the wealthy Romans, wealthy Greeks ate beans as special dishes only. They ate young, fresh beans, which were soft and tender, as desserts (*tragema*) or in the form of soup or exotic sauces.

Grains

Wheat was the Roman soldiers' main source of grain. For the Greeks and Spartans, it was barley. Roman warriors' rations were about 800–1000 grams of grain daily. During campaigns, a soldier's diet was made up of 80% grain and 20% other foods such as meats, cheese, legumes, and veggies. Thus it appears that an average Roman soldier consumed about 3,000 calories of grains alone per day.

In my opinion, these calorie figures could be misleading. Roman soldiers carried hand mills with them to grind their own flour on a daily basis. Part of this flour was used to bake dry biscuits to be eaten during the day. Reluctant as the Romans normally were to consume dry food, these biscuits were very likely used as a “backup food” and would frequently have been discarded. The Roman warrior preference was high-protein foods. Whole wheat and barley are relatively high in protein and were, therefore, superior to other grains and carbohydrates such as polished rice (which was consumed by many Asians) and roots (consumed by many Africans). Rice and roots are short not only in protein but other vital nutrients, too. Those who lived on such sources of carbohydrates alone suffered from severe protein deficiencies.

Commoners' Diet

The basic diet of both Roman and Greek commoners was vegetarian (but not exclusively). When these people had access to meat, fish, or cheese they preferred it.

- Meat: The most popular meat for Greeks was goat. For Romans it was pork.
- Dairy and milk: Came mostly from sheep and goats. Romans did not use butter.
- Olive oil: Was freshly squeezed, to avoid rancidity. It was used as an

- alternative to butter and soap.
- Fish: Was domestic, and both fresh and saltwater fish were consumed.
 - Poultry: Was eaten occasionally, whenever available.

Pliny the Elder wrote that Romans consumed more meat than the Athenians, particularly pork. Poor people could only occasionally afford to purchase meat, sausages, or blood puddings of dubious content in the sundry cook shops in the city. Choicer food was sometimes available at public festivals, but such events were not frequent enough to have made much difference nutritionally. Common people would eat chickpeas in theaters (the same way people eat popcorn today). Hot “pease pudding” made of chickpeas was sold cheaply on the streets. Poor people could occasionally afford cheap vegetables such as cabbage, leeks, beets, garlic, and onions. They might, at times, have also consumed cheap fish from polluted sections of the Tiber, old smelly fish, small-fry, and low-quality fish sauce. To compensate for a shortage in animal protein consumption, the poor ate legumes, which supplied vitamin A as well as the amino acids that are low in wheat and barley.

Soldiers’ Meals

The quickest and easiest way to prepare a soldier’s meal was to cook porridge (a mixture of grains, veggies, legumes, and, if accessible, meat or fish boiled in water). It did not require much time to build a fire or to make the porridge. As mentioned, soldiers occasionally fortified bread by adding bean flour to the grains. The historian Herodian reported that Roman soldiers typically made barley cakes and baked them on charcoal. Biscuits were specially prepared breads that were very dry and could be kept for long periods.

Soldiers prepared their own meals. Basic military units were called the *contubernium*. They were made up of eight to ten soldiers who shared a tent and took care of their own daily needs. Soldiers ate at night after toiling and building camps. Nighttime was the best time for cooking and especially baking, which required camping facilities and time. During army campaigns, soldiers had to prepare quick meals. Each meal had to satisfy the warriors’ nutritional and caloric needs.

Rules of Eating

There were a few rules or customs that had to be followed during the meal.

1. Introduce all tastes.

Appetizers (*gustatio*) were served at the beginning of the meal to introduce a variety of tastes before the main course. The appetizers were very small, and their function was taste and pleasure only. Roman cooks used leeks, sorrel, salt, pepper, and cumin for *gustatio*.

2. Start with subtle-tasting foods and move to stronger, more aggressive tastes.

Salads were introduced in the beginning of the meal, and not brought out with the wine, which was mainly drunk toward the end of the meal. Falandrian wine (wine that came from Falandria, a Roman region, and was notorious for its strong taste) was not served at the beginning of the meal because it was too strong to drink on an empty stomach. Roman condiments, mostly spicy, with a strong or sweet taste, were served at the end.

3. After the meal—relaxation.

Relaxation after the meal was a must. People would converse. Philosophical, spiritual, and intellectual ideas were discussed. The atmosphere and mood were care-free. Roman people liked humor, especially at night. Music, dancing, and poetry were popular as well.

“High-Sky Foods”

Romans believed that natural energy existed within some raw foods. They believed, for instance, that berries contained sun energy, and therefore these fruits were considered to be “high sky.” Sun-strong foods had to be eaten on an empty stomach in order to keep the right energy flow. Too much energy, according to the Romans, was not good, as they felt it would put one out of balance.

Berries and sun-dried fruits were therefore generally consumed on an empty stomach. For example, mulberries picked before the sun was too high in the sky were to be eaten on an empty stomach during the day.

Balancing Overindulgence

Romans treated overindulgence and its presumed consequence, weight gain, in a variety of ways, such as exercising outdoors, collecting wood, digging, running into the Campus Martius, or taking a dip in the freezing Tiber River. These people had an almost obsessive way of creating checks and balances to their physical and mental states.

Elimination

Healthy digestion and elimination were a necessity of warrior life. Being regular was, therefore, already a priority a couple of thousand years ago (at least). Romans used different preparations of mussels, other shellfish, and sorrel cooked in wine from Chios (another Roman region) to make an effective laxative.

Since the plebeian diet was rich in natural fiber—whether cooked or raw— it is reasonable to conclude that the poor didn't use laxatives. Moreover, they couldn't afford them. I assume that the popularity of these laxative food preparations among the elite Romans was a result of their main meal being high in protein and relatively low in fiber. On another note, Alexander the Great is believed to be the first Westerner to have discovered the banana fruit, in India. He originally thought the banana was a type of fig. After his soldiers ate some overripe bananas and suffered from diarrhea, Alexander issued an executive order to avoid them. For the Macedonians, bananas were forbidden because warriors were not supposed to put themselves at risk of suffering from bloating or any other unpleasant digestive symptoms that could slow them down.

Sickness and Medicine

Sick people were suspected of having committed a morally weak action. Romans were extremely superstitious. As advanced as they were in science, politics, and art, they strongly believed in signs, luck, curses, and blessings. Both Romans and Greeks were pagans. Every Roman home had a god or goddess to protect their family. They also strongly believed in “what you see is what you get.” In their eyes, morality and physical health went hand in hand. Traditional Roman healing remedies included:

- Fasting—to heal stomach troubles
- Pomegranate extract—for colic and worms
- Cabbage—According to Cato, cabbage was a universal remedy for almost every illness. Treats such as fried cabbage were used to heal insomnia. The popular “cabbage soup diet” is as old as the Roman Empire.
- Music—For the Romans, music was a most powerful healing aid. The Greeks believed that music could bring the muse of gods to humans. According to Socrates, music was the ultimate art, which brought forth the ideas of harmony, beauty, and health.

Roman Health

Romans were generally in good shape. A Roman soldier, who spent most of his adult life in the army, was able to endure intense physical stress for long periods of time, especially during army campaigns. An infantryman had to carry 40–60 pounds of equipment on his back, march thirty miles, toil, build camps or fight—almost every day. To withstand such physical and mental demands, a Roman warrior obviously had to be in a good state of health.

The majority of health problems that civilian Romans suffered from at that time were related to protein, vitamin, and mineral deficiencies. Ailments such as eye infections, stomach aches, skin disorders, and summer and autumn fever were mostly the result of nutrient deficiencies. The high-grain, low-protein vegetarian diet of the poor often caused protein deficiencies, particularly among children and pregnant women.

Plebeian Roman diets, high in wheat, and low-class Greek or Spartan diets, high in barley, were deficient in the protein lysine, vitamins A, C, and D, and certain minerals such as zinc. The shortage of animal food and the consumption of high-phytate grains (bread or cereal) caused mineral deficiencies, such as iron and calcium. I can list more vitamin and mineral deficiencies, and their symptoms, but since this isn't a history or medical book, I've just outlined some general problems of the time and how people tried to deal with them.

Living Off the Land

Macedonian, Spartan, and Roman warriors lived off the land. Foraging was a fundamental part of warfare, and armies had to rely on local food supplies. A Roman legion of 5,000 soldiers needed to feed almost 10,000 people, including servants, slaves, and allied soldiers. The daily burden of an average Roman army added up to shiploads of wheat and barley, herds of cattle, and wag-onloads of wine, vinegar, and olive oil.

Transportation of large amounts of food made it difficult for an army on the move to conduct an efficient war campaign, especially on the mainland. A dependence on transporting the food supply slowed the advance of an army, and sometimes brought it to a halt. Tactical nutrition strategy was a necessity to successfully live off the land. Warriors had to be aware of the seasons when different crops would be available. Choosing the right season could play a major role in whether or not a military campaign was successful. Greek historian Polybius describes the successful gathering of wheat by Hannibal (in July–August near Gerunium during the Carthaginian campaign against the Romans) as a major contributing factor to Hannibal’s Victorian campaign.

Training to live off the land began at a young age for Spartan boys. They were taught to look for food outdoors during different seasons, and these hungry boys would steal food if necessary in order to survive. If caught, they were punished. This preparation also triggered their Warrior Instinct, as they became adept at making viable and efficient food choices as well as cycling between the extremities of deprivation and compensation.

For the Roman army, which consisted mostly of heavy infantry, foraging wasn’t an easy task. Small groups of soldiers who were sent to the fields to collect wheat crops were often attacked by enemy cavalry units, which were quicker than the Roman infantry.

Supported by light-armed troops, the cavalry was important in the attack and defense of foraging parties. In order to avoid splitting the army into small, vulnerable foraging units, Caesar established an “always-on-the-march” strategy with the aim of getting his supplies more conveniently by moving camps to various places. Foraging and living off the land was practiced during spring and summertime, when crops were ripe. Winter was a bad time for an advancing army that depended on local food supplies; external food supplies were therefore crucial during

that season.

The Second and Third Macedonian Wars clearly illustrated the influence of food supply and seasonality on strategy, and vice versa. The Macedonian army moved into the mainland, where during the wintertime they forced the advancing Roman army to retreat as a result of problems with food supply. Winter was a bad time for war campaigns, and it still is today.

In the late Roman Empire (during Hadrian's reign), Roman soldiers cultivated and grew their own crops and vineyards. At that later time, the Roman army was mainly a defensive army. Not being on the move changed these soldier-warriors' routine to a more comfortable, less aggressive phase. That may have been the beginning of the end of the Roman Empire.

Summary

Macedonian, Spartan, and Roman warriors were frequently on the move. Army campaigns on foreign land forced these wandering warriors to adapt to different climates and seasons, and to adjust their diets accordingly. From an early age, they were trained to adapt to different daily, seasonal, and yearly natural cycles. Following the daily cycle, these warriors cooked their own meals at night and ate while camping. Cooking was popular among Romans. Emperors, army leaders, senators, historians, and philosophers created their own recipes.

It's interesting to note that some wealthy people, like Cato or Cicero, were proud of the humble or "modest" meals they ate. It was their way of practicing austerity and sobriety. But in fact, these allegedly modest meals were beyond the reach of the poor.

Common people had to adjust rapidly to changes in conditions due to wars or natural disasters such as famine or drought, since they depleted much of the available food supply. Because of constant dangers, insecurity, and life's hardships, the "nuclear family" predominated in the Greco-Roman world. Family members united to help each other in times of crisis. Evening meals were dedicated to tightening the bonds of family and friends.

Roman men, soldiers, and civilians had to adapt to a warrior way of

life. Physical appearance was of crucial importance to these people; being in shape was a must. Therefore they paid attention to their diet, style of dress, and physical activities.

The ancient “Warrior Diet” primarily evolved to effectively nourish these active people, enabling them to stay in shape and be strong enough to endure prolonged physical and mental pressure as well as extreme conditions involving changes in climate, season, and food availability. The Roman diet was based on a combination of all the food groups: vegetables, grains, oil, and legumes with meat, fish, eggs, or dairy. As mentioned, warriors who lived on vegetarian diets, based on grains and legumes only, did so because of shortages in the food supply. They preferred protein sources such as meat, cheese, or fish.

Vegetarian, high-grain diets often caused protein deficiencies, as well as mineral and vitamin malabsorption and deficiencies. Warriors were aware of that, and so they constantly looked for good sources of protein. Digestion and elimination were top priorities for ancient warriors. Fermented foods in the form of raw vinegar, fermented vegetables, fish, or wine supplied these people with the friendly lactic acid-producing bacteria (probiotics) essential for healthy digestive and metabolic systems.

As you’ve noticed, the diet kept by common people differed from that of the higher classes. Commoners and hard laborers often faced the threat of malnutrition or starvation, and therefore consumed whatever they could afford. Slaves, laborers, and poor people ate during the day. Noble men and soldiers who carried arms followed a diet that was based on a daily cycle—one meal per day, eaten at night. This diet is what I call the “Ancient Warrior Diet.” As noted earlier, during war campaigns Roman soldiers ate carbohydrate foods such as dry biscuits or flatbread during the day in order to satisfy their daily calorie needs. Their main meal, however, was eaten at night while camping.

Roman people considered themselves superior to their Greek slaves. Yet Greek slaves were in charge of educating and medically treating their Roman masters. Greek culture, wisdom, and mythology established the basic foundation of the Roman way of life. It’s reasonable to conclude that the Roman diet, which consisted of mostly *crudus* (raw food) during the day and warm cooked meals at night, was in fact influenced by ancient Greek, Spartan, Athenian, and Macedonian

traditions.

Romans, Spartans, and Macedonians were strong, tough people. Alexander the Great all but took over the world with a group of only sixty thousand men. He conquered the Mediterranean, Middle East, and Egypt. He destroyed a whole Persian army and moved into India, where his army crossed a thousand miles of desert by foot. These Macedonian warriors were so potent that, man for man, they left more offspring in their wake than any other advancing soldiers in history. There are people today living in remote places throughout Asia, India, and Persia (now Iran) who still claim to be descendants of Alexander the Great.

The Spartans frequently demonstrated their courage and awesome might. At the pass of Thermopylae, three hundred Spartan warriors led by King Leonidas stopped a million-man Persian army under King Xerxes.

Roman warriors were notorious for their bravery. Julius Caesar destroyed a Gaul army that outnumbered the Romans two to one. As mentioned, the average Latin warrior was only 135–145 pounds. Yet he successfully fought face-to-face against a 180-pound man from the north, whether a Gaul, Celt, or German.

Looking at Roman and Greek art, you can clearly see that their warriors were lean and muscular. Julius Caesar was in his late fifties when he was assassinated, and at the time of his death he was still lean and in good shape. The “lean ‘n’ mean” look of the Roman warrior wasn’t just an aesthetic concept. For an armed man who spent most of his life outdoors, often under extreme conditions—mobilizing heavy equipment from one place to another, at times marching thirty miles a day and then engaging in face-to-face combat—the strong, lean physique was a must.

Being as light and mighty as one could be was an essential factor for the survival of a warrior. Conversely, being heavy often made soldiers slow or sluggish, unable to react fast enough. For a warrior, that could be fatal. The lean and tough look or—if you wish—the warrior’s body proportion was therefore more an issue of function than of fashion. I have to say that being a soldier does not necessarily mean being in good shape. Army leaders like Napoleon, Czar Alexander of Russia, and Norman Schwartzkopf, for that matter, did not look lean or hard. That, of course, is just the physical look. But if you believe in “what you see is

what you get,” appearance has a lot to do with one’s diet. My conclusion is that the ancient warrior diet of cycling between extremities of deprivation and compensation, with physical activities mostly during the day, was a major factor in shaping the characters of ancient warriors, as well as how they looked and the way they fought. Extreme deprivation, agitation, and anxiety during the day, and relaxation and compensation at night, made these warriors tough enough to endure pain and pressure for long periods, and still remain in good shape for life. Their Warrior Instinct kept them constantly alert to changes, and able to adapt quickly to different conditions. It’s very likely that a diet similar to this Warrior Diet was followed by other groups of warriors in different parts of the world. The common thread for all warriors was being nomadic. They wandered from one place to another, living off the land—practically fighting their way as they went along.

The Ramadan holy fast of the Muslims (which is based on fasting during the day and eating only at night) mimics, in my opinion, the way that wild Arab warrior tribes lived in the sixth and seventh century in North Africa and the Middle East during Mohammad’s time.

Steak Tartar is reminiscent of the way Mongolian warriors would tie meat to the back of their horses and ride until night, by which time the shaken and beaten meat had become soft and tender. Mongols were probably the most ferocious warriors in history. They were meat-eaters—and the tradition of eating meat and milk is still popular among these nomadic people today. Mongolian warriors used to eat at night while camping. Their most nutritional food was mare (horse) milk, which is high in essential fatty acids and close in biological structure to human mother’s milk. Mother’s milk and colostrum were both popular among Greek and Roman physicians. They prescribed this dairy nectar to treat symptoms such as infections, headaches, or fever.

Conclusions for the Modern “Warrior”

I’ve tried to relay the story of ancient warriors in a brief, objective, and factual way. But how can anyone be completely objective, or know for sure how people lived centuries ago? It is my considered opinion that the Warrior Diet is an updated ancient diet. I think it would be

impractical to follow an ancient diet without taking into account the changes that have occurred over time, and how these changes affect our lives today. Human nature hasn't changed at all, but the world certainly has. Since we know much more today about the science of nutrition and its effects on the human body and mind, I was able to create a diet based on old principles but with appropriate adjustments made for the twenty-first century.

I believe that if Caesar were alive today, he'd follow a diet similar to the Warrior Diet advocated in these pages. In my opinion, a twenty-first-century man or woman who isn't involved in traditional warrior activities can still live like a warrior. As mentioned before, cycling between undereating and overeating, detoxifying on a daily basis, exercising regularly, and gradually shifting from processed foods to whole foods would naturally help unleash the inert Warrior instinct.

Once triggered, this instinct will guide you to perform at your best both physically and mentally. I believe that with time you'll notice how your body naturally transforms itself while adapting to a warrior lifestyle. In other words, you'll become a warrior and look like one. The Warrior Diet is actually a lesson from history. This diet is based on years of research, my own experience, as well as the experience of many others who have gone on the diet— and what I offer below and elsewhere in this book are my personal conclusions.

The Historical Role of Nutritional Carbohydrates and Their Applications Today

Ancient warriors' high consumption of carbohydrates during campaigns may raise questions about the role that carbs should play in diet. Whether this high-carb diet was an ideal warrior diet or not has already been discussed. However, the role of carbohydrates as a main source of nutrition is still an open issue today—and needs a fresh review. Ever since *Dr. Atkins' New Diet Revolution*, *The Zone*, *Protein Power Diet*, and *The Carbohydrate Addict's Diet* hit bookstores and became bestsellers, carbs have become “the bad guys on the block.” Millions of people today who desperately wish to lose weight try these low- or no-carb fad diets. And many of these dieters lose weight in the short run but unfortunately gain back more weight than they lost. According to the low-carb diet

concept, one will lose weight when carbs aren't available, because the body is forced to burn fat. That's the main trick. However, the issue of carbohydrates as a body fuel isn't so simple. The main argument made by low-carb diet gurus is that carbohydrates are not an essential nutrient food, and therefore one can live very well without them.

Let me offer some facts regarding the role of carbohydrates. Virtually all plant foods and dairy contain naturally occurring carbs. Humans were introduced to these primal pre-agricultural foods long before grains and refined sugars. Thus we are well adapted to whole carbs from primal food sources. Carbohydrate fuel is critical to our survival, providing the following benefits.

Brain Fuel

The brain needs a mixed fuel of carbs, protein, and fat to function properly. Carbs are the main source of energy for the brain. An insufficient supply of carbohydrate fuel to the brain may lead to fatigue, lethargy, and depression. A mixed fuel works by supporting different critical brain functions including energy production, synthesis of hormones and neurotransmitters, as well as the nourishment of brain cells. If dietary carbs are chronically restricted, there may not be enough carb fuel available to the brain, which may lead to energy crashes and excruciating craving for sugar, which may in turn lead to compulsive bingeing.

Stress Blockers

Carbohydrates help balance cortisol (the stress hormone). The insulin hormone is a major cortisol blocker. That's one of the reasons people under stress tend to eat carbohydrate-rich foods. Moreover, without carbs, one may not be able to produce enough serotonin. Serotonin is a protein neurotransmitter in the brain, essential for feeling calm, relaxed, and happy.

Anti-Aging

Serotonin is also the building block of the hormone melatonin. A decline in melatonin levels is associated with sleep disorders and “chronic jet lag.” Melatonin is a powerful antioxidant hormone, and it is believed to possess some anti-cancerous and anti-aging properties. The older one gets, the less melatonin is produced. Keeping your melatonin levels high, if nothing else, may help keep you young.

Carbs can help keep you young in more than one way. As noted, carbs play a critical role in nourishing an important metabolic pathway in the liver. Called the pentose phosphate pathway, it is responsible for the synthesis of nucleotides, RNA, DNA, and energy molecules, as well as the most powerful endogenous antioxidant enzymes (glutathione and SOD). Chronic restriction of dietary carbs may shut down this important metabolic pathway, compromising the body’s capacity to generate energy, rejuvenate, and resist aging.

Clean Body Fuel

Carbohydrates are the cleanest and most efficient fuel for energy. The body breaks carbs into energy without any toxic byproducts. Conversely, when the body is forced to break protein and fat into energy, there may be toxic byproducts such as ammonia, nitrates, free radicals, or oxidized fatty acids—all of which will tax the overall metabolic system. Carbs are efficient because they metabolize faster than proteins and fats. By rapidly replenishing depleted glycogen reserves in muscle tissues and the liver, carbs are the most viable source of immediate energy. Under extreme conditions they may help spare muscle breakdown.

Metabolic Controllers

A daily supply of complex carbohydrates will keep your thyroid level up. A healthy thyroid controls your body’s temperature and keeps your metabolism intact. The thyroid hormone positively affects steroid sex hormone levels. Low thyroid is associated with declining testosterone, loss of libido, and weight gain.

You can see how chronic deprivation of carbohydrates over the long run may have some negative effects on your body and mind. Chronic

carb-depletion, for prolonged periods of time, may eventually compromise your mood, your sleep, your energy, your metabolism, and even your ability to stay young and virile. It probably sounds old-fashioned to recommend that people go back to eating carbs, especially today when low-carb diets are so popular, often endorsed by celebrities, fashion models, and diet gurus.

The Warrior Diet is definitely not about carb deprivation. In my opinion, the fact that warriors in the past were in such great shape may have had a lot to do with high carbohydrate consumption. Eating carbs at night proved to be highly effective in nourishing these super-active men with clean fuel. It provided them with important nutrients, such as fibrous brans, germ oils, and certain phytonutrients, that they could not get from any other food source. Most importantly, a supply of carbs at night may have been the major factor that fully completed the compensation effect of the diet. Since warriors lived under “fight or flight” conditions during the day—with all the agitation and anxiety that involved—they needed full compensation at night to calm down and give them a sense of pleasure and relaxation. I firmly believe that this compensation factor is what made these ancient warriors so capable of enduring intense physical and mental stress under extreme conditions for prolonged periods of time.

My conclusions, therefore, are as follows:

1. Without carbs there won't be complete compensation.
2. Only when the cycle of deprivation and compensation is complete can you benefit greatly from the Warrior Diet.
3. Diets based on chronic carb deprivation will eventually leave you feeling constantly deprived and, in the long run, will fail.

Different people have different needs. Competitive athletes and those involved in daily physical activities can have more carbohydrate fuel than weekend warriors. Professional athletes who train twice a day, for example, may need to eat small snacks of carbs during the day, like ancient warriors did, to satisfy their high-calorie needs. People who burn thousands of calories during the day need to replenish their empty glycogen reserves to avoid muscle catabolism. However, since most people are not engaged in prolonged physical activities on a daily basis,

the Warrior Diet generally minimizes carbs (to mostly fruits and vegetables) during the day. As noted earlier, you can cycle the diet according to your needs. In Chapter 10, “The Warrior Diet Idea,” I discuss how to cycle between days of high carbs and days of high fat. Use your instincts to choose the right cycle for you.

All that said, the Warrior Diet isn’t necessarily a high-carbohydrate diet. As you’ve seen with the Overeating Phase, carbohydrates should be consumed during your evening meal—either with your cooked veggies and protein, or preferably after them if your goal is to lose body fat. In the latter case, carbs should be the smallest component of your meal.

In this discussion about nutritional carbohydrates, I refer to complex carbohydrates, preferably from whole foods such as rice, barley, oats, corn, potatoes, and yams. Sugar and other processed simple carbs should be minimized. They may have devastating effects on your body by overstimulating insulin, and may result in insulin insensitivity, food cravings, mood swings, and fat gain.

Primal Fat Fuel and Carbs

It has been suggested that humans and other primates have better adapted throughout evolution to primal fat fuel coming from nuts and seeds. Nonetheless, even these primal high-fat foods provide the body with naturally occurring low-glycemic carbs, which complement the fat content in these foods.

THE WARRIOR DIET IDEA

THE WARRIOR DIET, AS I'VE SAID BEFORE, is not just a diet. It's a way of life. It is, as you know by now, based on triggering the Warrior Instinct through a daily cycle of undereating and overeating. Since this is a controversial diet that challenges conventional "rules," I consider it important to discuss different ideas in relation to diet, nutrition, instincts, and a sense of freedom. I also question some conventional ideas, routines, or habits that, in my opinion, need to be re-evaluated. Some ideas set forth in this chapter go beyond the diet, yet I believe their consideration will greatly benefit those people who make the Warrior Diet a way of life.

Cycling the Warrior Diet

You can cycle the Warrior Diet in different ways: with days of undereating only, and other days where you choose to overeat. You can also alternate between days of high fat and days of high carbohydrates. However, based on Warrior Diet testimonials, if your goal is to lose body fat, high-fat days would most likely be more effective.

There inevitably will be times when you're too busy, stressed, don't feel well, or may be engaged in events that prohibit you from overeating. This is fine; you can undereat for a few days and then resume your Warrior Diet routine. This is part of the leverage you have on this diet. Listen to your instincts. If you crave high carbs, you may need to satisfy energy demands or just calm down. Don't deny yourself any food group.

You can also go off the Warrior Diet, and then come back to it. This way you can practice the right diet for the right moment and always

maintain the freedom to make choices. Some people choose to go off the Warrior Diet during holidays or celebrations, to enjoy eating meals both during the day and evening with family or friends. This is okay. You should be able to live with the Warrior Diet without feeling deprived.

Going Off the Warrior Diet

As mentioned, you may choose to go off the Warrior Diet on some days, or for a short while. Let's say you go on a trip, unable to cook, and want to switch to eating small meals throughout the day. This is fine. Every time I've been on trips and gone off the Warrior Diet, my meals are more frequent but smaller, and surprisingly I lose weight. This is probably because my body's metabolism has been accelerated due to adaptation to the practice of overeating. If you choose to go off the Warrior Diet and have small meals throughout the day for a few days, your body will likely burn more than you actually eat. This heightened metabolism will remain for a few days; however, if you go off the Warrior Diet completely and return to a routine of eating a few small meals per day, *I believe your body will readjust to a lower metabolic rate.* It's my contention that once you've practiced the Warrior Diet long enough to have experienced its incredible benefits, you'll eventually come back to it because it's so fulfilling and effective.

How Often Can You Deviate from the Warrior Diet?

You can deviate as often as you want, but my assumption is that you won't want to. Freedom is the most important thing, so do whatever you want. Use your instincts.

Wild cats look their best when they're hungry. So do you.

What Makes You Stay on the Warrior Diet?

The Warrior Diet is so powerful that it can be compared to a gravitational pull; you can't escape it. Because you'll feel great when practicing it! This is partly due to something that happens during undereating, which I call the "brain-boosting factor" or "getting high." This holds especially true for those who like to feel highly energetic,

alert, clear-minded, focused, as well as those who want to boost their creative or competitive drive. There's something like a switch that's turned on after you adapt to undereating, and you become almost addicted to this "crispness" of your brain. Who wouldn't enjoy the "high" feeling that the Undereating Phase provides?

During the Undereating Phase, physical hunger can be turned into spiritual hunger. Religious people all over the world have long believed that one can only experience a deep spiritual awareness when fasting. This said, I should mention again the full satisfaction and sense of freedom and calm that you can achieve every day during the Overeating Phase. Every day has a happy end.

Once you experience the Warrior Diet, you should feel the awakening of a deep, deep instinct. Imagine people who've never had sex, and then suddenly they do—and it's great. Would they want to give it up? I truly believe that this diet is so strong that you won't let it go. Once your Warrior Instinct is triggered, no one can take it away from you. It would be like trying to extract raw meat from a tiger's jaws.

Cycling the Autonomic Nervous System (Alertness and Relaxation)

The Warrior Diet is the only diet I'm aware of that achieves the correct balance between the two parts of the autonomic nervous system, the sympathetic and parasympathetic systems. The sympathetic nervous system is responsible for all "fight or flight" activities during the day, and usually works in an acidic environment. It promotes alertness and energy expenditure and is mainly catabolic.

The parasympathetic nervous system, on the other hand, is responsible for digestion and sleep, and usually works in an alkaline environment. It promotes relaxation, recuperation, replenishment of energy reserves, and is mainly anabolic. These two systems are antagonistic to each other when activated simultaneously.

Many people who eat frequent meals during the day and are under stress often suffer from digestive problems, lethargy, or exhaustion. These problems occur because the adrenal "fight or flight" mechanism contradicts the digestive system. However, the Warrior Diet promotes

synergy between the sympathetic and parasympathetic nervous systems. During the day, the sympathetic nervous system triggers alertness and the ability to handle stress (the “fight or flight” reactions). By the time you reach the Overeating Phase you’ve already consumed live foods (fruits, vegetables, and juices made from them) that alkalize the body. Alkalizing your body will reduce the catabolic-acidic effect of the sympathetic nervous system, and prepare you for the parasympathetic nervous system that regulates digestion, relaxation, and sleep. The Warrior Diet is the only diet I’m aware of that works in synergy with both systems without compromising one or the other.

The Instinct to Overeat

Many health practitioners and diet gurus warn us not to overeat and support this advice with reasons like “it places too much pressure on the body” and “it creates an imbalance.” Yet people do overeat, and when they do they usually feel guilty. Well, I may be the first one to say that overeating can be good for you—moreover, that doing so is instinctual. And, like any primal instinct, if you try to repress it and shove it inside, it’ll come back with vengeance.

The Overeating Syndrome (Deprivation Leads to Uncontrolled Bingeing)

Overeating is an instinctual way of the body to compensate when it’s chronically underfed, malnourished, starving, or emotionally or mentally deprived. The urge to overeat can also be triggered when the body tries to pick up its metabolism, which may have declined as a result of prolonged low-calorie diets. Overeating can work for you if you control it—by inducing it at the right time. This is discussed extensively in Chapter 5.

If you don’t let your body overeat when it needs to, this desire or need may haunt you by inducing an excruciating desire to binge. Many people go to the fridge late at night, open it, and start bingeing. When asked why, they often say it’s almost like a demonic force that makes them binge, and they can’t stop themselves. A fair number of people binge

compulsively. I believe that a large percentage of bingers do so because they feel they are deprived. Deprivation is a key factor in uncontrolled bingeing. The real question is whether bingeing is controlled or uncontrolled. When people are out of balance or feel deprived—due to unhealthy diets and eating habits—they often develop chronic food cravings which, in turn, lead to compulsive, uncontrolled bingeing. Bingeing under these circumstances is obviously not a good habit.

Overeating Boosts Metabolism

One of the most important benefits of overeating on the Warrior Diet is the overall metabolic accelerating effect on the body. Mainstream thought regarding dieting is that the most viable influencing factor in weight management is daily caloric intake. Thus, if you want to lose weight, you just have to reduce your calories. This works up to a certain point. But after a while the body's metabolism slows down, so one has to maintain a lower level of calories or continue reducing them to keep the weight off—at that point just an “extra tomato” may cause weight gain. I'm just teasing about the tomato, but you get the point.

Why would your metabolism slow down due to a low-calorie diet? Because when you chronically decrease your calorie intake, the body, through adaptation, will attempt to maintain itself at this new lower level in order to survive. So, if all of a sudden you increase the calories, you may gain weight. That's what happens to bodybuilders and other athletes who try to make weight. In-season, they look lean because of strict calorie reductions. Offseason, they usually gain weight, often quite suddenly.

I believe that the best way to lose body fat without the above side effect is to reduce calories for a few days, then increase them back, in order not to let the body adapt to low-calorie intake. On the Warrior Diet, you go through this process practically every day, cycling between undereating and overeating. Another effective way to sustain a lean body all year round is to shift from carb fuel to fat fuel foods. I've found that those who train their body to gradually shift to mostly fat fuel foods (such as raw nuts) find it easier to sustain a lean body in spite of the overall increase in daily calorie intake (due to the high fat content).

As mentioned above, it is commonly believed that what affects the

body's metabolic rate are the calories consumed per day; however, I believe it's the calories per meal. Or, to say it differently, it's the amount of food/intensity of the meal that really counts. This theory also applies to workouts. We already know that you can exercise moderately for three hours without making any progress. Yet a ten-minute intense workout can be effective enough to stimulate muscular development and strength gain. So it's the intensity of a drill that forces your body to adapt, not necessarily the sheer length or the volume.

When you divide your meals into three to six per day, like most typical diets suggest, and each meal is approximately 150 to 300 calories, that's what the body adapts to. The Warrior Diet concept is different. It's built on extremes similar to athletic training. So when you consume, for instance, 1,000 to 1,500 calories in a meal, that's what the body will adapt to. There's an overall thermogenic effect with increased energy expenditure that occurs with such intense meals; the body tries to increase its metabolism in accordance with the high energy intake.

Studies conducted on mice showed that mice fasting for eighteen hours, without being overfed first, suffered from low thyroid and slow metabolism. However, mice that were overfed and then went through an 18-hour fast kept their thyroid hormone at a normal level and their metabolism high.

Based on Warrior Diet testimonials, there is growing evidence that those who undereat and overeat notice a gradual increase in their metabolism.

How Many Calories Should You Consume during the Overeating Phase?

For some people overeating will be 600 calories a meal. For others, like myself, it's 1,500 to 2,500 calories a meal (a main meal means all food intake at night, including late-night snacks). Building up must be done gradually. Don't jump to 3,000 calories per meal too quickly. Once you begin to practice the Warrior Diet, you'll find that your metabolism gradually picks up to the point that when everybody else gains weight during the holidays, with its big meals, you won't since you have been dining this way every day. What people call overeating during the holidays is actually an average meal for a warrior.

Glycogen Stretching

To Boost Metabolism, Improve Performance, Sustain Energy, and Lose Body Fat

Glycogen is a special form of carbohydrate energy storage in our muscles and liver. For sedentary people, glycogen supplies only a couple hundred calories. After these available calories are burned, a physically inactive person may experience some unpleasant symptoms, such as fatigue, dizziness, or virtual paralysis due to accumulation of lactic acid in the muscles. Conversely, a physically trained person will be able to burn about twice or three times as many glycogen-available calories without side effects. Maintaining a proper diet and exercise routine can increase glycogen reserves in the muscle tissues while improving the liver's capacity to convert lactic acid to energy.

Let me explain how can you stretch glycogen reserves. Let's say that you work out like a warrior, on an empty stomach, and then overeat. After a few months you may succeed in increasing glycogen storage in your muscles by extremely depleting and then overcompensating carbs on a daily basis. Your body will most likely adapt to this diet and exercise routine by gradually increasing its glycogen reserves.

Furthermore, depletion of glycogen reserves was found to involve production of certain proteins called AMP kinase, which accelerates fat breakdown while improving insulin sensitivity.

Glycogen holds water in the muscle tissue. That's what gives muscle the "pump." When people are depleted of glycogen, they often look "flat," as if they've lost muscle size. Nonetheless, they haven't lost muscle, they've lost glycogen. Replenishing empty glycogen reserves by proper application of recovery meals and by overeating will give the muscle back its pumped look. The more you deplete and load, the more the adaptation process will occur and the more you'll benefit from "glycogen stretching."

The method of carb depletion and then carb loading is popular among endurance athletes. Those who try this approach can experience a substantial increase in stamina, as well as endurance of prolonged physical drills.

How Much Body Fat Should You Have?

There are a lot of myths out there. I believe that beyond a certain set point of body fat percentage, any excessive fat storage is unnecessary. Fat in any living creature is a storage for toxins. It may also be an active site for producing estrogen. On top of all this, excessive fat has been correlated with insulin insensitivity, hypertension, and diabetes. So, the “bulge” isn’t good for you. After a certain minimum amount of fat, any excess may be harmful. Ideally, adult males should have no more than 10% body fat. Women should normally have about 15% body fat. However, people have different genetic predispositions for body fat. Therefore, optimum body fat levels differ slightly from one person to the next.

Some contend that fat tissues are beneficial because they isolate the body and thus keep it warm. I believe this is a fallacy. Other than Eskimos and people who have genetically adapted to live in extreme Arctic weather, there’s no correlation between fat and body heat. Body heat depends on one’s metabolism—the more efficient the body is in generating energy through the glandular, hormonal, and cellular systems, the more effective it will be in producing heat.

Building Muscles Without Gaining Fat

You can build muscles without gaining fat by proper incorporation of recovery meals after exercise, and by shifting from carb to fat fuel foods at night. Another effective way to build lean muscles is by incorporating a few days of moderate carb loading per week and cycle these moderate-carb days with the previously mentioned high-fat days. If you consume a sufficient amount of protein, the correct vitamin and mineral supplements, and enough carbohydrates (complex carbs) to moderately boost insulin, you may be able to create an anabolic environment without overspiking insulin. There is evidence that the body’s ability to utilize protein increases by twofold after undereating. Once you’re depleted, you may reach the potential to be at your best capacity to absorb nutrients so that when you do eat you can accelerate the anabolic process of building muscles without gaining fat.

As long as you maintain the Warrior Diet rules of eating and *gradually*

increase the amount of calorie intake per meal, you may be able to accelerate muscle gain. Researchers found a positive correlation between calorie intake and protein utilization in the muscle. (Studies on protein were done by the FAO in the U.S. during the 1970s.) Based on my personal experience, the amount of protein intake does affect the capacity to build muscle tissues. Nonetheless, the most influential factors in inducing a natural anabolic process are timing of recovery meals, quality of dietary protein, and the application of fuel foods as well as the overall calorie intake of the evening meals.

Insulin Insensitivity

Many people suffer from insulin insensitivity. As a result, they often convert carbohydrates into triglycerides, which then leads to high cholesterol, water retention, weight gain, and hyperglycemia (also known as pre-diabetes). People develop insulin insensitivity as a result of eating sweets and overly processed carbohydrate foods throughout the day. Other reasons for developing it include overconsumption of bad fats, exposure to estrogenic chemicals, and deficiencies of essential fats, especially omega-3. Insulin insensitivity or resistance can also occur when the liver is overwhelmed by toxins, alcohol, or chemicals. Under such conditions it gradually fails to regulate fat metabolism. This causes accumulation of fat metabolites in the liver, which in turn compromises the liver's capacity to utilize glucose and results in insulin resistance. Consequently, the pancreas becomes overtaxed by the continual oversecretion of insulin and pancreatic enzymes, which desperately work to remove glucose from the blood to avoid raising blood sugar. Eating frequent meals throughout the day doesn't leave the body enough time to recuperate. Meal by meal, the insulin receptors become more insensitive, and so the body secretes even more insulin in order to reduce blood sugar. This leads to high fluctuations of blood sugar, and one may feel hungrier as a result and thus eat even *more* carbohydrates. If this vicious cycle continues unabated, one may eventually gain weight and becomes insulin-resistant or diabetic.

Conversely, after you've gone through the Undereating Phase of the Warrior Diet, your body is at peak insulin sensitivity. By stabilizing your

insulin, you can manipulate this hormone to work as an anabolic agent. You'll also be able to effectively metabolize carbs into energy instead of fat. Stabilizing insulin is a key to sustaining prime health.

The Sense of Freedom

I'd like to discuss what a sense of freedom means, what happens when people are deprived of it, and what happens when they have it. I'd like to offer my perspective on how a sense of freedom relates to dieting and also to negative feelings of depression vs. positive feelings of compensation. Freedom is a relative term. Nobody is completely free. Nonetheless, *we experience a sense of freedom when we feel that we have the ability to make choices and satisfy our primal instincts.*

Once you find your own healthy cycle, you'll feel free because you're in control, your body is rejuvenating again and again, and when you eat, you eat what your body craves. You'll enjoy your meals and will stop eating when you want to, not because of guilt, or because others tell you to. This is quite a difference from other diets.

On the Warrior Diet, you'll likely accelerate your metabolism and lose body fat while regaining a great sense of well-being. In earlier chapters you learned how during the Undereating Phase your growth hormone is boosted, and while glucagon levels are elevated, you are granted hours of fat-burning on a daily basis. All these benefits can be even further enhanced if you add exercise (while undereating) to your daily routine. Just think how exhilarating it'll be to realize that by following the right cycle, your body naturally transforms itself and becomes leaner and stronger and healthier!

How a Sense of Freedom Relates to Achieving Your Goals

Instincts create desires. Every time you satisfy a desire that is derived from a deep instinct—such as creative, nurturing, protective, sexual, or aggressive instincts—you feel pleasure and a sense of freedom. People generally fantasize about things when they're deprived of them. A funny example of this is Kurt Vonnegut's book *Breakfast of Champions*, where people go to the movies to watch other people on the screen eating

cheesecake. In this futuristic comedy, eating a cheesecake is outlawed. His satire points out how sick we've become.

You may ask, "If I actually fulfill all my fantasies and instincts, does that mean I won't have any others?" Far from it. You'll have greater fantasies— more romantic, more adventurous, more creative, and more spiritual ones. You may take more chances and more risks, such as launch a new business, help the less fortunate, or work in some way to improve your life. In short, you'll become more ambitious and successful in whatever you choose to do because you're not stuck in primitive fantasies like eating a cheesecake. Most importantly, when you satisfy your desires, you regain feelings of pleasure. Without pleasure, you may feel deprived and miserable. Life is too short to not get the best of it.

The Romantic Instinct

A New Definition for Romanticism

What does "romantic" mean? What makes someone a "romantic"? What is a romantic act? Romantic instinct? Romantic aspect? Romantic Period? Since these common words and phrases aren't always clearly defined, I think they need some clarification.

I'm aware that what I am about to say is debatable, so take it any way you want. You may agree with me, and you may not.

It's my strong belief that romanticism is based on an instinct that's related to and comes from the same source as the Warrior Instinct. The romantic instinct is a primal instinct that defines a person's uniqueness, makes him or her question rules, and inspires the person to fight to keep his or her uniqueness or integrity intact.

The core of romanticism is the concept of breaking an established rule in order to build a new one. And a romantic act is the action of doing just that. For example, the story of *Romeo and Juliet* is romantic because of their struggle to build a relationship in spite of their family's rules. *Romeo and Juliet* are romantic heroes. Seeking each other out in spite of their families was a romantic act, and killing themselves made it even more romantic. Sacrificing one's own life because of love goes against

the rule—or instinct—to survive. Throughout history, a romantic aura has surrounded those who were ready to sacrifice their lives for a cause they believed in strongly.

A romantic aspect can emerge solely by breaking rules. Criminals, whores, and antiheroes, for instance, who defy and break societal rules have been the subjects of generations of legend and literature (think Balzac and Dostoyevsky). Outlaws like Jesse James, Billy the Kid, Butch Cassidy, and Bonnie and Clyde are considered romantic heroes mainly because they dared to break the rules.

As noted, romanticism is based on an instinct. Children, for example, have an innate and very fresh romantic instinct. When an authority figure such as a parent or teacher tells a young child to do (or not to do) something, they often try to disobey. It's also common for children to joke about their teachers. Kids have a great sense of humor, and humor itself involves breaking rules. I truly believe that it's the romantic instinct deep within our subconscious that makes us enjoy jokes that break taboos, and the child within us that cracks up when we hear or see something funny. Unfortunately, over time children's romantic instincts are crushed, since children seek approval and are inevitably faced with so many parental, religious, political, and societal rules that they often begin feeling guilty when they go against them. Nevertheless, these primal romantic desires and instincts are still engraved deep within each of us. I believe that every romantic story, in literature and in life, somehow involves triggering this instinct.

To "keep order," society creates many taboos that are anti-romantic. This is understandable, since if everyone were wildly romantic, it would be impossible to maintain control. But when this primal instinct is constantly controlled and inhibited, like anything that's chronically inhibited, there are side effects and symptoms, such as feelings of frustration, anger, deprivation, lack of freedom, and aggression. We're living in a world where false romanticism abounds. There isn't enough space here to fully philosophize about this topic, so let me just say that any seemingly romantic idea that appeals to a crowd of people is probably falsely romantic. True romanticism is individualistic and endorses uniqueness. I'm not suggesting that people break rules or laws. However, I am saying that the ability to instinctively question rules and norms is necessary when you want to improve upon something, make a

change, or create something new.

How This Relates to the Warrior Diet

As noted, I believe that the Warrior Instinct manifests itself through the romantic instinct. By triggering the Warrior Instinct you'll become more romantic, you'll instinctively identify your uniqueness, and you will be ready to take action as needed to keep it intact.

False vs. True Romanticism

What I call false romanticism is the most common variety. As an example, if you were raised to be civilized, peaceful, and respectful of other people's lives, and then suddenly your country declares war and tells you to break all civilized rules and instead go and fight and kill, you may feel that going to war is patriotic and even romantic. But as you'll soon realize, this is probably false romanticism. Saying that, being a soldier does in fact have a romantic aspect to it, since it implies the readiness to sacrifice one's life for a cause.

However, going to war with all its seemingly "romantic" aspects didn't come from you; it came from political authorities (the establishment), and therefore, in my opinion it's false. Conversely, if you *volunteer* to go and fight and help a cause, then you're doing something that's truly romantic, since you initiated it and are following your personal beliefs while keeping your integrity intact.

Romantic rituals and holidays, like weddings and Valentine's Day, are other examples that I believe have little to do with real romanticism. People mistakenly confuse rituals celebrating mating with the truly romantic act of falling in love. When people fall in love, their romantic instinct kicks in and they may even become "romantic fools," meaning they will do things that are out of the ordinary, like sacrifice time and money just to be with and satisfy a loved one.

Unfortunately, after some time, many married couples no longer act romantically. Their marriages become routine, and the only romantic things left are the so-called "celebrations of love—holidays like Valentine's Day and wedding anniversaries.

This said, there are people who are constantly romantic, break

routines, and continue to fall in love with their mates.

Following stiff routines is the antithesis of romanticism. Breaking routines is like breaking rules. When the romantic instinct is triggered, people are instinctively more adventurous, more creative, and ready to take more risks.

In the matter of love and relationships, I truly believe that once this romantic instinct is unleashed, it'll instinctively guide you to act romantically at all times. When this instinct kicks in, a person is in his or her best shape to attract a mate. Falling in love, with the desire to give to, share with, and protect someone, is based on an instinctual drive that involves a lot of changes. Being with someone and having a family together demands more responsibility and a capacity to handle all the changes necessary to that union. As I've said before, it's the romantic instinct that encourages you to go through all these changes and continue to care for someone else while creating new lives.

You may ask, "Can you be a romantic or do a romantic act without breaking a rule or routine?" My answer to this is No. All romantic acts involve breaking rules or routines, and doing things out of the ordinary. Being romantic extends beyond love, relationships, and the breaking of old habits. It is romantic to break new ground, to "revolutionize," and to create something new. It is romantic to be brave enough to stand up for your rights—or someone else's rights—and be ready to face the consequences. As I've said, true romanticism comes from deep inside you. When you commit a romantic act and go against the rules or routines, you're actually fighting to keep your integrity and uniqueness intact. This, in my opinion, is what makes the romantic instinct a manifestation of the Warrior Instinct.

The Aggressive Instinct

In his controversial book *On Aggression*, anthropologist Desmond Morris tries to prove that aggression is a primal instinct necessary for survival. Aggression doesn't need to be expressed through violence. In a way, violence is a result of suppressed aggression. Once it explodes, it often goes out of control. Aggression has its positive side. It manifests itself through competitive drive, as a potential force needed for self-defense,

and for expanding one's territory.

This subject obviously deserves more space, but for now, let me just say that I truly feel aggression is indeed a primal instinct with both bad and good sides, and it should be thought of accordingly. Aggression is essential for survival. Without it, you'll either end up a saint, or just plain dead.

The Myth of Eating Whole Foods Only

Christian Scientists, and some holistic health gurus, believe that you should eat only whole foods. They claim that supplements may cause imbalance and adversely affect the integrity of the body's metabolism. I understand where they're coming from, since whole foods, especially raw foods, should supply virtually all essential nutrients; and synthetic vitamins may indeed cause more damage than benefit. However, we don't live in a pristine world but rather a polluted world. We're constantly exposed to overwhelming amounts of industrial chemicals including xenoestrogens, which are known to cause metabolic disorders, fat gain, and mortal disease in men, women, and children. On the top of all that, due to industrial harvesting methods and soil depletion, the food that we eat today—including organic whole food—is often deficient in critical nutrients even if it isn't covered with pesticide residue. Therefore, I think some supplementation is necessary to make up for the lost nutrients that existed in greater quantities in food in the past. We need to supplement with nutrients that can help protect us from common exposure to chemicals. However, I also believe there's a need for an alternative to commercial synthetic supplements. Ideally, nutritional supplements should be derived from whole food, and they should nourish the body like food.

Chemical and Environmental Toxins, and Other Stressors in Everyday Life

Most diet books start with lots of current statistics on the frightening increase in obesity in the last half of the twentieth century. Many people today are aware of these stats, and so go on this or that diet. One doesn't

have to be a rocket scientist to figure out the important role that diet plays in our health, and the link between obesity and heart disease, diabetes, arthritis, and other degenerative diseases, including cancer.

But what many people don't realize is that other factors—some of which are environmental—may contribute to the way people look and feel, and dictate what they suffer from today.

Chemicals such as petroleum-based pesticides, herbicides, and fertilizers, hormones and antibiotics in the meats, poultry, and milk we buy in the grocery store, industrial toxins like bisphenol A and other estrogenic plastic derivatives, as well as oral contraceptives and prescription drugs in our recycled water supply, some of which also contaminate the fish we eat—these are all examples of invisible toxins or “stealth toxins.” On a daily basis, we don't realize (and often can't feel) that these chemical toxins exist. There's nothing more dangerous than stealth toxins coupled with ignorance. The inability to see or feel these dangerous compounds makes us extremely vulnerable.

Data show how destructive these (mainly man-made) chemicals are. Food additives, including nitrates or nitrites, pesticides, herbicides, hormones, antibiotics, and plastic derivatives, are all major catalysts for a wide spectrum of modern diseases, ones that barely existed in the past. The National Cancer Institute found an increased risk of leukemia in children whose parents used pesticides in their garden or home. Food additives and chemical preservatives have been linked to Attention Deficit Disorder (ADD) in children. Moreover, antibiotic residues found in non-organic meat and dairy are believed to cause new mutations of antibiotic-resistant bacteria, which limit or inhibit the ability of antibiotic drugs to halt dangerous infections in people.

Of even more concern are the plastic derivatives, pesticides, and other estrogen-like chemicals in our food supply. These toxins have been linked to male sterility and the increase in cancer rates in both sexes. Industrial plasticizers were found to cause chemical castration and cancer in animals and sterility in humans. The estrogenic hormone BSA, routinely injected in livestock animals, was found to cause abnormalities in reproductive organs as well as cancer in women and men. Male sterility today is higher than ever. Other unpleasant estrogenic effects abound, like “stubborn fat” and the “feminization” of men.

According to the American Chemical Society, sperm count in men

worldwide is 50% lower than it was fifty years ago. And, if that's not bad enough, recent reports indicate that men's sperm count has dropped by a staggering 20% in the past twenty years (within only one generation). Are we already showing the first signs of extinction? Young male alligators in pesticide-contaminated lakes in Florida were found to have such small penises that they're unable to function sexually. Countless other species including marine wildlife are on the brink of extinction. Is our very survival being threatened? Farmers have been found to have a relatively high incidence of some cancers, including multiple myeloma (cancer of the bones), lymphomas, skin melanomas, leukemia, and cancer of the lip, stomach, prostate, and brain. Work-related exposure to chemicals was theorized to be the cause.

Estrogen-related diseases such as breast cancer and prostate cancer are at all-time highs. According to another report, the incidence of prostate cancer has doubled in the past fifty years. And, while the incidence of breast cancer was one in twenty in 1960, it increased to one in nine in 1998. In 1978, Israel banned three estrogenic pesticides: lindane, DDT, and BHC. By 1986 the death rate from breast cancer among Israeli women below the age of 44 had dropped by 30%. Conversely, breast cancer rates among women who live in other industrialized countries have skyrocketed.

Steroid hormones in our meat and dairy can have devastating effects on everyone, especially children and infants. Premature puberty and child mortality have been linked to the hormones in non-organic meats and milk. These are only some of the consequences of commonly found chemical stealth toxins in the food and water supply.

Among the most dangerous of all stealth factors is radiation. I'm not just referring to nuclear radiation. We live in a world today that is over-radiated and, as a result, we are exposed nonstop to "slow radiation" that, put simply, is slowly killing us. Radioactive minerals penetrate the human food chain and cause different kinds of malignant cancers. These toxic materials aren't cycled like other organic materials. For instance, the life expectancy of iodine 131 is about 160 years. Once this radioactive iodine penetrates the body, it occupies the place of the natural organic iodine mineral, severely damaging the body's metabolic process. Iodine 131 may be the main reason for cancer of the thyroid gland.

Some radioactive isotopes—for example, strontium 90—have a life expectancy of 360 years. Once a radioactive mineral penetrates the body, it binds to the organ that needs this mineral most and creates a chain reaction that causes catastrophic damage. I can go on and on, but let's just say that all of these factors are extremely dangerous to one's health—and not knowing about them leaves us completely defenseless.

As mentioned, those most in danger are infants, children, and the elderly. The immune system of infants and children are not fully developed, and since they have such small bodies, pound for pound, the toxic effect is much greater on them than on adults. The elderly often suffer from age-related, compromised immune systems, so toxins have an accelerated effect on them.

It seems there is nowhere to run. *But*—in fact—there is a lot we can do. We can effectively defend ourselves against these stealth toxins through diet, proper nutritional supplements, and by following eating cycles that promote daily detoxification. Below are several ways to help protect against the effects of environmental toxins.

Protecting Yourself Against Environmental Toxins

The first defense against environmental toxins such as petroleum-based estro-genic chemicals (including pesticides, herbicides, and plasticizers) is to eat mostly anti-estrogenic foods and to supplement with estrogen-inhibitor herbs. As previously discussed, certain foods and herbs have shown substantial protective properties against harmful estrogenic chemicals. Most notable among them are cruciferous vegetables including broccoli, cauliflower, cabbage, and Brussels sprouts. Other anti-estrogenic foods are onion, garlic, citrus fruits, omega-3 EFA oils (derived from fish, flax seeds, hemp seeds), plant sterol-rich foods such as raw nuts and seeds, spices such as turmeric and curry, and herb extracts from passion flower, chamomile, amla berries, and cruciferous vegetables.

It's important to try minimizing exposure to all estrogenic substances. Also minimize consumption of all estrogen-promoting foods, including all conventional produce, meats, poultry, and pork. Minimize intake of omega-6 vegetable oils such as soy, canola, safflower, and corn. Stay away from edible products that smell like plastic. Minimize consumption

of processed soy products, as well as estrogenic herbs such as clover and licorice. Refrain from using lotions or sprays or pharmaceutical products with petroleum-based detergents. The ecological problem of estrogenic chemicals is probably the most dangerous factor threatening our lives today. I designed a hormonal balancing diet called *The Anti-Estrogenic Diet* (North Atlantic Books, 2006) to provide solutions to this very problem.

As noted, in addition to estrogenic chemicals we're also constantly exposed to radioactive substances. The first defense against radiation is via "mineral loading." Once cellular mineral saturation occurs, there's less possibility for the radioactive minerals to be absorbed into your body's organs. The best way to ensure mineral loading is by following a daily detoxification routine, which involves ingestion of live fruits and vegetables while undereating during the day. Eating live fruits as well as freshly prepared vegetable juices (as suggested for the Undereating Phase of the Warrior Diet) provide the body with live minerals, antioxidant nutrients, and live enzymes, a lot of which defend the body against radioactive materials and the free radicals created by radiation. Nonetheless, just to be on the safe side, supplementing with minerals and trace minerals is probably the most effective way to achieve mineral loading and prevent often-occurring mineral deficiencies.

There are also certain foods and herbs that have within them special properties to protect the body from environmental radiation; they contain nutrient and mineral complexes that naturally induce chelation. Chelation occurs when a nutrient pulls out, or neutralizes, toxins and radioactive materials that penetrate the body.

Foods, Nutrients, and Herbs with Anti-Radiation Properties

Sea Vegetables—Kelp, arame, kombu, and hijiki are all high in sodium alginate, which is the best chelator for pulling radioactive toxins from the body.

Miso—High in minerals and a strong alkalizer, miso is believed to protect the body against radioactive minerals.

Beet Juice—This is known as a liver and blood detoxifier. Beets are high in naturally occurring iron, which protects the body from plutonium and radioactive iron.

Super-Foods: Bee Pollen, Colostrum, High-Sulfur Vegetables

Bee Pollen—High in minerals, vitamins, and live enzymes. Pound for pound, bee pollen is one of the highest-protein food, higher than meat or dairy. Clinically, bee pollen has been shown to significantly reduce the side effects of chemotherapy. Bee pollen is high in lecithin, which helps protect the nervous system. It's also high in nucleic acids, which protect the cells from radioactive exposure.

Colostrum—The high content of immuno-supportive compounds, minerals, vitamins, and hormonal-supportive nutrients in colostrum make this super-food a great anti-radiation and recuperation supplement.

High-Sulfur Protein-Containing Foods—Broccoli, cabbage, cauliflower, kale, Brussels sprouts, garlic, onions, and eggs are all high in naturally occurring sulfur as well as the antioxidant sulfur-containing amino acid cysteine. Cysteine neutralizes free radicals and protects against x-rays as well as radioactive minerals such as cobalt and sulfur.

Fiber: Vegetable, Grain, Legume, Seed, and Fruit Fibers

Fiber helps chelate radioactive material out of the body, including fibers containing phytates (which are found in grains and legumes) and pectin, a soluble fiber found in fruits, nuts, and seeds. Lignans, which are in flaxseeds, have also been shown to possess great chelation properties. So do proteoglycans found in oats and barley.

High-Chlorophyll Foods: Leafy Green Vegetables, Grass Sprouts, Parsley

Consuming high-chlorophyll foods such as parsley and leafy green vegetables helps to significantly reduce the effects of radiation. The high-enzyme content of grass sprouts (such as in wheat grass or broccoli sprouts) aids in detoxifying and neutralizing free radicals.

Herbs: Siberian Ginseng, Astragalus, Echinacea, Goldenseal

Siberian Ginseng—This adaptogenic herb has been found to rebalance and heal the body from physiological and environmental stresses. Siberian

ginseng is believed to be one of the best herbs to combat the dangers associated with environmental radiation, x-ray exposure, and chemotherapy.

Astragalus—This herb boosts the immune system and thus helps to defend the body against radiation.

Echinacea/Goldenseal—Echinacea is an immune booster and blood purifier. Goldenseal, besides being a potent immune booster, is believed to carry some anti-cancerous properties. Combining echinacea with goldenseal, in my opinion, works better than echinacea alone, particularly when you're sick. Pregnant or lactating women should consult their physician before taking these herbs.

The best way to take these herbs is to cycle their supplementation: a few weeks on, a few weeks off.

NOTE

Some of the foods listed, such as fruits, freshly prepared fruit and veggie juices, bee pollen, and colostrum, are best taken during the day on an empty stomach. Doing so will accelerate the detoxification effect and assimilation of their essential nutrients. All the other foods and herbs listed can be ingested at any time of the day, or with your evening meal.

As a general rule, peeling fruits and vegetables reduces the danger of exposure to radioactive fallout toxins.

Prostate Enlargement Problems

Men, who are understandably concerned about prostate cancer, ask whether there is anything they can do to reduce this risk. What follows is my personal opinion and is not meant to suggest or guarantee that it is a cure for those people who already suffer from prostate enlargement-related problems. Nonetheless, based on testimonials of individuals who have noticed substantial alleviation from symptoms and even reversal of their condition, I strongly believe that certain natural therapeutic methods can be highly effective in treating prostate-related disorders.

It is commonly believed that prostate cancer is “accidentally” contracted due to a genetic predisposition. The current consensus in the

mainstream medical community is that dehydrotestosterone (DHT), the so-called “bad testosterone,” is what causes prostate cancer. DHT is a most active derivative of testosterone that binds to the androgen receptors inside the prostate gland, and therefore is believed to be what makes the cells proliferate and become cancerous. This in theory may seem to be true, but I strongly believe it’s not the whole truth.

In fact, I question this theory outright. DHT, the allegedly bad testosterone, appears in highest levels in young adults, who have the lowest rates of prostate problems. And visa versa: the older one gets, the lower testosterone and DHT levels are, and yet the higher the rates of prostate disorders and cancer. Aging is correlated with lower testosterone production. Moreover, aging accelerates the conversion of testosterone into estrogen. So, if the DHT or oversecretion of testosterone causes prostate cancer, why are the majority of men who suffer from it elderly and have already lost quite a bit of their testosterone as well as DHT?

In my opinion, enlargement of the prostate gland and the incidence of prostate cancer are likely caused by a combination of factors, such as increased conversion of androgens to estrogen, exposure to estrogenic chemicals, liver congestion, hormones in foods, and age-related hypertension, as well as blood sugar problems. More and more studies show that prolonged abuse of certain chemicals, exposure to pesticides, excessive alcohol consumption, and an unhealthy diet may all induce overwhelming estrogenic effects on the whole body and in particular the prostate gland.

Prolactin (the hormone that produces milk) is also correlated with prostate enlargement-related diseases. Prolactin can devastate a male body, accelerating the penetration of testosterone to the prostate gland and its conversion into DHT inside the prostate gland. It’s this conversion to DHT inside the prostate that makes the cells proliferate and causes enlargement of the prostate. Elevation of prolactin in men can be due to a complex set of factors, including having a low thyroid, aging, and bad diet.

DHT Can Work for You

DHT is not the “bad guy.” DHT is the most potent testosterone

derivative, which positively affects potency. In fact, DHT cannot penetrate the prostate gland from the blood. Only free testosterone (testosterone that is not bound to GHGB—gonadal hormone-binding globulins) can penetrate the prostate gland. Once inside it can convert to DHT and then, combined with estrogen, possibly cause prostate enlargement or even cancer. It is now known that estrogenic substances can bind to male androgen receptors in the prostate and induce their adverse proliferative effects.

Drugs such as Proscar and Propecia work to reduce blood DHT and allegedly alleviate prostate enlargement symptoms and protect against hair loss, respectively. However, both drugs have side effects, including lowering libido and sexual potency. So, following this line of thinking, the question is: What happens when blood DHT is increased?

Surprisingly, when DHT level increases, testosterone level declines. Therefore, less testosterone penetrates the prostate, less DHT is produced inside the prostate, and as a result, symptoms and damage would most likely be reduced or even cleared.

The Warrior Diet's First Defense Against Prostate-Related Problems

I believe the Warrior Diet can help provide natural defenses against prostate enlargement and prostate cancer. The Undereating Phase lowers the metabolic stress on the body, while enhancing removal of toxins. The high intake of fruits and vegetables or their juices during the day, combined with supplementation of liver detoxifiers and estrogen-inhibitor herbs, will most likely provide the body with sufficient viable antioxidant and anti-estrogenic nutrients to help prevent excess accumulation of estrogenic substances and to counteract their harmful effects.

Conversely, when eating three to six meals per day, there is an inevitable increase in the overall metabolic stress on the body and the liver. This routine gradually exhausts the liver, over time leading to a compromised detoxifying capacity. When the strained liver can't effectively eliminate toxins, then estrogen metabolites and chemicals can infect the blood circulation, causing harmful effects including prostate enlargement and cancer.

Practicing the Undereating Phase on a daily basis is possibly the most important element of the Warrior Diet, and one of the main reasons why it's so effective in enhancing the body's natural defenses.

Avoiding estrogenic foods and chemicals (see list below) further helps the liver to detoxify. Finally, as noted, eating the foods I suggest previously, and taking the right nutritional supplements, enables you to load your body with the nutrients to help protect against the harmful effects of estrogen—while sustaining hormonal balance for maximum metabolic efficiency.

To sum up, if you detoxify daily, eat the right foods, and take the supplements recommended, while minimizing consumption of estrogenic foods and substances, I believe you will stand a far greater chance of keeping yourself healthy and avoiding prostate problems.

Avoid the Following Estrogenic Foods and Substances:

- All meat that is not organic (due to the estrogen hormones inside), including red meat, chicken, turkey, lamb, pork
- All dairy products that are not organic, due to the estrogen and prolactin hormones they contain
- Petroleum-based pesticides, herbicides, and fertilizers, which are found in non-organic produce
- All edible products that are packed in plastic and smell like plastic
- All skin products with petroleum-based detergents (such as surfactants, p-nonylphenol, and synthetic glycerine)
- Soy protein and soy isoflavones products
- Excess of omega-6 vegetable oils (soy, canola, safflower, corn)
- Alcohol

Natural Supplements to Help Alleviate Prostate Enlargement-Related Symptoms and to Protect Against Prostate Cancer

Estrogen-Inhibitor Herbs

There is mounting evidence that estrogen is the main culprit for the current growing rate of men suffering from prostate cancer. As noted, estrogen and its related compounds can bind to androgen (male sex

hormone) receptors in the prostate gland and cause cell proliferation and growth. Researchers believe that there is a direct correlation between the global increase in industrial xenoestrogen pollution in the environment, food, and water, and the current epidemic of estrogen-related cancer including prostate cancer. Herbs known to be estrogen inhibitors may help provide a first defense against estrogen chemicals. When combined together, natural estrogen inhibitors may counteract estrogen and its related chemicals in three ways.

1. Inhibition of the enzyme that converts androgens to estrogen. Natural aromatase inhibitors are flavones derived from passionflower, chamomile, onion, and garlic. Studies reveal that when combined, these flavones inhibit the two different promoters of the aromatase enzyme and thus effectively inhibit estrogen in both healthy and cancerous cells.
2. Antagonizing estrogen receptors' negative and positive (ER- and ER+) cells. To this group belong curcumin (turmeric), resveratrol (red grapes, red wine), and apigenin (chamomile). When combined these natural compounds have shown the capacity to antagonize and destroy ER+ tumor cells.
3. Shifting estrogen metabolism to produce beneficial metabolites (2 hydroxy estrogens), rather than the harmful metabolites (16 hydroxy estrogens). To this important group belong indoles (glycosides) in all cruciferous vegetables, including indole 3 carbinol, indole 3 acetate, and diindolymethane (DIM).

In summary, estrogen inhibitors including flavones from passionflower, chamomile, onion and garlic, curcumin, resveratrol, and cruciferous indoles may effectively help counteract excess of estrogen in the body. When combined with anti-estrogenic foods and a chemical-free diet, estrogen-inhibitor supplements may be highly effective in preventing and even reversing disorders.

Plant Sterols and Sterolines

Plant sterols support the anti-estrogenic hormones testosterone in men and progesterone in women. The plant sterol beta-sitosterol has shown

the capacity to convert in the body to sex steroid hormones. For that matter, plant sterols may help establish a healthier hormonal balance with an anti-aging effect in both sexes. In addition, plant sterols have anti-inflammatory and cholesterol-lowering properties. Best sources of plant sterols are nuts and seeds as well as stabilized rice and wheat germs.

Liver Detoxifiers

The liver is the site that metabolizes and neutralizes estrogen. Liver detoxifiers (as mentioned previously) may help alleviate the metabolic stress on the liver while supporting neutralization and elimination of toxins, including estrogenic substances.

Pygeum Bark and Saw Palmetto

Pygeum bark and saw palmetto berries are natural supplements that have been used traditionally to alleviate symptoms of Benign Prostate Hyperplasia (BPH). Pygeum is an evergreen African tree. The bark of the trunk is the part of the tree used for medicinal purposes. It is often mixed with palm oil or milk.

It's interesting to note that certain substances in pygeum, such as n-docosanol (a triterpene), significantly reduce serum prolactin levels. As noted, prolactin decreases the uptake of testosterone and increases the conversion to dihydrotestosterone (DHT) inside the prostate gland. Clinical trials and numerous studies support the fact that pygeum effectively reduces the symptoms of BPH.

Fertility—Pygeum may improve infertility-related problems in men who suffer from diminished prostatic secretion. Pygeum helps to increase prostatic secretion and improve seminal fluid.

Potency—Pygeum extract can help those who suffer from BPH to improve sexual performance. BPH is often associated with erectile dysfunction and other sexual problems. In this case, pygeum can help men achieve full erections.

Saw Palmetto, A Double-Edged Sword

Saw palmetto is a small West Indian palm tree. It also grows in North America. The American Indians traditionally used saw palmetto berries as a tonic to support the body nutritionally, and they were used by men as a fertility aid. Many herbalists consider it to be an aphrodisiac. This supposition may, however, be false.

Saw palmetto has proven to be an effective supplement to help treat symptoms in those who suffer from BPH. Saw palmetto inhibits the conversion of testosterone to DHT. It also inhibits DHT's activation through cellular binding. However, there is evidence that Saw palmetto also possesses anti-androgenic activity, which means that it may reduce the action of testosterone.

Saw palmetto is still an open issue. While it seems to be an effective natural aid for prostate enlargement-related symptoms, it may, at the same time, reduce sex drive and potency.

Conclusion

Men who suffer from prostate enlargement-related problems should consider taking a combination of standardized estrogen-inhibitor herbs together with anti-estrogenic foods, while minimizing the intake of "conventional" (non-organic) meat, dairy, and produce, as well as avoiding exposure to industrial estrogenic chemicals. Supplementation with pygeum may be beneficial; saw palmetto may lower potency.

If you suffer from prostate enlargement-related problems, you should seek professional medical help. You may also consider incorporating alternative healing methods in your treatment, such as the above herbal remedies, and making adjustments to your diet and lifestyle.

Questions & Answers

I'D LIKE TO ADDRESS SOME frequently asked questions from those who have been practicing the Warrior Diet, and by others who are considering it.

Does exercise influence when and how much you eat?

Yes, it does. After exercising, particularly on an empty stomach, your insulin receptors are at peak sensitivity, your growth hormone is at the highest level, and your glycogen reserves are virtually depleted. This is the best time to eat. Your body is now ready to consume large amounts of food without gaining weight.

What if you only exercise two days a week?

The Warrior Diet still works.

Can you eat the same amount on the other five days as the two days you exercise? Maybe your body won't want as much.

This diet will eventually bring you to a natural rhythm, one in which you'll be able to sense your particular needs at any time. In other words, you should crave and eat exactly what you need and as much as you need on both active and rest days. On the days that you don't exercise, I believe that your hunger will be slightly less, and satiety will come more quickly. However, people who practice a whole day or two of undereating may need to eat more the following day, even if they didn't exercise.

What about individuals who suffer from blood sugar problems and are often told that they need to eat throughout the day in order to maintain steady blood sugar levels?

I have to say up front that everyone, especially those who have preexisting conditions or are sick, should use common sense and consult with their physician before going on any diet. I presume that the majority of mainstream physicians will be opposed to the Warrior Diet, even for those who are healthy; regardless, I truly believe this diet will help most people, including those who suffer from hypoglycemia. In fact, we've received testimonials from people who managed to reverse Type II diabetes simply by adjusting the Warrior Diet program and shifting from grains to the lower-glycemic beans, nuts, and seeds as sources of primary fuel. The Warrior Diet aforementioned blood sugar stabilizer herbs may help accelerate the results. (See Chapter 4, the section titled "Supplements for the Undereating Phase.")

What about children? Is this diet good for them?

The most important thing for children, in my opinion, is to make sure that they eat the right foods, which include raw vegetables, fruits, good-quality proteins, whole-grain carbohydrates, and good fats. Children need more fat than adults. Essential fatty acids are extremely important for babies and children's brain development and growth.

Children are virtually "pure." Their natural instincts remain sharp if they're not corrupted. The problem, though, is that adults often try to crush their instincts. I believe that children are primarily in tune with the instinct that regulates healthy eating cycles, but unfortunately they are often forced to eat when they don't want to. As a general rule, when children are hungry they should eat, and when they aren't hungry, they shouldn't be forced to eat. Children should not be on the Warrior Diet *per se*; however, having them eat fresh fruits and vegetables and drink freshly prepared juices during the day would be greatly beneficial.

Most children are starving in the morning.

Remember, children should not be on the Warrior Diet *per se*, so they

should eat breakfast. Nonetheless, they should be trained to enjoy the subtle taste of low-glycemic whole foods.

Why do you think so many kids today only want to eat sweets, sugar-laden beverages, and fast food? And what can be done?

Many children develop aggressive tastes from a very early age. As a result, they lose the ability to enjoy the subtle taste of healthy whole foods. When they're given or allowed to eat overly processed foods that contain additives with aggressive tastes, such as sugar, fructose, or other stimulants including salt, fried oils, etc., they begin to crave these unhealthy foods and become addicted to them. This is highly destructive because as noted, children lose their ability to enjoy the subtle tastes that come from nature. Not eating enough natural foods leads to deficiencies of essential nutrients. To make this matter worse, chemicals in foods—such as petroleum-based pesticides, herbicides, nitrates, food colorings, and certain preservatives, as well as toxins such as metal toxins (aluminum-based leavening)—affect children much more than adults. Poor eating habits may lead to serious metabolic problems, retarded growth, and impaired mental development.

When children have unhealthy diets, I often recommend that parents try putting their kids on a moderated Warrior Diet, with a shorter period of undereating, where they're given raw fruits, veggies, and fresh juices — and then feed them the right foods. Healthy instincts should eventually return and they'll gradually develop a subtle taste and enjoy eating healthy foods.

What age is ideal for people to begin the Warrior Diet?

I think it's when they reach maturity. Until then, young people should eat more frequent meals. Nonetheless, based on testimonials, teenagers are doing well on the Warrior Diet by simply increasing the amount of protein meals during the day.

At what age does one mature?

Sixteen to eighteen.

So this diet is for people who are at least sixteen years old?

There is no classified standard as to what age is appropriate to start following the Warrior Diet. Nonetheless, due to the current rates of child obesity as well as teen obesity, it is obvious that mainstream nutritional guidelines are failing to keep children healthy. I believe that a milder version of the Warrior Diet can provide the benefits of daily detoxification as well as complete nourishment for growing children or teenagers. As noted, the diet plan should be adjusted to accommodate their physical needs. For instance, young adults can have fruit or fresh-fruit smoothies or freshly squeezed vegetable juices until lunchtime, and then have a meal. As mentioned earlier, Spartan boys were trained and fed like warriors, and they grew up to be strong, tough adults. This doesn't mean that I recommend a Spartan way of life. Nonetheless, this is an example that the Warrior Diet indeed works for young adults.

I've heard that vegetarians are more peaceful and spiritual than meat-eaters. What do you think?

Some vegetarian-diet authors make this claim, and add that we'd live in a better world if people were vegetarian because they are also more compassionate and spiritual than meat-eaters. I strongly believe that this isn't so. Two of the bloodiest killers ever, Adolf Hitler and Joseph Stalin, were vegetarian. However, I can see where vegetarian advocates are coming from, and I respect their concerns about cruelty to animals and the environmental issues.

How do you think people on the Warrior Diet should deal with social and business events that involve meals?

While on the Warrior Diet, especially during the Undereating Phase, you'll feel alert and focused. This alone is a big advantage for social and business-related events.

Here's my suggestion. For a breakfast meeting, stick to fresh fruit or a fresh fruit smoothie or juice, and coffee or tea. For a lunch meeting, veggie juices, salad, eggs, or sashimi are appropriate. Dinnertime meals

should be no problem. Just follow the overeating principles. People will be impressed with the amount of food you can eat during dinner without gaining fat. Explain that you're on the Warrior Diet. Many people today are on diets, so they should understand if you choose not to eat a typical breakfast or lunch. Don't feel a need to apologize. This is a free country.

Can you have nuts or seeds during the Undereating Phase?

During the adaptation period and days that you feel deprived, yes. Nuts and seeds are very good foods, particularly raw as opposed to roasted or seasoned. However, it's not ideal to eat them during the early hours of the day. Although raw nuts and seeds won't overspike your insulin, they may increase the metabolic stress on your digestive system, and thus may compromise your body's capacity to detoxify.

What about smoking and alcohol? Are they allowed?

The Warrior Diet is about diet, and it's also about a sense of freedom, not deprivation. When I say that this diet is a way of life, I mean that there are some profound ideas behind it that ideally will improve your life as far as setting priorities, defining goals, and heightening self-esteem, ambition, and creativity. I assume that those who follow the Warrior Diet have enough information to make the right choices when it comes to whether to drink alcohol or smoke, and if they choose to do either (or both), it's up to them. If you smoke or drink, the Warrior Diet will still help you to detoxify and stay in shape. The ability to make choices is what freedom is all about.

People who drink a lot of alcohol are often overweight.

Alcohol-related problems, including stubborn fat, are discussed in Chapters 6 and 7.

Do you have anything to say to those people who crave alcohol?

Being on the Warrior Diet may result in less alcohol consumption because the desire to drink excessively diminishes when you reach satiety from what you eat. I believe that excessive drinking has a lot to

do with deprivation.

This said, having a glass of wine per day is usually fine for most people. As mentioned before, warriors of great societies in the past used to drink wine habitually.

Jews and Muslims fast once a year. How does this relate to the Warrior Diet?

People in the past were aware that to cleanse and reach a spiritual state of mind, fasting was the route to take. For Muslims, Ramadan means fasting during the day and eating after sunset. In my opinion, Ramadan is an example of an old, traditional fast that is similar to the Warrior Diet. People who fast during Ramadan say that they feel physically, mentally, and spiritually rejuvenated. Fasting for Jews, such as on Yom Kippur, means spiritual cleansing. Getting away from the materialistic world is a way to cleanse one's body and spirit.

What should I do with all this new energy that I have?

If you “suffer” from too much energy, then go and find yourself a life. It's best that I stick to the subject of diet and not become a preacher. I truly believe that once the Warrior Instinct is triggered, people gain more courage to try things they may have been afraid to attempt before. They may become more adventurous, more romantic, more creative, and more competitive. So the question about what to do with all this extra energy is, in my opinion, irrelevant. If you ask a champion athlete “What do you do with your extra energy that comes from all this training?” they'll likely tell you, “Get out o' here.”

What about those who find it hard to calm down or sleep at night?

If you find it difficult to calm down at night, you may not be consuming enough carbohydrates. Also, sleeping disorders may occur due to hypertension (high blood pressure), hyperglycemia, or stress-related disorders. If this is your case, shift to low-glycemic foods and, if needed, seek professional help.

Enzymes and Live-Food Enzymes

Who needs enzymes?

Everybody needs enzymes. Young people have a higher enzyme pool in their bodies than older people. Because of this, enzyme supplementation may be beneficial as one ages.

When is the best time to take enzymes?

I always suggest taking enzymes on an empty stomach or just before a meal because this gives them time to reload your system and reach your blood. It's important that enzymes reach the circulation via a proper loading approach. As I've mentioned before, research reveals that enzymes (such as protease enzymes), upon reaching the circulation, can effectively reduce inflammation and may also have the ability to destroy pathogenic bacteria and viruses, so they may have a systemic healing effect on the body.

How many should I take?

It depends on the product's manufacturer. Check the label and experiment. One to four capsules before your meal is usually sufficient. Monitor yourself for what works best. You may try to increase the dosage gradually. For some people, high dosage works better.

What are the best enzymes to take?

The enzymes that have the most healing effects are protease enzymes, which break down protein, thereby aiding in the purification of the blood and working as anti-inflammatory agents. For example, bromelain (derived from pineapple) is a protease enzyme. In addition to breaking down protein, it aids in reducing water retention and inflammation, and thus is generally helpful in the healing process. All protease enzymes, including papain (derived from papayas) and tripzine (pancreatic protease), have a systemic anti-inflammatory effect.

It's preferable to take a combination of protease enzymes rather than just one type, but they will be effective in both cases. Some experts believe that plant enzymes are most effective because they contain the

widest variety of live enzymes that support carb, fat, and protein utilization. However, although plant enzymes do contain proteolytic enzymes, they're not high in them. Also, plant enzymes work at different pH levels than human enzymes and therefore could be more beneficial systemically for anti-inflammatory purposes than for digestive purposes. The variety of enzymes in plant enzymes is enormous. They are highly accessible in live food and therefore are greatly beneficial nonetheless. Moreover, plant enzymes are more stable in high temperature than animal-based digestive enzymes.

Are live-food enzymes good enough to enhance digestion?

If you want to ensure maximum digestive potency, especially since people today consume so much processed food, I think it's best to consume live foods and also take digestive enzyme supplements, as well as probiotics. The latter are beneficial bacteria that help correlate the digestion of protein and fiber.

Are there other enzymes?

Yes, there are antioxidant enzymes. The most important ones are SOD (Super-Oxide Dismutase) and reduced glutathione, both of which the body produces naturally. These antioxidants are available today in a supplemental form. Nevertheless, the bioavailability of these products is in question. In order to produce enough SOD, your body needs the minerals zinc, manganese, and copper, as well as probiotics. Besides being a super antioxidant and a first defense against gene damage, SOD is also vital for potency and virility. Healthy cells contain SOD, which protects them from nitric oxide (a natural substance that the body produces). Nitric oxide is necessary for regulating blood pressure and sexual arousal. It is also vital for normal brain and heart functions. Nevertheless, without SOD, nitric oxide metabolism can be adversely shifted to produce harmful compounds—nitrites and nitrates. In summary, without nitric oxide you wouldn't be able to survive, and without SOD the nitric oxide mechanism would be severely compromised.

Glutathione enzymes (the other type of endogenous antioxidant

enzyme) are vitally important to the body. The body's glutathione pool is an index determining how healthy you are. Your body should produce glutathione naturally from precursors if you eat the right amount of foods containing the amino acids cysteine, glycine, and glutamine.

Unfortunately, cysteine is such a sensitive amino acid that most processing destroys it. Foods such as bean sprouts, cruciferous vegetables, and minimally processed dairy all contain cysteine. Egg yolks are another good natural source of cysteine, as well as whey and colostrum. Maintaining a high pool of cysteine in your body is critically important. That's one reason why it's highly recommended to keep food live and whole.

Glutathione supplements are available, but your body should be able to produce it naturally when you nourish it with the right foods and supplements. Certain sea plants like spirulina and chlorella, as well as raw meat and raw fish, do contain glutathione, but it's usually destroyed by digestive enzymes in the stomach. Therefore the best way to keep glutathione levels high is by ingesting the right natural precursors so your body will be able to produce it. Glycine and glutamine are present in all complete protein foods, including fish, eggs, dairy, and meat.

SEX DRIVE, POTENCY, AND ANIMAL MAGNETISM

THIRTY MILLION MEN IN THE UNITED STATES are impotent. No joke. Richard E. Spark, MD, Associate Clinical Professor of Medicine at Harvard Medical School, says this number is actually an underestimation of how many men suffer from impaired sexual potency. Even more worrisome is the staggering percentage of male infertility. According to the American Chemical Society, sperm count in men worldwide is 50% lower than it was fifty years ago. And as noted in an earlier chapter, recent reports have indicated a staggering 20% decline in men's sperm count in the past twenty years (within only one generation). Needless to say, male performance is a major problem today. The recent boom in sales of Viagra indicates just how popular a potency drug can be in a sex-oriented society when, ironically, such a large number of men can't perform sexually.

Sex, Power, and Instincts

Sex drive and potency were always regarded as indicators of health and power. Since the dawn of humanity, men have competed with each other for the best mate in order to produce the best offspring and carry their genes into future generations. Being unable to perform sexually or to impregnate a woman was considered a humiliating weakness. Like other animals, human alpha males who were leaders of their pack (group) were proud to inseminate more women than the other males. The primal instinct to multiply and expand territory drove males to "conquer" as many females as possible, and the best-looking, most fecund among them.

According to anthropologist Desmond Morris, men used all their senses to select a mate. There is a primal code of health and beauty engraved in a woman's body, which attracts men. This physical code includes visual stimulators such as a woman's curves: her breasts, hips, thighs, and butt. Ancient goddesses of fertility were depicted as all "bust and butt." A well-rounded woman was a visual indication of fertility and motherhood.

Other sensual stimulations that affected attraction, such as smell (body odor and breath) and touch (smooth skin as opposed to dry skin), were also indicators of a woman's health. For example, having bad breath or body odor was thought to be a sign of disease, and therefore these women were considered unappealing as mates and future mothers. Women were aware of this "physical code of attractiveness" and so they would enhance their cleavage, use lotions to soften and moisturize their skin, and apply perfumes and other concoctions made from herbs and flowers to improve their breath and body odor.

Men, suggested Morris, possessed their own "code of attractiveness." Females were attracted to the strongest and most dominant males. A strong male or a leader could protect and provide more for them and their children. The prime "physical" code regarding a man's appeal and level of attractiveness was a powerful, muscular, and healthy look. Other masculine qualities, such as being aggressive enough to fight and wise enough to dominate other males (leadership), were also considered powerful and attractive to women.

Male genitals were regarded as a symbol of power. Ancient weapons of war, such as spears and swords, had symbolic phallic connotations. The term "weapon" remains today a slang expression that refers to a man's penis.

The main point I'm trying to make here is that an inherent, instinctual code has always attracted men and women to each other sexually. And further, this inherent code is based on sensual (aesthetic) attraction.

I believe that this primal, instinctual code is still within us, although the rules of the game have changed. Men no longer need to be physically strong (masculine and hard) in order to be successful in life or with women, and women don't need to be voluptuous to be considered attractive. As a matter of fact, many men today find women who have a lean and firm look to be most attractive, and many women today are

attracted to men who look soft and out of shape.

The question is whether these changes in physical codes of attraction, in both men and women today, have had an effect on potency and fertility. I believe it has.

Modern society has created new standards for success. Thousands of years ago, it was necessary for a man and his family's survival that he be physically powerful. Possessing a combination of intelligence, masculinity, and potency was the standard of success. In biblical times and later, kings, rulers, and leaders were often involved in physical fights or duels. Great philosophers in the past have served as spiritual tutors for historical leaders (Aristotle and Alexander the Great). For ancient warriors, the spirit and the sword often went hand in hand. Bravery was an adored virtue, and chivalry was an inherent part of a man's life.

Today, most men no longer need physical power as a means to survive, and being physically brave isn't required to succeed. Money and wealth now seem to be the most predominant parameters for power. Today, if a man has money and accumulated wealth but is not a "physical specimen," a large number of women would overlook this and still be happy to hook up. It seems as though having a "big wallet" has taken the place of having a "big phallus."

I see many men who are out of shape and don't seem to care about their physical appearance. They suffer from ailments such as high blood sugar, high blood pressure, chronic fatigue, and obesity, yet they continue abusing themselves with bad diets and excessive drinking. In spite of this, these men are often successful in modern society because they're smart enough to make loads of money. Or perhaps they just inherited it. It's my contention that the society we live in today no longer emphasizes and thus suppresses the use of some of our most primal instincts to survive or thrive.

On the top of all that, our contemporary world is overwhelmed by estro-genic chemicals, a world that emasculates men and threatens women.

All that said, it's virtually impossible to totally suppress primal instincts. Behind modern male faç ades, there are primal desires that dictate how we behave. We still adore athletes for their physical performance and masculine, muscular look. And we also greatly admire

and respect artists, scientists, and other creative types for their “creative power” and “powerful” minds. I believe it’s this primal instinct which lies within us all that still attracts us to both physical and mental power, even though the emphasis formerly placed on physical prowess has diminished.

In my opinion, the confusion about gender identity today, both sexually and aesthetically, is one reason for the rise of what I believe are artificial standards that too often take the place of natural, primal, instinctual standards. And, as I’ve noted earlier, when instincts are inhibited, confusion, anxiety, and poor performance result.

Male Performance Factors

Men’s ability to perform sexually depends on many health-related factors that work synergistically. The most important ones are:

1. **Neuro-Health:** the ability to sense psychogenic (such as visual) and physical (such as sensual, touch) stimulation for sexual arousal.
2. **Hormonal Balance:** necessary to keep optimum testosterone levels in conjunction with other hormones.
3. **Vascular Health:** allows an uncompromised flow of blood to the right body parts. This includes vasodilators: factors in the form of enzymes and other substances, such as NOS and cyclic GMP (cGMP) which enforce local blood flow to the genitals until a full erection occurs.
4. **Mental Health:** to feel sexually confident and able to handle stress and anxiety.

All of the above work together to achieve full sexual performance. If any one is not intact, impotency may result.

There’s enough data today to show the correlation between impotency and chronic diseases such as diabetes, heart problems, high blood pressure, and high cholesterol. There’s also a clear connection between low levels of testosterone—or high estrogen and high prolactin (the female hormone that stimulates milk production)—and male inability to perform sexually. Stress is another major factor in male performance.

Psychologists and other therapists make a fortune attempting to heal and console men who have lost their sex drive or ability to perform.

Potency and Diet

Upon looking deeper into what causes male performance problems, I've realized that many, if not most of them, could be avoided by simply following a healthy diet and by practicing different methods of exercise that help manage stress. The connection between diet and potency is well documented and supported with clinical research. It shows a clear correlation between diet, exercise, and hormonal balance. Hormonal deficiency-related diseases affect libido, potency, and fertility.

The Pottenger Cat Study (see below) illustrates the extreme and dramatic effects of deficient diets (diets that lack live food and enzymes) on the degradation of subsequent generations of cats. Even if you're skeptical about the relevance of this study to human beings, it should at least make you wonder whether maintaining a deficient diet can affect human potency—and consequently the ability to create new, healthy generations.

The Pottenger Cat Study

This seminal (no pun intended) study by a scientist named Pottenger was conducted between 1932 and 1942. It was the first clinical report dealing with the process of intergenerational degradation resulting from a deficient diet.

The study used approximately nine hundred cats, divided into two control groups. One control group of cats was fed a whole-food diet including raw meat, raw milk, and cod liver oil. The other control group was put on a deficient diet, including pasteurized milk and cooked meat. The health of the first, second, third, and fourth generation of all cats was studied, with a focus on their immunity, potency, and fertility.

The results were stunning. Those cats on the deficient diets could not produce a fourth generation, and the first generation already showed the initial signs of degradation, such as heart problems, underactive thyroid and bladder, arthritis, inflammation of the nervous system, and various

infections. Second and third generations of cats on the deficient diet also suffered from an acceleration of these symptoms and showed a general decrease in the health of the reproductive organs.

Males showed a failure in active spermatogenesis (meaning they had low sperm count and weak sperm). Miscarriages accounted for up to 70% of the attempted births of second-generation deficient cats (i.e., they miscarried their offspring). Skin allergies were frequent and got worse with each subsequent generation. The third-generation cats were so deficient that none survived beyond the sixth month. Needless to say, there was no fourth generation of deficient cats.

In contrast, those cats that were given raw food (“normal cats”) were healthy in all generations. Their internal organs were fully developed, and the immune systems of all four generations of these cats were fully intact, with no signs of infections or allergies. They reproduced one homogeneous generation after another, all in good health. It’s interesting to note that when a second generation of “deficient cats” was put back on a raw-food diet, some of the deficiency-related symptoms such as allergies diminished, and by the fourth generation some cats had a fully restored immune system.

There also seemed to be a general connection between hypothyroidism (low thyroid) and male sterility. Eighty-three percent of male “deficient” cats in the second generation were sterile. Fifty-three percent of second-generation female “deficient” cats showed under-developed ovaries.

(Let me note here that I oppose studies that involve cruelty and inhumane treatment of animals. Regardless of all “good scientific intentions,” many of these studies are unnecessarily done to prove an already existing fact, while killing and torturing innocent animals. I believe there is karma, and that cruelty doesn’t come without some adverse consequences.)

According to a Kellogg Report by Joseph Beasley, MD, and Jerry Swift, MA, 44% of thirty million couples surveyed in the United States in 1980 with a woman of childbearing age were unable to have children. In 1965, there were 482,000 couples with a wife younger than thirty who were classified as infertile. By 1976, the number of infertile couples rose to 920,000. Among black couples (ages twenty to twenty-four), the proportion of infertile couples went up from 3% to 15% in the eleven-year span from 1965 to 1976.

Dr. Pottenger theorized that there are similarities between malformations found in animals and those found in humans. My points here are that:

1. *I firmly believe there is indeed a direct connection between diet, health, sexual performance, and fertility for both men and women.*
2. *The lack of whole foods and live nutrients combined with the abundance of synthetic chemicals in the typical American diet makes it a deficient and toxic diet, which causes impotency, sterility, disorders, and cancer in men and women.*

I believe, furthermore, that while direct conclusions cannot be drawn between animal studies and human conditions, the Pottenger Cat Study throws significant light on what may be contributing to the acceleration of immunodeficiency and chronic disease in our culture, such as the current epidemics of hypothyroidism, hypertension, diabetes, depression, and obesity.

The Syndrome of Taking Drugs

As noted, chronic diseases such as heart disease (arteriosclerosis), high blood pressure, high cholesterol, as well as depression, can all cause impotency. Blood pressure medications (such as beta blockers) and some anti-depression drugs can also cause impotency as a side effect. So, here's the catch: in order to solve one problem people take drugs, but drugs can create other problems. Disease-related impotence is often treated with drugs that, ironically, may accelerate the very same problem. When you hear about miracle pills, just remember that in spite of a low statistical rate of side effects, most popular potency pills don't work for everyone. As just stated, men who take blood pressure medications or who suffer from heart problems and take medication often suffer from impotency. Then, when tempted to try a potency drug to restore their virility, side effects as severe as coma or death may occur.

I'm not against the use of drugs *per se*. Taking the right medication can improve or save life. I'd like to strongly suggest here that if you suffer from male performance-related problems, seek professional help. I also

recommend that you ask your physician and pharmacist about the side effects of all drugs prescribed to you, so at least you're aware.

Natural Methods to Enhance Potency

As noted, there are many factors involved in male sexual function. There isn't enough space here to discuss the entire scientific complex of hormonal, neurological, and glandular factors that are essential for proper male performance. To put things simply, let me just say that hormonal balance is a key to men's sexual function. If one hormone such as adrenaline is overactive, or if other hormones such as the thyroid or testosterone are underactive, impotency may occur. The hormone responsible for sex drive (in both men and women) is testosterone. This male hormone is also responsible for some critical functions, including:

- Development of male sex organs
- Regulation of healthy sperm production
- Activation and maintenance of sex drive for both men and women
- Maintenance of strong bones
- Building of muscles and burning of fat for both men and women

What Affects Testosterone, Sex Drive, and Libido?

When testosterone levels decline, sex drive and libido diminish. There are many reasons for inadequate testosterone levels. Some of them relate to disease and others to lifestyle stressors, diet, and aging.

I'd like to present here some of the most common variables that affect testosterone production as well as sex drive and libido. As noted, there is a connection between diet and potency, and bad diets are known to negatively affect testosterone level. Also implicated in adversely affecting testosterone production over the short or long run are chronic low-calorie and crash diets, mineral deficiencies of zinc, magnesium, copper, manganese, or iodine, amino acid deficiencies and/or essential fatty acid deficiencies. But the most notable cause of testosterone decline is the common exposure to estrogenic chemicals in the environment, food, and water. As noted, there is substantial evidence for the sterilizing effects of industrial xenoestrogens (such as that found in pesticides,

herbicides, and plasticizers) on animals and humans. Estrogenic chemicals in common products, food, and water may be the main culprit for the ever-growing rate of male impotency, prostate enlargement, and cancer.

Crash diets or anorexic habits have been shown to negatively affect thyroid production as well as the overall metabolic integrity of the body. Having a low thyroid may cause elevation of the lactating hormone prolactin. High prolactin levels suppress the production of testosterone as well as growth hormone. High prolactin may cause some devastating symptoms in men, including breast enlargement and feminization of the body. The market is saturated with over-the-counter thyroid-boosting supplements, and prescription thyroid hormones are in widespread use. The thyroid hormones play critical roles in regulating the body's metabolism. Nonetheless, those who take thyroid supplements to boost their thyroid in order to lose weight often don't realize that having an overactive thyroid may be as harmful as having an underactive thyroid. When the thyroid's level is too high, it creates a condition that may promote an increased conversion of testosterone to the female hormone estrogen. This may cause adverse effects including a loss of potency, infertility, and accelerated aging.

Stress is also a major factor that affects testosterone. Excessive physical or mental stress may cause a decrease in testosterone production as well as sex drive.

Aging is another factor that affects testosterone level. Typically, the more one ages, the more testosterone will convert to estrogen, and the lower its circulating levels will be.

Considering all the above, a healthy diet that supplies all essential and hormonal-supportive nutrients, together with stress management techniques and a viable exercise routine, would most likely work as an effective natural means to sustain virility and defend against testosterone decline. I truly believe that the best way to keep your vigor high is to incorporate daily detoxification, and then consume hearty meals with proper fuel foods and hormonal-supportive nutrients that can make you feel satisfied, compensated, and yet highly charged.

Aphrodisiac Supplements (to enhance libido)

The word “aphrodisiac” is attached to many herbs, potions, lotions, and nutritional formulas. Unfortunately, most so-called aphrodisiac supplements don’t work. Commercial companies try to cash in on this or that exotic herb, promising great results, but the truth is that it’s very unlikely one single herb can help restore healthy performance in those who suffer from impotency. As just discussed, multiple factors are critical for sexual performance. Isolating and targeting one or another usually isn’t good enough. Many people who experience diminished libido and impaired performance suffer from a complex set of factors (such as neurological, glandular, hormonal, and mental factors) that together have created imbalance. Often, both physical and psychological issues are involved in impaired sexual performance.

Overtraining vs. Your Sex Drive

Overtraining may rob you of your testosterone. Avoid overstressing your body with long, obsessive, daily physical training routines. It’s critical to take at least one to two days off per week. Rest is part of the training cycle and is necessary for recuperation and strength gain.

Symptoms related to overtraining, such as adrenal fatigue, hypothyroidism (low thyroid), a sluggish metabolism, muscle tightening and cramping, exhaustion, depression, and sleep disorders, may also occur or be exacerbated by a deficient diet. Low-calorie diets, low-carb diets, low-protein diets, raw food-deficient diets, as well as diets deficient in essential and hormonal-supportive nutrients—such as vitamins, minerals, essential fatty acids, naturally occurring phytosterols, and estrogen-inhibiting phytonutrients—may not satisfy the body’s nutritional requirements for a complete recuperation from prolonged and intense physical stress. Any exercise routine combined with malnutrition may lead to overtraining-related symptoms.

The Warrior Diet—Instinctual Living and Potency

The Warrior Diet isn’t a miracle cure for everything. Nonetheless, it encourages instinctual living and thus unleashes the healing power of your inherent survival mechanisms, which can be triggered by actively

using your instincts. Primal instincts are based on an innate wisdom that enables the body to react spontaneously and to compensate for both physical and mental stressors. An instinct, once triggered, should activate all the elements that are necessary for its specific action. Conversely, when instincts are suppressed or aren't intact, the body may fail to coordinate the different elements necessary for healthy performance. This is exactly when problems occur. Isolating one relevant element or another as the culprit for impotence is a method which unfortunately has been used by physicians who prefer to prescribe specific drugs to treat specific problems.

I believe that the revival of sexual instincts is the most natural and powerful way to restore and enhance potency. Once unleashed, instinctual actions can help restore performance, regardless of textbook theories, psychological approaches, or medical application protocols. In other words, you'll be able to perform spontaneously simply by letting your body's own wisdom follow through with the right action.

The notion that you can increase your vigor and improve your performance by improving your diet, exercising regularly, and living instinctually may sound over-simplistic and over-romantic, especially today when so many drugs and synthetic supplements have been habitually used to treat numerous metabolic disorders and dysfunctions with promises of a quick fix. Regardless, those who experience the power of raw living know the difference.

Craving Aphrodisiac Foods Instinctively

On a related matter, I believe that we often instinctively crave foods that enhance sexuality. These aphrodisiac foods aren't always mysterious, esoteric, or exotic. Actually, you may consume some very powerful aphrodisiac foods and herbs quite often. Whole dairy, nuts, seeds, seafood, avocado, oats, and berries are all considered to contain some sex-enhancing properties. Herbs and spices such as ginseng, ginkgo, mukuna, cinnamon, turmeric, and vanilla beans have been used for thousands of years as natural aids or remedies to enhance sexual performance.

Fish and seafood are abundant in zinc, as well as other essential minerals. Maintaining optimum mineral levels is critical for optimum

hormonal balance. Zinc is necessary for testosterone production, male virility, and sperm production. Nuts are high in the amino acid arginine, which is essential for the production of nitric oxide (NO)—a neuro-substance necessary for erections. Ginseng and ginkgo are herbs that stimulate the production of nitric oxide through the enzyme nitric oxide synthase (NOS). Ginkgo optimizes blood circulation in the brain, and ginseng is believed to be an adaptogenic herb that helps the body handle stress. These qualities make these herbs potent aphrodisiacs.

Almonds have been regarded as an aphrodisiac food since biblical times. The Romans thought of the almond as a symbol of men's genitals. I often recommend that people try "almond and veggie" meals for a couple of days. (For more on almonds, see Chapter 5, "The Overeating Phase.") Almonds are naturally high in zinc, copper, and manganese, as well as phytosterols, which have shown to convert in the body into sex hormones. In its raw state, this nut is a mild alkalizer. I believe almonds are one of the most powerful aphrodisiac foods, especially for men.

Wine has been considered an aphrodisiac for thousands of years. Taste, color, smell, and aroma are all factors that contribute to the sexual nature of this ancient nectar. A glass of wine has a relaxing effect and sheds inhibitions, and from this perspective alone it is an aphrodisiac. Wine is often served as part of a romantic dinner. However, excessive drinking may work in the opposite way. Alcohol has a diminishing effect on blood testosterone and sperm count. Many guys know that when they drink too much, it reduces desire and can make them "talk the talk" instead of "walk the walk."

There are also some so-called "exotic" foods that are thought to be aphrodisiac, such as cherries, passion fruit, fertile eggs, oysters, and of course chocolate. All the above may or may not enhance sexual performance. Nevertheless, the placebo effect is real. If you believe a certain food is aphrodisiac, then for you it most probably is. It's not imperative to know the science behind everything you crave. Use your instincts. Whatever works for you is good, and vice versa.

As a last note for this matter, let me just mention that any food or beverage that stimulates dopamine in your brain could be a natural aid in enhancing sexual desire and performance. Coffee, tea, and hot chocolate (cocoa) are but a few examples of beverages that fall in this category. As mentioned, one notable dopamine booster is the Brazilian

herb mucuna. It has been used traditionally to enhance sexual performance. Mucuna has been also used to treat Parkinson's Disease. Food and sex have been bound together for a long time. I guess this is due to the intimate connection between the two most powerful instincts that predominate in life: the instinct to survive and the instinct to multiply. Nourishment and sex give us a great sense of pleasure. Having the wisdom to satisfy both desires—for food and sex—is the art of living well. I truly believe that this wisdom lies within us all.

WOMEN ON THE WARRIOR DIET

IN SPITE OF ALL THE MASCULINE CONNOTATIONS and machismo surrounding the Warrior Diet, I believe it can work equally well for women. I know women who follow my diet with great results.

Women have some specific desires and needs, such as looking healthy and attractive, losing weight, and slowing the aging process, and they are all addressed extensively in this book.

Women also need to feel a sense of freedom, to live instinctually, and especially to enjoy the satisfaction of so-called “wild” pleasures—which, unfortunately, are too often repressed or inhibited.

Artificial aesthetic standards set by Madison Avenue, and society for that matter, tend to dictate that women limit themselves and endure the tyranny of over-restrictive dietary rules just to stay slim. Many books on the market today attempt to capitalize on this with quick-fix fad diets built on restraint— be it calorie-counting, fat or carbohydrate restriction, or the quite popular liquid diets, based on the principle of substituting real food with allegedly “healthy” shakes and smoothies.

As a result, many women today have developed a “fear” of food. Fat phobia, as well as carbohydrate and calorie phobias, affect many women today and are symptoms of an ever-growing despair. Food phobias are obsessive and dangerous, and they can start at an alarmingly young age. More girls today suffer from anorexia and other eating disorders than ever before. Young as well as grown women have fallen victim to popular culture image-makers and so-called “ideals.”

Those who try fad diets may lose weight initially, but often gain back even more. Something must be wrong with the way women have been looking at the term “diet.” I believe the core of the problem is the fact that, as stated above, many women over-restrict themselves and therefore feel chronically deprived, while continuously acting against

their natural instincts and desires.

Adopting artificial body image and lifestyle standards may take away one's freedom of choice—and without this choice, there is no way to reach a sense of freedom or, for that matter, any sense of satiety, especially when the ideal is unattainable. All that is left is a sense of chronic deprivation and unhappiness. The Warrior Diet takes advantage of the innate power of your instincts. If you practice it, I believe you'll naturally shed obsessive restrictions and yet be able to address your basic needs, such as losing weight, eliminating stubborn fat, maintaining healthy skin, nails, and hair, slowing the aging process, and maybe most importantly, feeling a true sense of freedom and well-being.

Detoxification

People who follow the Warrior Diet will find that daily detoxification during the Undereating Phase is the best natural method for rejuvenating all body tissues. Loading up with live nutrients such as enzymes, minerals, vitamins, and a host of phytonutrients, which naturally come from live veggies and fruits, helps cleanse the body and protect against environmental and internal toxins. There's sufficient evidence to show the direct correlation between live nutrient intake and the overall capacity of the body to sustain a prime state of health with a young and vigorous look.

Overeating

All diets today tell you not to overeat. However, as noted throughout this book, overeating, when done the right way, can work for you. Many women binge at night and feel guilty afterwards, unaware that bingeing isn't bad if you know how and when to do it.

This said, the Warrior Diet definitely does not advocate uncontrolled compulsive bingeing—quite the opposite. When practicing overeating, one should be in full control.

Overeating is a relative matter. For some it means consuming a 500-calorie meal, and for others it means consuming a 1,000-calorie meal. If you follow the Warrior Diet rules of eating, you'll know instinctively what, when, and how much to eat, and when to stop eating. You'll learn

how to trust your female instincts. If nothing else, this will give you a great sense of freedom, something that is missing in other diets. Moreover, following the Warrior Diet may help accelerate your body's metabolism and therefore should, in time, allow you to eat even more.

Hormonal Balance

Women often suffer from hormonal imbalance. There's substantial data that show a link between diet, nutrition, and hormonal integrity.

Inadequate diets often cause nutrient deficiencies or chemical toxicity. Daily exposure to estrogenic chemicals in pesticides, plasticizers, solvents, adhesives, petroleum-based lotions, sprays, deodorants and PVC, as well as hormones in meat, poultry and dairy, overwhelms the body's endocrine system. Estrogenic chemicals are known to cause hormonal imbalance, with an excess of estrogen in the body. This condition manifests with symptoms such as weight gain, mood swings, bloating, water retention, headaches, nausea, hot flashes, and a host of female disorders, as well as an increased risk of cancer.

Conversely, following a diet that *detoxifies* your body while *nourishing* it with all essential nutrients and hormonal-supportive nutrients may help alleviate these symptoms as well as reverse their related disorders. On a related matter, women who take hormonal replacements should be aware of the dangers and side effects of this therapy. I'm not against or in favor of hormonal therapy; I believe this decision should be left to you and your physician. Nevertheless, the Warrior Diet can be of great benefit for those who are under such treatment. By practicing daily detoxification, and with the right nutritional supplementation, you may help your liver detoxify and neutralize steroidal derivatives, including estrogenic substances, and thus lower the risk of suffering their related harmful effects.

Stubborn Fat

Like men, women suffer from stubborn fat and its related problems. Most diets don't address this issue. Those who have stubborn fat (usually around the waist, lower butt, thighs, or back of the arms) may find the Warrior Diet—and the suggested nutritional supplements—helpful in

fighting and eliminating it. For more on stubborn fat, see Chapter 7.

In conclusion, the Warrior Diet is an instinctual diet that allows *everyone* to feel the power of raw living—to experience a real sense of freedom and at the same time enjoy the pleasure of reaching full satisfaction from meals. And all that while having the gratification of increasing energy levels and a notable improvement in physical appearance! Don't let the references to ancient warriors dissuade you from trying the Warrior Diet. As stated at the beginning of this book, the term “warrior” refers to an instinct that is deep within all of us—women and men alike—and it can be triggered by following this diet.

Unlike many popular diet books, I have chosen not to fill this book with testimonials of personal success, male or female. Nonetheless, for those who wish to learn how the diet has benefited people from both genders, different ethnic groups, and all ages, we provide plenty of information in our websites, www.warriordiet.com and www.defensenutrition.com.

THE WARRIOR WORKOUT: CONTROLLED-FATIGUE TRAINING

Have you ever asked yourself:

- What is my physical potential?
- Have I tried to reach my limits?
- Do I feel strong in certain areas, but weak in others?
- Am I quick enough?
- Can I jump high a few times without falling apart?
- Can I sprint for more than thirty seconds without collapsing?
- Do I know the difference between being *strong* and being *tough*?
- Do I like what I see in the mirror?

The goal of this training program is to enable you to reach your body's potential and maintain it. What I call "*body potential*" is based on function — *not fashion*. The exercise emphasis is to activate and strengthen the most essential and functional muscle groups, while increasing the capacity to resist fatigue. In the past, warriors were aware of the importance of a functional body and its effect on balance, speed, explosive moves, strength, and endurance. Sport training in ancient Greece and Rome was based on drills that mimicked warfare or hunting activities. The modern concept of *training to failure* (training until reaching complete muscle exhaustion) was definitely not a warrior way. Failure was simply not allowed.

As mentioned in Chapter 9, "Lessons from History," Romans, Spartans, and Greeks were lean and muscular. Being lean was a must, and building a lean muscular body was a result of strength, speed, and velocity conditioning. To gain strength and speed without adding unnecessary

bulk, a special exercise routine is needed.

This exercise program is based on cycling between intense resistance, speed, and high velocity (explosive moves). It includes special supersets aimed at maximizing the natural synergistic effect between different muscle groups. CFT eliminated all aerobic exercise, but its combination of drills confers a profound inherent quality of intense endurance. This training routine is designed for those who are interested in building a lean, functional, and powerful body and have no time to waste.

The first part of this chapter covers the principles of CFT, as well as pre-workout and recovery meals. The second part focuses on specific training concepts and exercises designed to help you follow the CFT's principles.

Lean 'n' Mean for a Lifetime

A few years ago I was watching a TV interview with former Olympic champions. The program showed clips of these athletes during the peak of their careers, and the contrast between how they looked then and now startled me; it was really surprising to see how out of shape most of them had become. For instance, the ex-Olympic champion sprinter Vladimir Borosov, the fastest man in the world during the 1970s, was lean and well defined at his athletic peak. Now a businessman, he looks heavy and sluggish. It got me thinking how competitive athletes in many sports, including football, soccer, boxing, and swimming, who were also "lean 'n' mean" during their competitive careers often look completely out of shape years later.

This "syndrome" is similar among veterans or ex-combat soldiers. While engaged in combat activities, they're in great shape, but when no longer forced to be physically active, they often gain weight and look softer. Why does this happen so frequently? In my opinion, athletes and soldiers who lose their drive to stay in shape tend to do so because their minds and bodies simply became overly exhausted and depleted from years of physical mistraining aimed at scoring rather than living. Exercising, training, and any other physical activity for that matter,

whether competitive, combative, or not, should be thought of in a larger context—what works for you over the course of your life. A progressive training routine will only be successful if you can live with it; it should energize you and help trigger your Warrior Instinct, with the drive to continually improve yourself. Without this, sooner or later you'll burn out.

The Warrior Controlled-Fatigue Training Goals

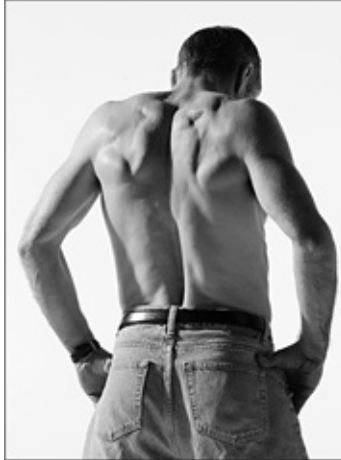
- *Build a functional and tough body*
- *Develop strength, speed, velocity, and endurance*
- *Increase the capacity to resist fatigue*
- *Accelerate fat-burning*
- *Improve body composition*
- *Improve body balance*
- *Sharpen survival instincts*
- *Accelerate alertness and competitive drive*

The Controlled-Fatigue Training Principles

1. *Make strength-training priorities: joints, back, and core.*
2. *Combine strength, speed, and high velocity.*
3. *Train to resist fatigue.*
4. *Do not train to reach complete muscle failure.*
5. *Make your workout short.*

Principle #1: Make strength-training priorities: joints and back.

The first step of a progressive exercise routine is to make priorities. It's necessary to understand the priorities, especially if your goal is to gain strength rather than bulk.



Roman, Spartan, Macedonian, and Greek warriors were lean and light, yet their performance during war campaigns required a great deal of endurance and strength. What made these lean and light people so physically strong? I believe it was due to their joint and back strength, as well as their incredible capacity to endure pain and resist fatigue.

Back Strength (for carrying weapons and loads)

For an ancient warrior, back strength was essential. During the Olympian games, which go back as far as the sixth century BC, Greek athletes competed with full body armor, including helmets, shields, and javelins. Running while fully armed requires back strength. This method of training is still popular among Marines and other combat units today.

Joint Strength (jumping, swinging, stabbing, slashing, pushing, pulling)

Many if not all fighting activities are related to joint and tendon strength. Tendons and ligaments connect the muscles to the bones. Weak tendons compromise muscle elasticity. Joint strength depends on the strength of connective tissues and their related compound muscle groups, which are responsible for all joint movements.

Of top priority for developing a functional, lean body should be strengthening of the shoulders, wrists, elbows, waist, abdominals, buttocks, knees, ankles, and back.

Shoulder strength was necessary for fighting activities including slashing and stabbing. A Macedonian and Roman phalanx infantryman was known to be able to stop a horse attack with his shield. Push (press) and pull activities needed shoulder, elbow, and back strength. Swings required core, back, and knee strength. Running or jumping while carrying a heavy load needed back, knee, buttock, and ankle strength. Fighting with a sword required a strong grip—which meant strong wrists and forearms.

In short, making priorities is essential for warrior training, and thus back, joint, and core strengthening should be priorities for developing a lean and muscular body. Basic training exercises that specialize in back, joint, and core strength are covered later in this chapter.

Strengthen Those Tendons

It doesn't matter how big your muscles are if your tendons are weak; you won't be able to reach your peak level of strength. Moreover, having an overgrown muscle belly (the broadest center part of the muscle) combined with weak tendons may lead to severe injuries, such as torn muscles.

Principle #2: Combine strength, speed, and high-velocity exercise.

During army campaigns, soldiers were under intense physical stress. Ancient warriors had to be constantly alert and ready for a fight. Fighting face to face required the ability to push and pull strongly, as well as mastery of explosive stabbing or slashing movements.

Roman and Macedonian infantrymen used the shield as a pushing board against their enemy. A typical combat strategy was to push an opponent so hard that he'd lose his balance, and at the same time deliver a quick, explosive hit with a sword (slash or stab) that was meant to wound or kill. Intense pulling skills were needed for wrestling when warriors fought holding one another. A strong pull over the opponent's neck could throw him down, or pull him into a dagger. In other words, both power moves and explosive moves were necessary for an ancient warrior engaged in combat activities.

Though Controlled-Fatigue Training (CFT) isn't about fighting *per se*, it

may very well prepare one for a fight. The routine's purpose is to mimic the basic activities of a warrior body—forcing it to get stronger, faster, and tougher. The second principle of this workout is to combine strength (intense resistance) with speed (fast repetitive moves) and high velocity (explosive moves). By following this exercise routine, you'll be able to train your body and mind to adapt to these highly intense performance requirements. You'll gain the ability to sustain strength through special weight training “pyramids” that force the body to “come back with vengeance” when extremely fatigued. You'll also be trained to react faster to a sudden stress and be able to sustain highly explosive exercise (such as power punches, kicks, frog jumps, and high jumps).

On top of all that, you'll be trained to maintain speed (rather than just to accelerate speed) via special sprint intervals. Over time, your body will learn to endure super-intense drills that combine strength, speed, and velocity, resulting in substantial increase in your capacity to resist fatigue and stress.

Sustained Strength

To sustain strength, you have to train your body to endure lifting heavy weights for a relatively prolonged period of time (up to a few minutes per set, rather than the typical few seconds per set). I consider a heavy weight to be a load that you can lift for no more than 5–6 repetitions. Heavy weight is also a relative matter. For a beginner, a heavy load could be 20 pounds. For a trained person, it might be 200 pounds. Choose whatever is appropriate for you. Generally, lifting light weights won't lead to anything other than burning calories; however, there are some exceptions to this statement, such as when light weights are combined with heavy weights in specially prolonged supersets (“upside-down pyramids”). These highly intense supersets force one to repetitively go up and down with the weight load, and thereby acquire the ability to “come back,” to resist heavy loads again and again, while sustaining performance with no rest in between intervals.

Light weights can also be used to effectively enhance total body conditioning by combining them with speed or velocity exercise such as running, power biking, swinging, or punching. Also, as you'll soon see, CFT uses light weight to maximize the impact of “pre-fatigue” exercises, which are specially designed to prepare the body to swiftly react to sudden stress (rather than the gradual warm-up effect) and increase its ability to reach maximum muscle oxygenation (VO max) in minimum time. I'll explain this further in 2 the second part of this chapter.

Gaining the ability to sustain strength is a matter of adaptation, perseverance, and skill. The goal here is to give your brain a signal that a heavy load—with high tension—must be handled for a few minutes at a time. Once your brain adapts to sustain a certain degree of physical tension for a certain period of time, it's a sign that you've gained some strength and will be able to gradually increase the weight load and the time under tension.

Strength is the ability to resist a force in time and space. The more you can sustain strength, the stronger you get.

The factors that determine strength are:

1. Intensity—The weight load
2. Volume—The time under tension
3. Form—The length of the motion

You must observe these three parameters to maximize your strength gain. The training program presented below provides you with basic exercise routines that activate all three factors: intensity, volume, and form. To gain strength, you need to alternate the weight loads and number of sets per session. Keeping the right form is also a must. Since heavy sets are low reps, the way to build volume is to rotate between heavy and lighter weight loads (medium and light weights) with no rest in between, all of which builds into a giant, intense superset.

This training routine is based on body function, not on body parts. It incorporates different muscle groups, including antagonistic muscles, stabilizing muscles, and upper and lower body compound-muscle groups. It maximizes the synergistic effect of basic body movements such as pushes and pulls, as well as lateral moves. It also enhances the neuromuscular synergy between the hands, the legs, and the core. As stated, don't waste your time with moderate aerobics or moderate exercise—you might as well do something more useful instead, like washing dishes or gardening. If you want to train like a warrior, go intense, but do it wisely. I call this program “Controlled-Fatigue Training” because it enables you to gradually increase the intensity and volume of the exercise and improve your ability to control your fatigue as well as resist intense physical and mental stress.

High Velocity (Explosive Moves)

Explosive moves are not an integral part of a typical strength training (or bodybuilding) routine. Just go to any neighborhood gym and watch how people train. Very few, if any, try explosive moves such as fast clean and presses, speed punches, or power punches. Other exercises such as high jumps, frog jumps, or one-leg jumps are explosive training methods that don't hold muster for an average Joe who's trying to pump his thighs in front of the mirror by doing heavy squats half the way.

In my opinion, explosive strength is essential for the ability to fight or flight (survival). It is also essential for developing a lean and functional body. Ballistic exercises, like cleans or power punching with weight, work the whole body. They require explosive strength, endurance, balance, and skill. By following a training program that incorporates explosive strength exercises (with a gradual increase of weight and volume), you'll be able to tone your body, making it stronger, faster, and tougher. There are quite a few variations for high-velocity training. I'll cover the most basic exercises, which I believe will enable your mind and body to initiate and sustain explosive moves while gaining real functional strength. High-velocity exercises are very demanding. They involve your mind, body, and your instincts. The frequency of this kind of training should be built gradually, starting with one session per week and then adding more according to your progress. If you've already tried it, you know how it feels to do a few repetitive heavy sets of, say, clean presses, or endure a few minutes of heavy bag punching. It takes all you have. But whatever you put in, you're sure to get back. For me, high-velocity training days are fun—I feel like I'm doing something primal and essential to my body and mind. Speed, endurance, and strength are what really counted for a warrior. Size was not an issue. Thousands of years ago, wrestlers and boxers disregarded the body-weight factor when they fought in the Games. That, in my opinion, mimicked real-life war conditions. This training program may not fully teach you the fighting skills needed to face a giant opponent. Nonetheless, it may build the courage to protect yourself if necessary, and most importantly, help you enjoy facing yourself in the mirror.

Principle #3: Train to resist fatigue (train to be tough)

“Controlled fatigue” is a warrior-training concept. Being able to function

properly when fatigued was critical to a warrior's life. Romans believed that the winner of a fight was the one who could endure the most pain. As discussed in Chapter 9, "Lessons from History," Roman warriors inflicted pain and torture on themselves in order to prepare for the real thing.

During war, a soldier (particularly an infantryman) had to endure constant and intense physical pain and mental stress. War campaigns have typically forced a soldier to perform combat activities under prolonged fatigue.

Army training is not the same as sport training. The goals of sport training are to make athletes stronger or faster in order to score. Conversely, the goal of military training is to first and foremost make soldiers tougher. Being tough requires the ability to endure stress, whether physical or mental, for a prolonged period of time. Sometimes training to be tough may come at the expense of gaining strength, at least in the short run. However, in the long run, what I call Controlled-Fatigue Training pays back generously. A body that has been trained to resist fatigue learns how to adapt to prolonged periods of intense physical and mental pressure without experiencing failure. It's this intense signal of prolonged stress with the "fatigue factor" that forces the body to switch into a survival mode and thus trigger innate survival mechanisms that sustain alertness and improve energy utilization. When under extreme conditions, the body is forced to make priorities in order to effectively perform and avoid wasting energy. To say it differently, under Controlled-Fatigue Training, there's no "BS." A man really learns about himself when faced with such conditions. And the same holds true for women.

When faced with constant, intense physical strain, your body will instinctively do only the most important functional moves, to effectively sustain performance. Fancy moves are useless when your body's survival instincts kick in.

The more you train under controlled fatigue, the more you'll be able to resist stress. As mentioned, this is a key factor in what makes a person tough. The CFT program incorporates pre-fatigue (pre-exhausting) exercises, followed by intense resistance and explosive exercise. As noted, it incorporates giant supersets built on rotations between heavy and lighter weight loads. All the above can be cycled with different

volumes (length of supersets) and levels of intensity (amount of weight lifted). CFT can be done once a week, or three to six days per week.

If your goal is to get tougher, then let the tough get going. If, however, your goal is to gain strength, you should be alternating between Controlled-Fatigue Training and strength-training days. For example, one week of CFT followed by one week of sheer strength conditioning will enable you to strengthen muscle groups while stimulating neuromuscular units that have not been fully activated prior to this routine. Eventually, it all leads to a win-win situation, because you may be able to grind your limits, become tougher, stronger, and most importantly, more in tune with your own body. If you've reached a plateau in your current workout regime, this is one way to break it. Controlled-Fatigue Training, if nothing else, will accelerate your mind-body connection in an instinctual way, enabling you to react, initiate, and perform at any time.

CFT isn't necessarily a long workout routine. It puts your body under a continuous intense tension, which lasts for up to a few minutes at a time. Compared to a typical 10-rep set that takes about 30 seconds, a giant superset (a "workout unit") under Controlled-Fatigue Training could take 3 to 10 minutes, and maybe even more. Nonetheless, a relatively long time under intense pressure doesn't make the workout session long. Quite the opposite. As you'll see in Principle #5, the workout should be short, and literally, you should be able to finish your training within 15 to 30 minutes.

As a last note, I'd like to briefly cover the effect of this routine on lactic-acid efficiency. Under Controlled-Fatigue Training, the body becomes more and more efficient in metabolizing lactic acid and converting it into energy. The burn that you feel when intensely working out is a result of accumulating lactic acid in your muscle tissues. Lactic acid is a byproduct of glucose metabolism. Under prolonged intense exercise, accumulation of this substance in the muscle may suppress its ability to contract. This is the bad news.

The good news is that lactic acid can convert into pyruvate, which in turn converts to energy, and may also help accelerate the body's metabolic rate. Moreover, researchers believe that by lowering the pH in the working muscle tissues, lactic acid may play an important role in boosting anabolic hormones required for recuperation and muscular

development. A physically trained body should be more efficient in metabolizing lactic acid into energy, and therefore be able to handle longer periods of intense exercise and to recuperate faster compared to an untrained body. CFT is one of the best and most efficient methods to boost the body's metabolism and burn fat. For those interested in accelerating the Warrior Diet's effects, this is the way to go.

Principle #4: Do not train to reach failure

As stated, training to reach failure (or total collapse) is not a warrior way. For a warrior, failure was not allowed. Ancient warriors, especially Spartans and Romans, considered failure worse than death. A Roman soldier was virtually ready at any time to fight until the end. Surrendering was a disgrace.

I believe the concept of not reaching failure has much more to do with the mental state than the physical state. When you train your body to avoid failure, you'll learn by trial and error how to keep performing and improving, without losing control. Conversely, if you chronically train to reach failure, your mind will surrender every time you feel that your body has reached its limit. Subconsciously, your mind will "pre-fail" before your body, because that's the way it was trained. When you're used to failure, it stops your body from crossing barriers. In other words, if you train to reach failure, you will fail. Training not to reach failure does not necessarily mean that you won't fail. It does mean training in a way that encourages you to avoid failure—by stopping one step before reaching this dead end. While training, you may continually encounter a point where your body can no longer perform. This is a way to study your current limits, so next time you'll know when to stop. Stopping one step before failure gives your brain the signal that you're still in full control. Over time you'll learn how to "trick" your body to recharge itself and in no time (a few seconds) be able to grind a "sticking point" that you haven't been able to cross previously. CFT trains your body to sustain performance, rather than gradually decline until reaching failure.

Failure brings its own psychosomatic effects. Muscle failure during training is often a result of a defense mechanism. Your brain gives your muscles an order to fail, out of fear of injury. The reason why ancient warriors tortured themselves was mainly to conquer the fear of pain.

Conquering the fear of pain or injury could be the main reason why a 130-pound Olympian weightlifter could successfully press 300-pound weights. Nonetheless, training to failure remains popular among strength athletes and bodybuilders today. This issue is controversial, especially for those who are mainly interested in gaining sheer strength and muscle size.

Those who believe in reaching failure argue that only by pushing to the limit—meaning reaching failure—will one be able to gain muscle size. According to this line of thinking, it's the last two failed reps that count. Training to reach failure needs spotting, by a trainer or a training partner. Based on this theory, without spotting, it's almost impossible to exercise the effect of the last two failed reps. I'm not trying to dismiss this method of training, because it might work well as far as gaining muscle size. However, I do question it as far as strength is concerned.

My points are simple:

1. When you depend on a spotter to lift you up every time that you reach failure, then you fail to reach your own limits.
2. By chronically reaching failure, you exhaust yourself, and therefore rob yourself of the mental capacity to grind limits as well as the mental aggression to go on and sustain performance.

A good workout session should charge your energy, not deplete it. Knowing that you will not reach failure is a state of mind. This state of mind should be yours before, during, and especially after your workout. You should at all times feel you can “kick ass.”

Principle #5: Make your workout short

Make your workout short and intense. Long aerobics or resistance workouts may compromise your strength and hormonal levels. There's evidence that after 45 minutes of intense resistance training, there is a notable decline in blood testosterone. You should finish your workout while your hormones are at a peak level. Manipulating your hormones is one of the Warrior Diet goals, and it should be the same goal for the Warrior Workout.

The timeframe for a constructive intense-training session is between

15 and 45 minutes. CFT is designed to be no longer than this very timeframe per session.

Short, intense training sessions are more practical, and for busy people this is a great advantage. To be successful, a progressive workout program should be easy to follow—one you can live with on a daily basis. If you know why you're training and how to do it, you're almost there. Knowing that it'll only take 15–45 minutes—and then you can go back to resuming your daily activities—is encouraging. Short sessions make it easier to monitor and stay focused. When you finish each workout you should be able to say, as Julius Caesar once declared: “*Veni, vidi, vici*”—“I came, I saw, I conquered.”

“Pre-Fatigue” Exercise

Pre-fatigue exercise is an essential part of the Warrior Workout. The goals of pre-fatigue exercise are:

- *Pre-fatigue the body for the core workout*
- *Improve endurance and speed*
- *Improve the body's ability to swiftly react and initiate performance*
- *Accelerate fat-burning*

Pre-fatigue exercise can be cycled between short sessions of specially designed intense exercise such as sprint intervals and power-biking intervals. Generally, they should last 3–10 minutes, but sometimes pre-fatigue exercise could be turned into “killer” fat-burning drills lasting up to 20 minutes. Doing pre-fatigue exercise on an empty stomach will accelerate the Warrior Diet effects of boosting growth hormone, depleting glycogen reserves, and accelerating fat-burning. Certain advanced pre-fatigue exercise can facilitate a short but nonetheless complete workout. Pre-fatigue exercises are covered in the second part of this chapter. Note that aerobics is not an integral part of CFT. Nonetheless, by virtue of its combined pre-fatigue and intense “non-stop” core exercise, CFT increases total body endurance and the capacity to sustain intense performance for a prolonged period of time.

Pre-Workout and Recovery Meals

To take full advantage of the workout, one must know how to apply

recovery meals. Pre-workout meals are optional, whereas post-workout recovery meals are critical. The logic behind recovery meals is to minimize the catabolic and stress effects of the workout, replenish energy reserves in the muscles, and accelerate the anabolic effects after the workout.

Always make sure that you drink plenty of water before, during, and immediately after your workout.

Pre-workout meals are best for endurance athletes and individuals engaged in prolonged, intense drills.

Pre-Workout Meal Principle:

To supply the body with nutrients that help initiate performance and sustain it without boosting insulin.

Pre-Workout Goals:

- *Initiate performance*
- *Boost neurotransmitters (alertness)*
- *Keep hormones at a peak level*
- *Keep insulin low*

Pre-workout meals should be designed similarly to post-exercise recovery meals, with only two differences: They should be very low glycemic; and their servings should be half the size of recovery meals. Pre-workout and recovery meals should be composed of light, fresh, fast-assimilating proteins such as yogurt, kefir, whey, or milk protein, together with slow-releasing carbs. Individuals engaged in prolonged drills can have a bowl of oatmeal about an hour before training.

Pre-Workout Meal Alternatives

Those who skip a pre-workout meal can have coffee or tea instead. Good, fresh coffee is a wonderful natural stimulator before a workout. Caffeine, which is a strong alkaloid, may boost your metabolism up to 20%, and therefore may help accelerate the fat-burning effects. Caffeine boosts dopamine (a major brain neurotransmitter, giving you a feeling of alertness and well-being). In general, a shot or two of good espresso will

do it; or a cup of, say, English Breakfast tea.

Caffeine works best when ingested on an empty stomach, with no carbs. In my opinion, adding one teaspoon of unrefined sugar won't change much for active people, but to be on the safe side, skip the carbs if you can. Sugar may overspike your insulin and as a result may cause a hypoglycemic reaction during the workout; consequently, you may feel dizzy, drained, or exhausted. You can add milk, preferably milk foam, to the coffee or tea. Too much milk will slow the absorption of the caffeine and may cause an upset stomach during the workout. Those sensitive to coffee can substitute with caffeinated teas such as green tea or guarana. Guarana tea is a natural source of pure caffeine without the acidity. It's a mild pickup. I find guarana to be too alkaline, so I mix it with ginger. Guarana with ginger tastes better to me. Guarana is sold in many health-food stores.

Post-Exercise Recovery Meals

Post-workout recovery meals are more important than pre-workout meals. After an intense workout, the body is at a peak metabolic state to absorb amino acids and other nutrients to the muscle tissue. The insulin hormone reaches peak sensitivity, which further enhances the body's capacity to replenish energy reserves and effectively utilize carbs without gaining fat. This is the best time to eat.

Recovery Meal Principle:

- *Provide the body with fast-assimilating proteins and slow-releasing carbs after exercise*

Recovery Meal Goals:

- *Finalize the anabolic effect of the workout*
- *Replenish nutrients to depleted muscles*
- *Boost immunity*

Recovery meals should be composed of fast-assimilating proteins, good fat, and slow-releasing carbs: serving size 25–30 grams of protein and 10–25 g of carbs. The best fast-assimilating proteins are whey and milk

proteins. One of the best foods for recovery and a great source of hormonal-supportive nutrients is stabilized rice germ and bran soluble fiber. It is a natural, most viable source of plant sterols, tocotrienols (natural vitamin E), as well as anti-inflammatory and antioxidant nutrients including ferulic acid and naturally occurring vitamins. I highly recommend taking a mineral supplement before and particularly right after the workout to avoid mineral deficiency-related symptoms, including muscle cramps and soreness.

Exercising on an Empty Stomach—The Fat-Burning Factor

If enduring prolonged drills is not your main goal, then the pre-workout meal isn't necessary. Training on an empty stomach will accelerate the under-eating effects of the diet. As discussed in previous chapters, when you exercise on virtually empty, your body's main source of energy will come from burning fat. People who suffer from stubborn fat should take advantage of the "exercise on empty" factor. It may help accelerate fat-burning in areas that diet alone won't accomplish as rapidly. For those interested in having lean definition, this is the best way to go.

Timing of Recovery Meals

The best time to have a recovery meal is right after the workout. If you train in the late afternoon or early evening, have your recovery meal after exercise and then, about an hour later—or whenever you start feeling hungry—go for your evening meal. If you work out in the morning or during the day, it's usually best to have a recovery meal right after the workout and then continue with a second and even a third recovery meal every hour or so after the initial recovery meal. Then resume the Under-eating Phase until evening. This should sustain you for the rest of the day, without compromising the goals of the Under-eating Phase. However, people who feel the need for whole protein foods during the day can have eggs or light dairy such as yogurt, kefir, or fresh cheese (rather than aged cheese or processed cheese).

The survival of humans and other species has primarily depended on their ability to initiate and sustain fight or flight activities. Fight or flight activities are most likely the origin of all exercise. Thus, the inherent fight or flight program has been correlated with biological mechanisms that increase the body's ability to generate energy and get stronger, faster, and tougher to better survive.

The Exercise Program

Controlled-Fatigue Training applies survival principles to its exercise manuals. The program incorporates exercise that mimics fight or flight activities, combining strength, speed, velocity, and endurance. The exercises are divided into three major groups: pre-fatigue exercise, the core exercise, and post-fatigue exercise.

Pre-Fatigue Exercise

The pre-fatigue exercise incorporates short, high-velocity speed and endurance drills that train the body to swiftly react to sudden stress. Pre-fatigue exercise increases muscle oxygenation (VO₂ max) and total body capacity to initiate and sustain performance, without the typical symptoms of shock, fatigue, and loss of mechanical control.

The Core Exercise

The core exercise consists of special supersets, called workout units, that incorporate strength, speed, and explosive elements, all in one complex set. By rotating between weight load and volume levels, individuals are trained to be able to “come back with a vengeance” repeatedly, even when extremely fatigued. The core exercise promotes cross-interactions between different neuro-motor units, with an increased neuromuscular efficiency to sustain strength, speed, and explosive performance. For a competitive athlete, that can make the difference between winning and losing.

Post-Fatigue Exercise

Post-fatigue exercises train the body and mind to never give up and to

sustain power, even when the mission seems to be done. Post-fatigue can be either explosive exercise or sheer strength exercise. It is this ability to sustain total body power after “being dragged around” that can make the difference between submission and victory. Post-fatigue exercise trains individuals to immensely stretch their capacity to sustain alertness, swiftly resume performance, and regain control when unexpectedly forced to do that.

CFT vs. Other Training Methods

- Unlike most training programs, CFT trains the body to resist fatigue and sustain power in a way that mimics primal fight or flight activities.
- Unlike other training methods today that typically separate resistance and endurance, CFT combines both with a substantial emphasis on exercise intensity.
- While the common goal of strength conditioning programs is to gain strength, CFT’s goal is to sustain strength.
- Unlike mainstream fitness programs, CFT does not incorporate aerobics.
- Different from training methods that typically separate between resistance and other sport-specific exercises, CFT combines resistance with speed and explosive exercise.
- While other exercise programs typically work on isolation of body parts (arms, chest, legs, shoulders, etc.), CFT works the whole body, with a superior emphasis on the core.
- While other exercise programs generally fail to provide clear functional principles, CFT is based on survival principles, with a profound functional appeal and clearly defined priorities as to what comes first and what is secondary.
- While other exercise programs promise a “straight line” progress (i.e., gradual increase in weight load, etc.), CFT gradually increases strength, speed, and velocity together with the capacity to resist fatigue. By virtue of methodically rotating between levels of exercise complexity, work load, and volume, CFT features repetitive cycles of training sessions, providing steady progress in a spiral-like manner.

Intensity:

- Intensity levels of exercise complexity and work load in a work load unit.

Volume:

- Volume, length, and number of workout units per workout.

The CFT's Ten Commandments

1. Base your training on workout units that incorporate strength, speed, and velocity exercise in one complex set.
2. Incorporate pre-fatigue and post-fatigue exercise with the workout units.
3. Rotate between sessions with pre-fatigue exercise, sessions with pre-fatigue and post-fatigue exercise, and sessions of sheer resistance.
4. Incorporate special abdominal and back supersets in the end of the workout sessions.
5. Exercise within a fixed time frame.
6. Increase intensity (increase work load or complexity) while reducing volume (less workout units/time).
7. Increase volume while decreasing intensity (more units with less weight load or complexity).
8. Increase intensity with a fixed volume.
9. Increase volume with a fixed intensity.
10. Rotate among 6, 7, 8, and 9.

CFT Nutritional Tips

- Cycle between high-fat and high-carb days (or detox) to train your body to maximize fuel utilization.
- Have a recovery meal of 15–30 grams of protein and 10–25 g of carbs after your workout (ideally within the first hour post-exercise).
- Have a light protein meal with minimum carbs every couple of hours after the initial post-exercise recovery meal (15–30 g protein/5–10 g carbs).
- If you work out in the early evening, your evening main meal could be a great recovery meal.

As mentioned, CFT deserves much more space than this chapter. The following chart provides some basic information as to the progress involved from basic to advanced levels.

CFT: Basic to Advanced Levels

- *CFT Level I—Resistance to fatigue:* Introducing pre-fatigue and post-fatigue exercise together with basic workout units, with an emphasis on increased capacity to resist fatigue (total body endurance).
- *CFT Level II—Sustained strength:* Decreasing pre-fatigue and post-fatigue exercise, while increasing complexity and work load, with an emphasis on sustained strength.
- *CFT Level III—Sustained velocity:* Combining pre-fatigue exercise with workout units that incorporate high-velocity exercise such as heavy bag punching and post-fatigue resistance exercise, with an emphasis on sustained speed, sustained velocity, and repetitive capacity to “come back with a vengeance” when extremely fatigued.
- *CFT Level IV—The Master Level:* Maximizing the workout unit’s complexity by combining basic and advanced units (Levels I-III), with an emphasis on maximizing total sustained power.

Applications

CFT can be carried out with or without weights. The exercises induce maximum impact in minimum time and space. CFT can utilize any available weight (dumbbells, barbells, kettlebells, shots, etc.). CFT uses simple accessories such as towels, ropes, and even stones, thus being highly effective without a standard gym space and equipment.

Breathing Properly

Proper breathing is critical for performance and overall health. Breathing deeply alkalizes your system and thereby reduces the acid-stress factor on your body. Deep inhalations (from the diaphragm) followed by deep exhalations supply your tissues with vital oxygen while eliminating carbon dioxide. Conversely, shallow or improper breathing causes an oxygen deficiency and retention of carbon dioxide, which accelerates the build-up of carbonic acid in the blood. Poor oxygenation of the cells and an overly acidic system lead to muscle fatigue and stiffness, and

stress-related exhaustion.

The Exercise Manuals

As noted, the main goal of Controlled-Fatigue Training is to increase the body's capacity to sustain power and resist fatigue. Note that CFT incorporates new training concepts in its exercise manuals. Since there isn't enough space in this book for a complete training program, I had to minimize the number of exercises to a mere few that may help individuals jump-start the program while they try the Warrior Diet. (Interested readers can learn more in our newsletter, from our workshops, and in forthcoming e-books and DVDs.) The following exercises are divided into three groups: pre-fatigue, post-fatigue, and core. The exercise manuals should be followed as instructed, but the levels of intensity and the number of reps can be adjusted according to the individual's level of fitness.

Pre-Fatigue Exercise

The purpose of pre-fatigue exercise is to increase the body's ability to initiate and sustain performance. Following is one of a few versions of pre-fatigue exercise that I believe is simple, effective, and viable, even for beginners.

Warrior's (Fight or Flight) Sprint Intervals

This 5-minute exercise incorporates special running intervals of 30 seconds each. Unlike typical jogging routines, CFT incorporates defense or military press hand positions while running. The first interval incorporates a defense position in which the fists are raised slightly above the forehead; hands bent in a 90-degree angle in front of the body. The second interval incorporates an overhead stretched-hand position. Note that the exercise can be done on a treadmill or outdoors.

Treadmill: Choose two levels of speed, max level and maintenance.

- Go up to max speed. Start with the first interval. Run for about 30 seconds while your hands are in a defense position, your fists in front of your forehead (step 1).
- Follow by raising your hands overhead to a stretched position (high above your head); keep running for 30 seconds (step 2).
- Lower the speed to maintenance level. Follow with 30 seconds of defense position (step 1), followed by another 30 seconds of overhead-hands position (step 2).
- You may feel the burn in your shoulders and back; nevertheless, try to repeat this cycle once more. Go up to max speed level; 30 seconds defense position, followed by 30 seconds overhead hands; and then lower the speed to maintenance and resume 2-minute intervals (i.e., 30-second defense followed by 30-second overhead hands, repeated twice).



Step1



Step2

Notes

- One can increase intervals to 1 minute rather than 30 seconds (thereby doing 5 intervals/5 minutes rather than 10).
- Advanced trainees can use very light weights while running.
- If the drill gets too tough, lower the speed or do 3 minutes instead of 5 minutes.

Outdoors: Intervals should be paced similar to treadmill intervals. If you exercise outdoors, try to fix distance per interval. For instance, if the distance is 100 yards, do each interval for a 100-yard distance (with different hand positions and different levels of speed).

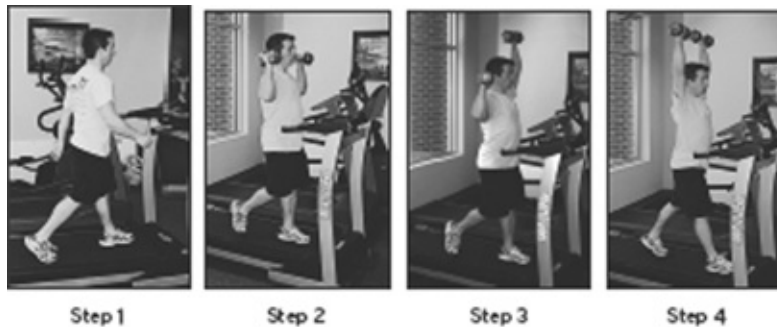
Pre-Fatigue Exercise, Version II **Warrior's Walking Intervals**

Compared to the previous exercise, Warrior's Walking Intervals have a lower impact on the knees, yet they are highly effective in improving upper to lower body synergy and lateral coordination. They also increase the capacity to initiate and sustain total body strength and explosive performance. Like the previous pre-fatigue exercise, Warrior's Walking Intervals can be done either on a treadmill or outdoors.

- Pick up a pair of light or medium-weight dumbbells.
- Step on a treadmill and put the dumbbells on the front board or on the sides. Set the machine to a walking speed level (3.0–3.6, step 1).
- Pick up the dumbbells, push the speed button, lift the dumbbells to shoulder level, and begin walking (step 2).
- While walking, start overhead lateral presses, rotating between right hand and left hand presses. Most importantly, adjust the rhythm of the legs' movement to the rhythm of the hands' movement. Work left leg–right hand, followed by right leg–left hand. (I.e., while your left leg moves forward, press your right hand overhead and vice versa. While your right leg moves forward, press your left hand

overhead.) Continue overhead lateral presses while walking for 30 seconds (step 3).

- Move to the next intervals in the following way: while walking, press both dumbbells to an overhead “freeze” (stretched hands) position. Continue walking while holding both weights in an overhead freeze position for 30 seconds (step 4).
- Repeat the above intervals 2–4 times.
- You may feel extreme burn in the shoulders and back, but try to sustain the drill for at least 3 minutes.
- If you feel that it’s getting too tough, put down the weights and resume the intervals without weights.
- You can also rotate between intervals with weights and intervals without weights.
- Beginners should start with very light weights and gradually increase the weight load.
- The heavier the weight load gets, the shorter the exercise should be. Nonetheless, try to sustain a 3-minute pre-fatigue drill at the minimum.



Pre-Fatigue Exercise, Version III **Incline Bike Power Intervals**

The purpose of this exercise is to maximize total body capacity to initiate and sustain push and pull activities. Like other pre-fatigue exercises, Incline Bike Power Intervals induce an extreme physical demand on the body. The exercise incorporates power biking (push) intervals with power walking (pull) intervals. During the intervals, the

body is forced to perform power pedaling (max power level) followed by power walking intervals (pedaling in a way that resembles walking, where the butt rises slightly above the seat, forcing the body to continue pedaling while under a “high” mechanical disadvantage due to an extreme shift of the gravitational center backward). Each interval lasts 30 seconds. In between there is a maintenance interval involving overhead lateral presses with light dumbbells.

- Choose a pair of lightweight dumbbells and put them on top of the bike handle (leaning on the front board) or put them on the floor next to the bike in an accessible place.
- Pick up the weights, raise them to shoulder level, and press them overhead, laterally (one hand at a time), while pedaling for 30 seconds (step 1, p. 211).
- Put the weights down and prepare to begin the power pedaling interval (step 2).
- Go up to max power level and try to sustain pushing the pedals for 30 seconds.
- Lower the speed to a maintenance level. Pick up the weights and resume maintenance interval (do overhead lateral presses while pedaling for 30 seconds, step 1).
- Move to power walking. Hold the bike’s handle and pull your body forward, while raising your butt slightly above the seat. (Your upper body should be bent forward while your arms are pulling the handle toward you, thus keeping your body forward, step 3.)
- Try to sustain this position, pulling and pedaling for 30 seconds. If you can’t sustain 30 seconds, try a few seconds at a time, until reaching a total 30-second interval. Note that due to an extreme shift in the gravitational center backward, you’ll be forced to continuously resist the body’s tendency to fall backward by pulling and pushing (from the arms, gluts and knees, respectively).
- Pick up the weights and resume maintenance (overhead lateral presses while pedaling for 30 seconds, step 1).
- Repeat the aforementioned intervals (power pedaling–maintenance–power walking) for an additional 3 minutes until completing a 5-minute drill (steps 1, 2, and 3).



Notes

- Once in a while, try to grind up to 10 minutes of drilling.
- Do not waste your time attempting to do the above exercise on a vertical stationary bike.

Post-Fatigue Exercise

CFT incorporates various post-fatigue exercises. I present here only the high-velocity explosive exercises, which tend to be the missing element in most strength conditioning programs. In fact, many trainers today fail to even define what velocity is. The so-called “ballistic exercise” isn’t as ballistic as they claim it to be, often using momentum (passive swings) instead of a real explosive force. Velocity is the epitome of all exercise. The ability to take flight effectively or to deliver explosive fighting moves was critically important for human survival. Velocity can be defined as the combination of strength and speed. Indeed, it is this ratio of strength to speed that dictates the nature of velocity. For instance, when a lion chases an antelope, the big cat incorporates *strength velocity*, whereas the antelope incorporates *speed velocity*.

CFT trains individuals to incorporate both. Just to keep things clear, all post-fatigue exercise should be incorporated at the end of every workout unit or right after the core exercise.

Post-Fatigue Exercise, Version I Towel Swiping

Towel Swiping is a high-velocity exercise with a profound impact on the shoulders, back, and core. I believe it puts the body in a highly explosive

fight or flight-like mode. Towel swiping can be done in various strength and speed velocity levels. Beach towels are best. We call them “bitch towels.” Towel swiping is highly effective in increasing neuromuscular capacity to combine strength and speed and be able to sustain it.

- Hold the towel at the two corners, stretching the width part (not the length, step 1).
- Stand with your knees slightly bent, your back arched, and the torso slightly bent forward at the waist (step 1).
- Bring your arms (slightly curved) just above your forehead (step 1).
- Swipe the towel down (below waist) and up (above forehead) in swift and decisive moves (step 2). Hear the snapping sound of the towel with every swipe. Try to incorporate speed velocity (faster reps within a shorter range of motion, step 3) together with strength velocity (stronger and slower reps within a larger range of motion, step 4).
- Try to sustain swiping for 1 to 3 minutes. Use this exercise as a post-fatigue part of workout units or at the end of the core exercise.



Notes

- Towel swiping can be done with a partner. Try to mutually adjust speed and strength to the same rhythm. Try to push each other to sustain performance.
- You can hold two towels instead of one. The rebound of the towel on your face is “part of the game.”
- You can try to incorporate towel swiping standing in shallow water (pool, sea, or river). Every time that you slow down the speed or strength velocity beyond a certain level, the towel will touch the

water, get wet, and thus become substantially heavier. Water swiping is a tough drill that trains the body to sustain optimum speed and velocity or otherwise be forced to swipe a heavier load with increased level of difficulty.

- You can try to gradually increase the exercise's duration from 3 minutes up to 5 minutes and once in a while, up to 10 minutes.
- Towels are accessible exercise tools. If nothing else, towel swiping can constitute the whole core of the workout unit, without the need for any gym equipment or a typical gym space. In this case, you can incorporate a core of towel swiping together with pre- or post-fatigue exercise such as Warrior Sprint Intervals or Frog Jumps, respectively.
- When you exercise towel swiping as the core of the workout, do it for 5 to 10 minutes. Occasionally, try to go beyond 10 minutes and grind your limits.

Post-Fatigue Exercise, Version II

Frog Jumps

Frog Jumps are high-velocity exercises that train the body to sustain low explosive and rapid jumps. The exercise forces the body to strengthen joints and tendons with an emphasis on knees and ankle mobility. It also improves dynamic form control with a complete (360°) peripheral orientation. Frog jumps have been incorporated in traditional military training routines, increasing soldiers' ability to sustain performance while "staying low." Frog jumps can be combined with towel swiping, thus facilitating a total-body explosive workout.



Step 1

Step 2

Step 3

- Go down to a low squat position (step 1).
- Stand on the balls of your feet, hands slightly curved at the sides of your body (step 1).
- Do 5 rapid low jumps to the right followed by 5 jumps to the left, followed by 5 jumps forward, followed by 5 jumps backward (to starting position, step 2).
- Repeat the same with only 4 reps (jumps) to each direction.
- Repeat the same—do 3 reps.
- Repeat the same—do 2 reps.
- Repeat the same—do 1 rep.
- Finish with 3 to 5 high jumps. Explode as high as possible above the ground, land on the balls of your feet softly and quietly (like a cat) for a split second only, and resume jumping (step 3).
- Frog jumps can be incorporated as a post-fatigue exercise with or instead of other high-velocity post-fatigue exercises.
- Frog jumps can be done with light weights. Start with very light weights, and be careful with the landing.

The Core Exercise

The main purpose of the core exercise is to increase the body's capacity to sustain strength. It also trains the body to effectively perform when forced to endure combined strength, speed, and explosive elements.

The core exercise is based on special supersets called workout units. Each workout unit is composed of a complex set of exercises that apply a “zig-zag” training principle. This training principle forces the body to go down and up with the weight load, in a repetitive manner, and thus acquire the ability to come back again and again and be able to intensely perform while resisting fatigue. The skill to “come back” is missing in most strength conditioning programs, which generally attempt to slow down the typical decline in strength. Thus they gradually give up to the inevitable failure. Instead, CFT trains the body to bounce back, even when feeling fatigued, and to regain the capacity to sustain peak strength.

Among the top priorities for human survival, the ability to sustain strength is far superior to the ability to gain strength. Being able to endure a prolonged, intense strength drill is by far more beneficial to the

overall conditioning of the human body than the ability to perform a short burst of resistance exercise and then “fall apart.” The typical short resistance sets train the body to gain strength but fail to train for sustaining the acquired strength. Sooner or later, strength athletes reach training plateaus, upon which they fail to score or gain. For a martial artist or a boxer, the ability to sustain strength is a key element in their quest to become tougher and to be able to knock out an opponent in late rounds. By virtue of applying exercises that train the body to sustain strength (a unit’s complex set can last up to 15 minutes), CFT helps improve neuromuscular efficiency as well as muscle capacity to utilize carbohydrate and fat fuel for energy. These neuromuscular and fueling benefits can help boost the overall capacity to generate energy, burn fat, and build a tough and powerful body. CFT incorporates a few versions of core exercise. I feature here some core exercises that I believe represent this group well.

Since CFT may initially appear too extreme to some people, let me elaborate a bit more about some of its training concepts.

The single most important feature of Controlled-Fatigue Training is the incorporation of survival principles in its training concepts. In this respect, CFT appeals to all human beings. All of us—men, women, and children alike— share the same survival mechanisms. These inherent biological mechanisms must be triggered in order to induce their beneficial effects on the body. CFT applies training concepts that trigger these primal mechanisms. While putting the body in a survival mode, CFT forces individuals to actively survive, regardless of their age, gender, occupation, or lifestyle. The same training concepts that benefit a young individual can benefit an older individual. As noted, the exercise manuals should be customized to one’s level of fitness (via adjustments in weight load, volume, and complexity of the workout). We’ve discussed previously how exercising in a way that mimics fight or flight activities is inherently beneficial to our survival. Following the presentations of pre-fatigue and post-fatigue exercise, I’d like to present here some concepts of the core exercise.

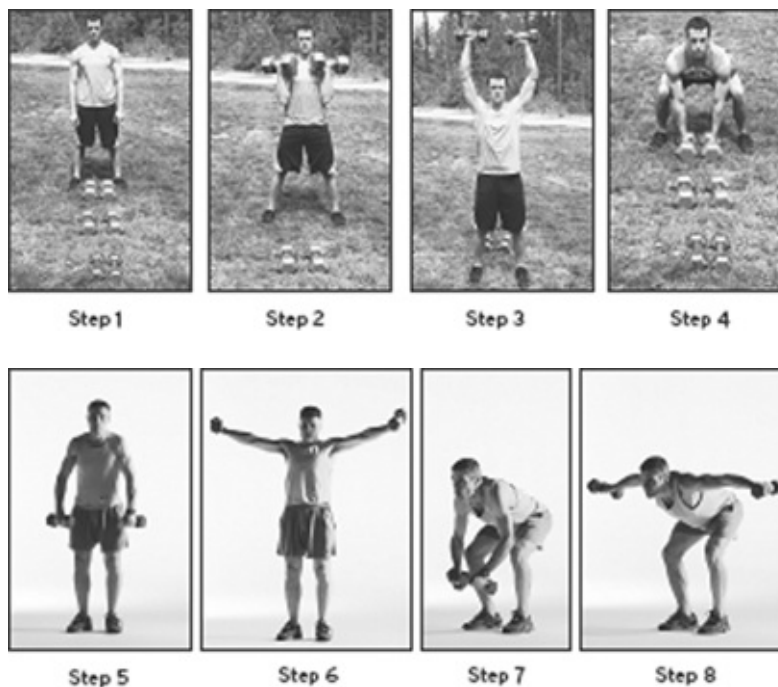
Upside-Down Pyramid

Like some of the exercises we have already encountered, this training concept is based on repetitive rotations between weight loads. It is called “upside-down pyramids” because you go down and up with the weight loads in a way that somewhat resembles an upside-down pyramid.

When combined, upside-down pyramids induce a “zig-zag” effect that forces repetitive climbs to the top (heavy) points of the pyramids. Thus, individuals are trained to repetitively “come back” to lifting heavy, and still continue exercising.

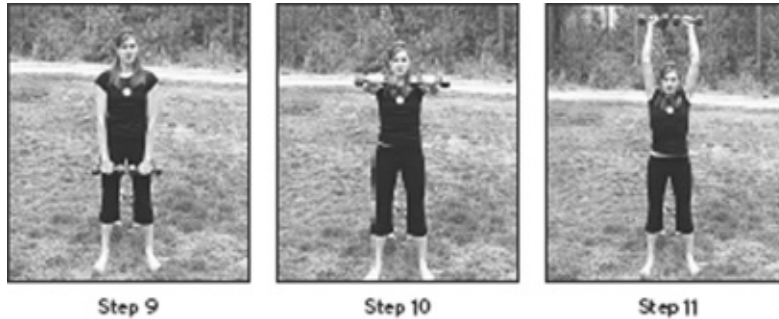
A combination of 1–5 pyramids constitutes a workout unit, and a combination of 1–5 workout units constitutes the core exercise.

- Put in front of you three pairs of dumbbells: heavy, medium, and light. Adjust the weights according to the heavy weight—one that you can lift about 5–6 reps (step 1).
- Start with the heavy weights. Clean both weights to shoulder level and press them overhead. Do 5–3 reps (steps 2 and 3).
- Slowly lower the weight to the ground while keeping your back arched at all times (step 4).



- Pick up the medium weights; clean and press them overhead. Do 5–3 reps (steps 2 and 3).

- Move to lightweight lateral raises: Do 5–3 side laterals (steps 5 and 6), followed by 5–3 back laterals (steps 7 and 8), followed by 5–3 front overhead raises (steps 9-11).
- Go up-back to medium weight (5–3 reps, all steps).
- Go up-back to heavy weight (3–1 reps, all steps).
- Go down to medium weight (3–1 reps, all steps).
- Finish with lightweight lateral raises (5–3 reps) (step 5 to 8).



Notes

- You can try to incorporate a more intense Upside-Down Pyramid by turning all presses into cleans and presses (clean and press both heavy and medium weights for 5 to 3 reps, rather than cleaning and then pressing for 5 to 3 reps).
- To form a simple workout unit, incorporate post-fatigue exercise such as Towel Swiping or Frog Jumping at the end of each Upside-Down Pyramid.
- To form a complex workout unit, combine 2–5 Upside-Down Pyramids, followed by post-fatigue exercise.
- The core exercise can be composed of 1–5 workout units, regardless of their level of complexity.
- Do not delay your exercise continuity. Do not fall into the trap of desperately attempting to jerk or swing another rep. Instead, put the weight down and move forward to the next weight, while lowering your reps. Your ability to continue coming back and sustaining strength is more important than your ability to jerk another rep.

Laterals

Another important concept of CFT is the methodical incorporation of

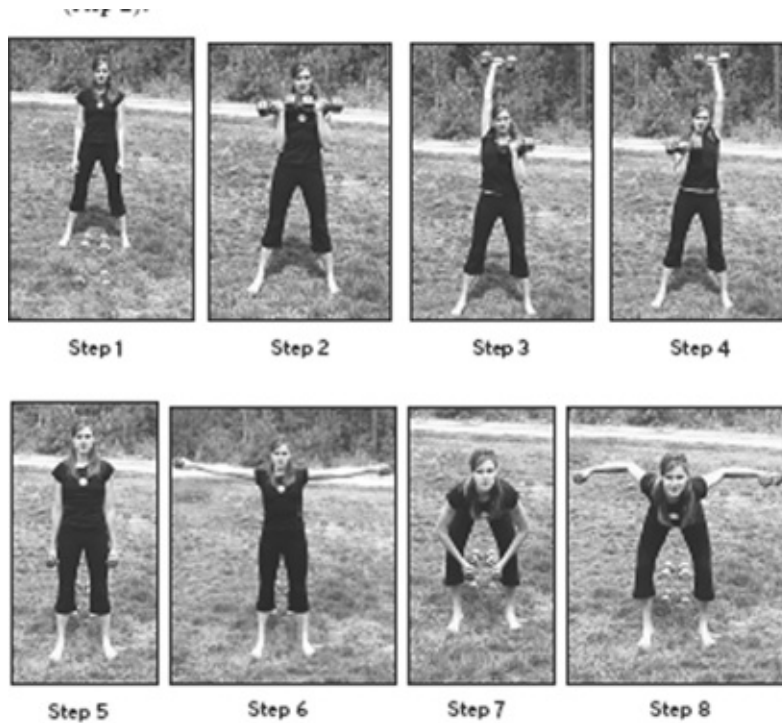
lateral moves in its exercise manuals. Most humans' functional moves are lateral. We write, walk, sprint, and punch laterally. Our brain operates laterally (with a full orientation to the left and right), even when we do bilateral moves (using both our arms and legs at the same time). Human survival dictates a hierarchy of functional moves. And as noted, the top priority of human moves are those involved in fight or flight activities. All through evolution, the survival of the fittest depended primarily on the ability to run away rapidly (flight) or to deliver powerful punches, pulls, hits, and kicks (fight). Since fight or flight activities are primarily lateral (sprint, punch), it is probable that the human body is preprogrammed to better adapt and improve when exercised laterally. In fact, it is now known that exercising one ligament at a time enhances neuromuscular activity in the other (lateral) ligament. This lateral compensation mechanism may have evolved primarily due to the necessity to survive in extreme conditions when being forced to perform on one arm or one leg at a time.

When we exercise laterally, rotating between left and right ligaments (such as during running or boxing), we naturally swing the core of the body in the opposite direction of the moving ligament. This repetitive swing shifts the gravitational center again and again, from the sides of the body back to the core, thus preventing us from falling sideways. For instance, a left hook requires a swing to the right (shift of the hips toward the right side) and vice versa. This lateral swing in the opposite direction of the moving arm helps counter the accelerated-velocity impact of the punch outwards and thus keeps the body from losing its balance.

Lateral Upside-Down Pyramid

This exercise is similar to the previous upside-down pyramid (UDP), only here the lifting is lateral and may require slightly lighter weights.

- Put in front of you three pairs of dumbbells: heavy, medium, and light weights. Adjust weights according to the heavy weight—one that you can lift about 6–7 reps (step 1).
- Start with the heavy weight. Clean the weights to your shoulders (step 2).



- Do 5–3 alternating left and right one-arm military presses. Slightly swing your hips according to the rhythm of your lift. Your hip bone should be alternately positioned under the lifted weight (steps 3 and 4).
- Do the same with the medium weights (5–3 reps).
- Move to the light weights (step 5). Do lateral raises: side laterals (5–3 reps, steps 5 and 6) followed by back laterals (5–3 reps, steps 7 and 8). Finish with front raises (5–3 reps). Raise your hands above your head, rather than just to shoulder level (steps 9–11, p. 217).
- Go up to medium weights (5–3 reps, all steps).
- Go up to heavy weights (3–1 reps, all steps).
- Go down to medium weights (3–1 reps, all steps).
- Finish with lightweight lateral raises (5–3 reps, steps 5 and 6).

Notes

- In all lightweight lateral raises, keep your hands tight, “frozen” in a hook-like position.
- At the end of each lateral UDP, try to incorporate 1–3 minutes of post-fatigue velocity exercise such as towel swiping. This will create a simple workout unit.

- You can combine 2–5 lateral UDPs to form a complex workout unit. However, it is recommended that you start with 2 lateral UDPs and gradually increase the number until reaching 5 lateral UDPs per complex unit.
- Incorporate post-fatigue velocity exercise right after each complex unit.
- The core exercise can be composed of 1 to 5 workout units.

Heavy Units for Max Strength

One of CFT's main goals is to gain strength and increase the capacity to sustain it. One way of doing that is by applying a training cycle that gradually increases the weight load. Following the CFT principles, any initial increase in max weight load requires an initial decrease in volume (duration of exercise). There are two ways to lower the exercise volume:

- Shorten the length of the basic upside-down pyramid unit.
- Reduce the number of workout units per session (for instance, 1–3 instead of 3–5).

Let's go into a bit more detail.

- Shorten the basic upside-down pyramid:

A heavy UDP unit can be shortened by omitting the medium weight. Thus, the shortened heavy UDP is based on only two levels of weight (heavy and light). Yet it is still possible to maintain or increase the overall complexity. Combining short and heavy UDPs will form a highly intense complex unit. Based on a zigzag principle, such a workout unit forces rapid “comebacks” to max weight, thus increasing weight load without decreasing complexity. Due to the high level of intensity, it's recommended that you gradually incorporate 1–3 heavy UDPs/unit (1–3 “comebacks” to heavy weight). Start with one heavy UDP and build it up gradually until reaching a maximum complexity of 3 UDPs/per unit.
- Reduce the number of workout units per session:

When increasing the weight load and intensity of the unit, one can lower the overall number of units per session and thus lower the

overall volume of the workout. The higher the increase in the weight load and complexity of the unit, the lower the number of units per session should be.

For instance, an initial increase of 20–25% in max weight (heavy weight) should lower the number of minimum units per session from 3 to 1. And the same holds true with the number of maximum units per session: they should be lowered from 5 to 3.

Notes

- If needed, drop the reps from 5 to 1, but do not delay your exercise continuity. As noted elsewhere in these pages, do not fall into the trap of desperately attempting to jerk or swing another rep. Instead, put the weight down and move forward to the next weight while lowering your reps. Your ability to continue to “come back” and sustain strength is more important than your ability to jerk another rep.
- Use common sense. If max weight increase is 5%, you may be able to maintain volume. If the increase is 15%, you should lower the number of units per session. If max weight increases by 20–25%, you should shorten both the basic UDP and the number of units per session.

Supportive Manual Exercise (Abs, Back, Shoulders)

CFT incorporates various post-fatigue exercises, some of which are mandatory whereas others are optional. Since the core and back are top priorities, I present here a few exercise manuals that target the abdominal muscles and the back. These exercises can all be incorporated into the end of the workout.

As noted, CFT can be incorporated with sheer resistance training. But because resistance exercise has been featured in virtually all strength conditioning and bodybuilding programs, I chose to present here only exercise manuals that are uniquely part of the CFT routine.

Abdominals

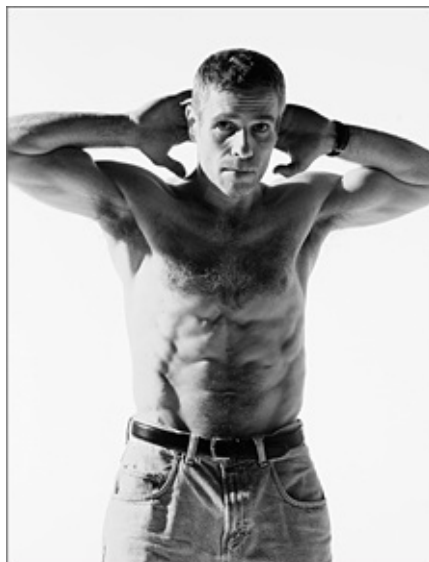
Abdominal muscles (abs) are divided into three main groups:

1. *Rectus Abdominus* (the “six-pack”)
2. *Serratus Anterior* (sides of the upper abs)
3. *External Obliques* (sides of the lower abs)

However, you should note that all abdominal muscles are bound together by connective tissues into one large muscle.

Abdominal training is a controversial issue. There are differing opinions about abdominal muscle development. Trainers who use specific ab-training methods often try to prove that theirs are superior to other ab routines. People who want to define their midsection spend a great deal of time on ab-training methods such as sit-ups, crunches, reverse crunches, hanging leg raises, Roman chair sit-ups, ab-flexor machines, rollers, and more.

The problem with many of these methods is not the efficiency of the exercises, but the fact that they’re built on isolating one ab part or another. Isolating one part of a large muscle group may cause imbalance and weakness in other parts of the same muscle. That’s why it’s so important to understand that abs are, in fact, one large muscle group working as a unit. They have primary functions, essential for body movements and posture. Let me put it simply: the prime function of the abdominals is to stabilize the mid-section of your body, and thus protect your organs and support your spine. Abs should always be toned and ready for action. Sluggish, soft abs will cause vulnerability and dysfunction.



As a stabilizer of your midsection, the ab muscles are responsible for all waist movements such as swings, twists, bends, and crunches. The stabilizing function of abs manifests clearly when you're engaged in explosive moves such as punching or kicking. Notice that without the reflexive tightening of your abs, you can't deliver a powerful punch or an explosive kick. Abdominal muscles respond instinctively to explosive or powerful frontal arm and leg movements. By contracting, and thus stabilizing, your midsection as a solid column or base for all explosive moves, ab muscles protect your spine from the rebound forces of your arm and leg movements. To perform with maximum strength, you need to tighten your midsection. A soft or weak waist may force you to compromise on your ability to lift weights, kick, or punch. Moreover, without abdominal support at all, you wouldn't be able to stand or walk.

We tend to take ab function for granted. A trained gymnast will tell you that there's no way to successfully stand on your hands without tightening your midsection. If your abs and lower back are loose, your body will collapse. This fact is not just true for standing on your hands. Without abdominal support, as stated above, you wouldn't be able to sing, "I'm still standing." Martial artists and boxers are particularly aware of this.

A trained warrior is ready at any time to absorb a hit on his midsection. A warrior's abs instinctively contract to protect the spine and inner organs, while absorbing the punch or kick. Habitual reflexive toning of the ab muscles enables a warrior to instinctively swing, punch, or kick whenever necessary.

The Warrior Posture

A trained warrior often adopts a unique posture, which I call the "Warrior Posture." People engaged in intense physical activities, including martial artists, gymnasts, some professional competitive athletes—or even hard laborers, for that matter—often develop a posture where their abs are slightly flexed, and their back is ever so slightly bent forward. This isn't a fashion model's or a dandy's posture; it looks quite different.

Some fashion models, as well as many guys who want to look tall, often push their chest out, pumping air into their lungs, and try to walk as tall as they can. This stiff walk, without a bounce, makes them look pumped and vulnerable. When I see people walk this way (usually

men), it often reminds me of a strolling penguin.

What I call a “Warrior Posture” has nothing to do with posing in front of a mirror. It is, in fact, the result of a natural adaptation of the body to tough, physical strain. I’m not trying to persuade people to walk like warriors. I’m just trying to point out what a Warrior Posture is and how it’s naturally designed to enhance agility. If you find yourself instinctively walking like a warrior, I’d say it’s a clear sign that you’ve been around the block a few times. Okay, enough of all this bravado. Let’s go to the exercises.

There are many variations of abdominal training. I cover here only a basic approach—but nonetheless enough to get you started. Let me note here that “basic” doesn’t mean easy. The Warrior Abs Routine activates all abdominal muscles in one giant superset and is, in fact, quite intense.

It works on the serratus anterior muscles, the external obliques, the upper and lower rectus abdominis, and the connective tissues between the serratus, the obliques, and the rectus abdominus.

This giant superset incorporates a rotation between two kinds of exercise: hanging leg raises and crunches. It takes about 2–3 minutes (and everything you have) to finish a set. All you need is one set per day, preferably at the end of each workout day. As noted, the main function of the abs is to stabilize the midsection while protecting the spine and inner organs. Therefore, it’s important to incorporate isometric exercises together with isotonic exercises.

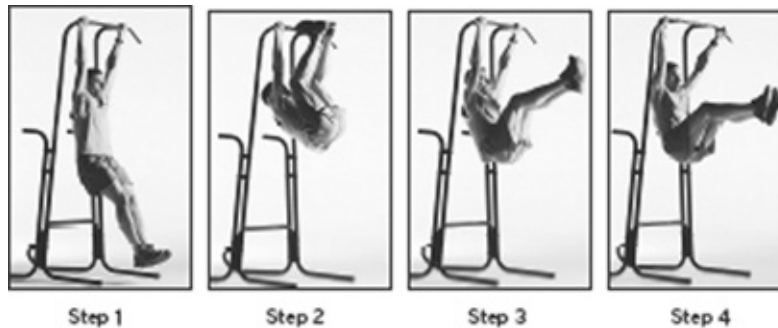
- *Isometric*—static exercises that contract the muscles without shortening them.
- *Isotonic*—dynamic exercises that involve movement, and shortening (thickening) of the muscles.

Most people are weak in the side layers of the abs (the serratus and the external obliques). In addition to the aesthetic factor (these muscles give you fine definition, and a compact look), the serratus and the obliques are necessary for all swings, punches, kicks, and leg raises.

Having tight, strong sides will give you a flat and strong midsection. I believe that the best way to work the sides of your midsection is by combining special isometric (freezing) exercises with isotonic exercises (movement). Static intense pressure on the abs will trigger a reflex of maximum contraction, thus forcing them to function the way they’re meant to—as stabilizers and protectors of your midsection.

Ab Superset: First Exercise—Hanging Leg Raise

Stand under a chin-up bar. Grab the bar with both hands, palms down, at about shoulder width. Hang. Your feet should be flexed, pointing forward (step 1). Slowly raise your feet toward your hands. Your toes should touch the bar (step 2). Advanced exercisers should try to keep their legs almost straight. Beginners can bend their legs to ease the tension.



Slowly lower your legs to eye level. Keep your legs at that level for 10 seconds while rotating them with small movements: 2–3 to the right side and 2–3 to the left side (step 3). Slowly lower your legs to about a 45-degree angle with your torso and then lift them up again to eye level (steps 4 to 3).



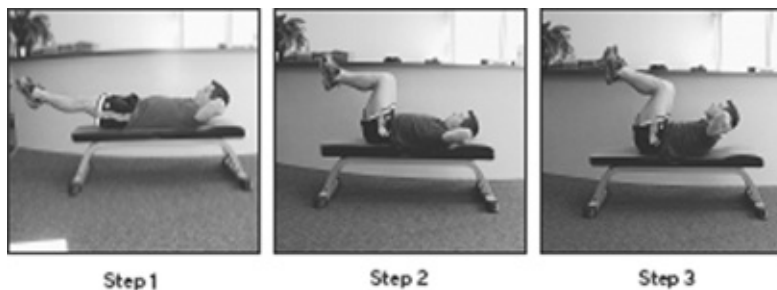
Try to keep them at about eye level for another 5–10 seconds. If it's too hard, bend your knees. Slowly bring your legs down to 45 degrees. Bend your knees and then bring them up to your chest, keep them there for 3 seconds (step 5), and then bring them down (step 1). Repeat 5–10 times. When done, bring them up to your chest again. Keep your knees as high and as close to your chest as you can, and keep them in that position for another 5–10 seconds (step 5). When you're done, you'll feel

your lower abs and sides burning.

If you haven't collapsed by now, bring your legs down slowly. Now, grab a bench. You're going to do the crunches as part of this exercise; no resting in between.

Second Exercise: Crunches

Sit on a bench. Lie down on your back and raise your legs slightly above the bench for a count of 10–60 seconds (step 1). Bring your legs to where your thighs form a 90-degree angle with your body; and while your knees are bent (also in a 90-degree angle), your shins are parallel to your body and the bench.



Your hands should be behind your head, and your elbows should point to the side (step 2). Slowly lift your torso as high as you can. Don't bounce or use any momentum. Use your abs only. When you reach the top, stay for 5–7 seconds, and on each second count, squeeze the crunch as if trying to reach with your chin farther and farther forward. Your chin should be raised slightly and your elbows pointing to the sides at all times (step 3). Go slowly down to starting position without losing muscle contraction (step 2). Always keep your abs contracted. Repeat 10–30 times.

When done, stretch your legs to a position slightly raised above the bench for a count of 5–10 (step 1); follow with crunches again (steps 2 and 3). If you can, repeat this drill and move back to the first exercise (Hanging Leg Raises).

Second (Final) Set—Hanging Leg Raises

After finishing crunches, you'll most likely be in pain. Nevertheless, try to go on and do one more set of leg raises. Hang on the chin-up bar with your feet flexed, pointing forward. With whatever is left within you, bring your feet to eye level. If you can't do it with straight legs, do it with your knees bent. Hold the position for a few seconds, and then slowly bring the legs down. Repeat 5–7 times, or do as many reps as you can. When you feel the sharp pain in your rib cage, and your lower and upper abs, you can stop drilling. Hang for a second, stretch your abs, arch your back ever so slightly, then stretch your abs again—and you're all done.

Note: The only way that you can reach maximum performance with your midsection is to incorporate lower-back stretching with ab exercises. The lower back and abs balance each other. A weakness in either may create imbalance, bad posture, injuries, and may compromise your strength.



Step 1



Step 2

Back

Lower Back Stretch: 1–3 Sets

Lie down flat on your abdominals. Your arms should be straight and at your sides, with your hands palms down to the floor. Your head should be facing forward (see step 1, previous page). With the palms of your hands pushing downward, lift your lower body up. Your legs should be practically straight. Push your lower body up, without jerking, as high as you can. When you reach maximum contraction, hold for 10 full seconds (see step 2, previous page). Relax and repeat again.

Pull-Ups

Pull-Ups constitute an important exercise that works the lats, back, and biceps. It enhances the capacity to pull and thus helps balance push and pull activities. Pull-ups should be incorporated as a post-fatigue exercise at the end of each workout unit or the end of the core exercise.

Stand under an overhead bar. Most gyms have a special rack for pull-ups, where the overhead bar is marked for wide grip and narrow grip. Grab the bar in a wide grip (step 1). Your arms should be about 45 degrees from your body. Pull yourself up until your upper chest almost touches the bar (step 2). Try to keep your back arched all the way up. Stay on the top for a second, and then lower your body back to hanging position (step 1). Do as many reps as you can.



Step 1



Step 2

When you pull yourself up, keep your chest forward while pushing your body away from the overhead bar. This way you use more of your lats than your biceps.

When you're done, take a 5-second rest, and then pull yourself up and stay on top for 10–15 seconds. Count the seconds, and on each count try to bounce up. Then, on a count of five, slowly lower your body. When done, immediately start shoulder laterals. Don't rest between sets.

Note: Keeping the right form is more important than how many reps you perform.

Shoulders

Shoulder Lateral Raises

Shoulder Lateral Raises are part of the workout units. The following exercise manuals are presented here for the purpose of clarity and the maintenance of a proper form.

Shoulder Side Lateral Raises

Hold the dumbbells by your sides (step 1).

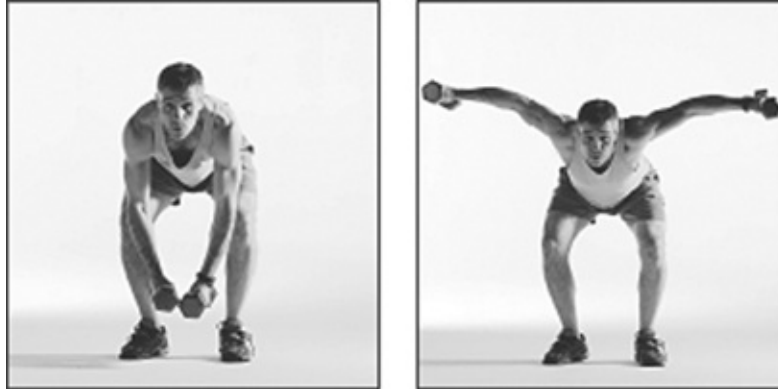
Bend your elbows slightly. Raise both arms to just a bit higher than shoulder height (step 2). While you lift, rotate your hands so that your thumb is facing downward. When you reach peak contraction, try to hold it for a second. It's going to be hard, but make the attempt nonetheless. Then slowly lower your arms back to starting position (step 3). Don't jerk at all. When you're done, start Bent-Over Laterals.



Back Lateral Raises (Bent-Over Laterals)

This is the same as Side Lateral Raises, only here you bend forward and put more pressure on your rear deltoids. Raise or push the weight upward. Your hands should be slightly bent. When you feel the burn, you can bend your elbows more and keep pushing the weight up through your rear delts. Do 5–10 reps.

Note: Shoulder back laterals look like a bird taking flight. Think of your arms as wings.



Bow and Arrow—Shoulder Stretch

This stretch routine mimics how ancient warriors used the bow and arrow. It works on the rear deltoids, back, trapezoids, triceps, elbows, and tendons. It can be incorporated at the end of each workout unit or after the core exercise.

Get yourself a training bungee cord or, if that's unavailable, you can use a towel. Fold the bungee cord. Hold the handles attached to the cord with one hand, and the edge of the folded cord with the other hand. Bring the cord up to shoulder level. Stretch the hand holding the cord to the side of your body at shoulder height, as if you are holding a bow. The stretched hand should be at a 90-degree angle from your body. The other hand should hold the handles with the elbow bent, as if you are holding an arrow. Slowly pull the "bowstring" with the bent hand through your shoulder and elbow in the opposite direction of the stretched hand, as if you're about to shoot an arrow. At all times, keep the other hand in a stretched and locked position. When you reach peak contraction, stay for 10 seconds. On each second count, slightly pull through your elbow and the shoulder of the pulling hand. Return the pulling hand to starting position. Repeat 5–10 times.



When you're done, reverse your hand position. Repeat 5–10 times. At all times, your eyes should stare at the outstretched far hand, as if you're aiming an imaginary arrow at a target.

As mentioned, this is part of a basic routine that activates all deltoid muscle groups and tendons. Those interested in more information on advanced Warrior's CFT Workouts should visit our website: www.warriordiet.com.

Lat Pull-Down

Lat Pull-Downs can be incorporated at the end of each workout unit, as well as the end of the core exercise.

Sit on the attached pull-down seat of the weight equipment. Hold the bar with a wide grip. Arch your back. Keep your chin high. Pull the bar down to the front of your chest. Pause for a couple of seconds. Squeeze backward (not downward, as most people mistakenly do) as hard as you can. You'll feel your traps and the lower part of your upper back. Return slowly to starting position. Do 5–7 heavy reps. Then lower the weight. Bend backward until your back is about 45 degrees to the floor. Keep your back arched at all times. Slowly pull the bar to your front (chest). Pause 5–7 seconds, count the seconds, and with each count squeeze the bar toward your chest. Then slowly return the bar to starting position. Do 5 reps. When you're done, go to the incline chest rack. Don't rest between sets.

Seated Pulley Rows

This exercise can be supersetted together with Lat Pull-Downs after each workout unit, as well as after the core exercise. Do 10 reps, including cheat reps.

Sit on the pulley rack bench. Bend your knees. Hold the handle or bar attached to the pulley's cable. Arch your back and sit at a 90-degree angle. Pull the bar or handle to your upper abs, just below the chest. Pause for a second. Squeeze and then slowly return to arm stretch (starting position). On the fifth rep, pause at peak contraction for 5 to 7 seconds. Squeeze the bar to your body on each second count. Then slowly return to arm-stretch position, and bend forward fully stretched.

Now you can do a few cheat reps. Pull the bar to your body, bouncing slightly with your back. Don't bend backward further than 90 degrees at any time. Bring the bar slowly back to stretch position. Do 5 cheat reps—for a total of 10 reps. The first 5 slow reps work your middle and lower back. The last 5 cheat reps work the lower part of your mid-back and the sides of your lower back. When you're done, go to the flat bench rack. Don't rest between sets.

Keep the bar close to the body as you lift and try to maintain a constant arch in your back. Slowly push through your back, butt, knees, and heels, until you are standing straight. When you reach the top, keep your abs and lower back tight. Squeeze your traps, shoulder blades, and buttocks at the top position. Take a deep breath and slowly bend your knees, push your butt backward, and keep staring upward while your back is arched and tight. Put the bar on the floor. Do 5–7 reps. I like to use a regular grip (hands palm down). This grip will accelerate forearm and wrist strength.



Clean and Press—3–5 sets, 5 reps

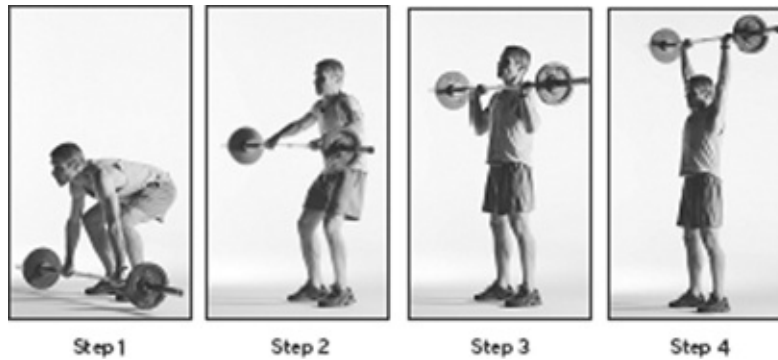
The Clean and Press is one exercise that works practically all of your body. It's the best exercise for overall muscle synergy, agility, and functional strength. It works your quads, hamstrings, knees, back, traps, shoulders, triceps, biceps, and wrists. If I had to choose only one exercise that would be an effective full-body strength conditioning drill, it would be the Clean and Press.

Clean and press exercises could be incorporated in the core exercise together with pull-ups, followed by high-velocity post-fatigue towel swiping as well as speed or power punching.

Stand behind the barbell with your feet under the center of the barbell, shoulder-width apart. Bend down and grab the bar with an overhand grip, slightly wider than shoulder width (step 1). Keep your back arched and tight, with your eyes staring upward. Take a deep breath. In one explosive motion lift the bar to your shoulders (steps 1–3).

A clean motion in “slow-mo” should look like this: first the bar moves from just above your ankles to knee level. Then, while your butt lowers and moves a bit backward, your upper body moves upward, with your arms bending and moving the barbell toward your shoulders. Your knees bounce a little, yet stay slightly bent. At that point, pause for a second, take another deep breath, and press the weight overhead (steps 3 and 4). When you reach the top overhead position, hold for a second. Keep your

lower back and abs tight. Stand still. Do not bounce. Then slowly lower the bar back to your front shoulders, and from here bring it slowly down to your knees, and then return the weight to starting position (step 1). When you bend down, always keep your back arched to avoid injury. Repeat 5 times. The weight should be heavy enough that you would fail at about 6 or 7 reps. This way you may be able to perform 3–5 repetitive sets of about 5 reps as the core exercise.



Those who want to accelerate the intensity of this exercise should consider using the following tips.

Partial-Press Reps



Once you're done with the last rep you can go on and do Partial-Press Reps. Hold the bar on your front shoulders, and then with a count of 5–7

seconds, lift the weight slightly up and down on each second count. Partial reps should be performed on the last two sets.

Clean and Jerk

Once you feel the burn, you can still go on and grind more forced reps of Clean and Jerk. Once you clean the barbell to your shoulders, slightly jerk through your bent knees and back. The jerk motion will help you to lift the weight overhead. At the top overhead position, hold for a second and then slowly bring the bar back to your shoulders. Bend your knees slightly and then repeat again 2 or 3 times. Clean and Press, followed by Clean and Jerk, will take everything you have. This is one exercise in which you go all out. As noted, it works on strength, endurance, and balance. Incorporating Controlled-Fatigue Training with clean and press exercises will help you burn fat and accelerate strength gain simultaneously.

Summary

Controlled-Fatigue Training was designed for individuals interested in maximizing their true physical potential. The purpose of this workout routine goes beyond losing fat or gaining muscles—it provides the basis for developing a functional body. Following this exercise routine, you may notice how your body's proportions are changing in a way that complements your functionality.

You may realize that having a heavy body isn't always a parameter for strength. A human body, first and foremost, is destined to be functional. From this aspect, being as light and mighty as one can be is an advantage. Being heavy is okay as long as one is able to effectively run, sprint, and jump. If any of these natural functions are compromised, then something must be wrong. CFT trains your body to resist fatigue under pressure, while gaining the capacity to sustain strength, speed, and explosive performance. It also takes advantage of the inherent synergy between different body movements and muscle groups.

Following this routine is a progressive method. As long as you follow

the CFT principles, you can choose various exercises and combine them according to your personal needs. Trust your instincts. Be creative. More information about CFT beginner and advanced training is available at www.warriordiet.com.

Workout and Diet

It takes some time to adjust to exercising on an empty stomach. I've already discussed the advantages of such a strategy as far as fat-burning efficiency and hormonal manipulation. Nonetheless, there is also a connection between your last big meal (the night before) and your performance. Those who practice carb depletion (high-protein, low-carbs or extreme detox) may need to reduce the pre-fatigue component as well as the volume of Controlled-Fatigue Training on days following a low-carb diet. Those who practice carb-loading (high-carb meals) will likely find it easier to perform controlled-fatigue training. Those on high-fat days may initially compromise on their endurance, but over time they will most likely overcompensate and be able to supercharge their energy levels to endure prolonged intense drills without "hitting the wall." I recommend cycling between days of low carbs and days of high carbs (or high fat), and to cycle accordingly training days without pre-fatigue exercise and training days with pre-fatigue exercise. Another option is to cycle between sheer resistance days and days of CFT. I want to mention again how important it is that you use your instincts in planning each workout day. Only you know what's best for you.

Women Who Follow the Warrior Workout

Women are generally smaller than men; they have different needs, and as a result, different priorities. Some women may ask themselves, "What do all these workout principles, based on macho-like moves such as slashing, stabbing, swinging, or punching, have to do with me?" The answer is that all the exercises outlined here are essential to create a truly functional body. You may choose to skip these aggressive moves, but why give up the chance to build a truly functional body?

The exercise routine outlined in this chapter mimics the impact of

fight or flight activities without actually doing them. I assume that some women, especially those engaged in martial arts, will have no problem with CFT's masculine connotations—or, for that matter, the concept of this book.

My suggestion for women who want to follow the CFT program is to make sure that the weights used can be handled all throughout the supersets (which constitute the core exercise of this routine).

Women generally like to work specifically on their legs and buttocks more often than men. I guess this is due to feminine self-awareness, and a desire to keep them in good shape. CFT pre-fatigue, core, and post-fatigue exercises constantly incorporate leg exercise, forcing improvement in the legs' functionality and muscularity. I highly suggest that women start pre-fatigue exercise with no weight. If you use nothing, make sure that your hands are positioned in the correct form. You'll be surprised how demanding this is.



If you'd like to accelerate the tension on your knees and butt, you can try to incorporate slow repetitive squats as post-fatigue exercise. When you squat, go slowly down for a count of 5 seconds, then pause for a couple of seconds on the bottom, then slowly rise up for another count of 5 seconds. To maximize even further the tension on your knees and butt, try to freeze and pause for 10–15 seconds in a low squat position. Keep your back arched at all times.

You can build strong, lean, and functional legs without using weights. Nonetheless, over time, when you feel stronger you can try to work your legs also with special resistance exercise.

As mentioned before, my best advice for you is to be creative and use your instincts to design a program that feels right for you.

WARRIOR MEALS AND RECIPES

I'D LIKE TO THANK NATASHA, MY WIFE, for creating some of the Warrior Diet recipes and for improving others. I'm having the most fun of my life every night with my family while enjoying these homemade meals. The Warrior Meals are based on recipes and preparation methods that I have been using for years and have continually improved upon with the help of family and friends, as well as feedback from Warrior Diet followers.

For years I've cooked my own meals as part of my daily routine. I've found that when cooking, you treat yourself and those around you to something that satisfies a most basic primal need—nourishment.

Cooking is one way of being in control. In my opinion, it's a humane means of showing respect for yourself and your surroundings. Many of these meals closely mimic old warrior traditions of cooking. The purpose of the recipes included here is to help you prepare basic warrior meals. I believe they'll appeal to most people, but since everyone obviously has different tastes, I encourage you to be creative and feel free to tweak them.

All that said, let me note here that there is no mandatory obligation for cooking in order to practice the Warrior Diet. But I highly recommend trying it. When you cook your own meals, you become more in tune with yourself and with the food you're eating—and this will enhance your sense of pleasure and satisfaction.

The recipes here are unique to the Warrior Diet. Most aren't available anywhere (that I know of). I haven't explained how to boil eggs, make salads, cook rice, or steam vegetables since I believe this is common knowledge. Serving sizes and calories per meal are also not included, since they depend on individual needs.

Almost all of the following recipes were featured in the first edition of

this book. However, my food choices have changed since that time. One of the changes is that I no longer eat meat. This is partly because (as noted previously) I strongly believe that humans aren't well adapted to eating meat, but mostly because of humane reasons. In any case, I chose to keep the recipes containing meat, since in general this section of the book has proven useful to people learning about the Warrior Diet.

Meats

Animal and marine food, including beef, chicken, and fish, should be cooked in a way that mimics the ancient warrior tradition of cooking in broth—with different herbs and spices to enhance flavor and aroma. I highly recommended rotating among beef, veal, chicken, and fish. Also, through trial and error, you'll learn what works best for you.

As noted in “The Overeating Phase” and “Lessons from History” chapters, cooking meats in liquids is healthier than frying, grilling, or even baking. Moreover, when cooking in liquids, the meat becomes soft and tender, while absorbing all the flavors of the herbs, spices, and veggies in the broth. When these meals are fully cooked, you can try shredding the meat with a fork and then add some essential oil and lecithin on top.

This way, you'll enjoy a soft, mushy, delicious protein meal, which ideally will provide a great deal of pleasure as well as nourishment—the old-fashioned way.

While reading this chapter, you may realize that some traditional ethnic dishes, such as bouillabaisse, paella, gumbo, and stews, closely resemble traditional warrior meals.

I recommend that you add essential fatty acids (oils) and lecithin on top of meals just before eating. It enriches the nutritional composition of the food and, in my opinion, enhances flavor. Some people, however, may find their taste too strong. Although these additions are optional, they are nonetheless essential to have in your diet, especially the EFA.

Curry Chicken in Spicy Tomato Broth

1½ pounds boneless, skinless chicken breast, cut into medium-sized

chunks

1 can stewed tomatoes, chopped (or crushed tomatoes)

1 can fat-free chicken broth

3 cloves garlic

½ small onion

1 bay leaf

1 tablespoon curry powder

1 tablespoon turmeric powder

1 tablespoon dried parsley

¾ teaspoon dried basil

¾ teaspoon dried oregano

¾ teaspoon dried cumin

¼ teaspoon ground coriander

Salt and pepper to taste

Garnish with ½ cup coarsely chopped cilantro

Clean and wash chicken with filtered water.

In a large Pyrex bowl (with oven-safe cover) mix all ingredients, excluding the cilantro.

Marinate chicken in the bowl (with cover on) overnight in the refrigerator. Marinating overnight is optional.

Preheat oven to 375° F. Cook for one hour in a Pyrex bowl with an oven-safe cover.

Serve garnished with chopped cilantro.

This meal goes very well with steamed carrots, zucchini, and broccoli. Starches that best complement this meal are mashed butternut squash, pumpkin, sweet potatoes, mashed potatoes, sweet yellow corn, and rice.

Fish and Eggplant in Curry Tomato Sauce

This meal is recommended for people interested in rapid weight loss.

1½ pounds white fish fillet (sole, flounder, turbot)

1 can diced or crushed tomatoes (14.5 ounces)

2 medium or large eggplants, peeled and cut into medium-sized chunks

1 tablespoon olive oil
3 cloves garlic
½ small onion (optional)
1 tablespoon curry powder
1 tablespoon caraway seeds (optional)
¾ teaspoon oregano
¾ teaspoon thyme
Salt and cayenne pepper to taste (optional)
½ cup chopped fresh cilantro or parsley for garnish

Prepare the sauce in a large Pyrex bowl (with cover). Mix all ingredients excluding the cilantro, parsley, and eggplant.

Clean and wash the fish fillet with filtered or spring water. Place the eggplant chunks in a steamer and cook until they are soft (about 15 minutes). Marinate the fish in the Pyrex bowl with the sauce.

Preheat oven to 375° F and cook the fish in the sauce for one hour. When done, remove from oven, add the steamed eggplant, and mash it all together with a fork. Garnish with chopped fresh cilantro or parsley.

This meal also mimics an old tradition of warrior cooking. You'll be surprised how large this dish looks; however, it's very light and delicious. Fish meals go very well with steamed carrots, broccoli, cauliflower, rice, millet, and corn.

Beef and Carrots in Chicken-Tomato Broth

1½ pounds trimmed natural lean beef (top round), cut into medium-sized chunks
1 large peeled carrot, cut into small medallions
1 can crushed tomatoes or tomato sauce
1 can fat-free chicken broth
3 cloves garlic
½ onion
1 teaspoon dried basil
¾ teaspoon dried oregano
1 tablespoon caraway seeds (optional)
Coarsely chopped parsley or cilantro as garnish

Clean and wash the meat with filtered or spring water. If you want the meat to be more tender, beat it with the bottom of one of your cooking pans. No joke! It'll make it softer and able to absorb more flavor from the broth.

In a large Pyrex bowl, mix all ingredients, excluding the parsley (or cilantro). Marinate the meat overnight in the refrigerator (optional). Preheat oven to 375° F and cook for 1½ hours. Garnish with chopped parsley or cilantro. This meal goes very well with steamed broccoli, cauliflower, and zucchini, and for starches try mashed potatoes, mashed butternut squash, and sweet potatoes.

Eggs

Most egg meals take almost no time to prepare and cook, yet they're delicious and very nourishing. On days of being too busy, or just in the mood for a light protein meal, eggs can be a most viable choice, as well as a great alternative to meat or fish. Moreover, on egg days you can try indulging every once in a while in dairy foods as well. I believe eggs and cheese complement each other nicely. Egg meals can be well incorporated with either carb fuel (grains) or fat fuel (nuts and seeds).

Egg Omelet with Tomato Sauce (high-protein meal)

16 egg whites with 3–4 yolks (for 2 servings)

¼ cup tomato sauce or crushed tomatoes

¼ small onion, diced (optional)

1 tablespoon olive oil

Salt and cayenne pepper to taste

Garnish with chopped parsley or cilantro

Preheat olive oil in a large, deep skillet. Add diced onions and sear until browned. Slowly add tomato sauce, and mix with onions. When sauce is boiling, add the eggs. Scramble and mix the eggs while cooking.

When mixture thickens, remove from the stove, put in a large bowl, and cover. Garnish with the chopped parsley or cilantro.

Those people who like mushrooms can steam shiitake or portabella mushrooms, or sauté them in olive oil, and put them on top of the omelet. Or you can cook them with the omelet.

Egg omelets go very well with steamed zucchini, butternut squash, steamed pumpkin, sweet peas, and black bean soup, which you can also put on top of the omelet.

Egg Omelet with Black Beans (high-protein meal)

This is the same preparation as the egg-white omelet with tomato sauce, only here you use black bean soup instead of tomato sauce. You can use a half can of organic black bean soup, which is available in most health-food stores and supermarkets.

Egg Omelet with Lentil and Bean Chili (high-protein meal)

This is the same preparation as the other omelets, only here you use a half can of organic chili, which is available in most health-food stores and supermarkets

Oatmeal and Eggs (high-carbohydrate meal)

I used to eat this meal years ago, when I was a student. This was one of my so-called “poor man meals,” since my budget at that time was very limited. Regardless, I always enjoyed it, and still do.

2–3 cups oatmeal (rolled oats or steel-cut oats)

6–12 egg whites with 2–4 yolks

¼ teaspoon turmeric (optional)

¼ teaspoon cumin (optional)

Salt and pepper to taste

½ cup coarsely chopped cilantro for garnish

If you choose steel-cut oats, soak them overnight in purified, steam-distilled, or spring water (to cut down on cooking time).

Fill a large pot with 4–5 cups water and bring to a boil. Add oatmeal and spices. Rolled oats need half the time that steel-cut oats need. Check the preparation instructions on the box.

Reduce heat and let it cook until almost done. Make sure you stir it to avoid clumping. When you notice that very little water is left, add the eggs and slowly mix it all together while still cooking. Once the eggs are thickening, turn the stove off, cover the pot, and let it simmer for a couple of minutes. Garnish with cilantro and serve.

This meal goes very well with buttermilk or kefir, which will supply additional protein to this high-carbohydrate meal, as well as beneficial bacteria. They can be used as a cool sauce you put on top. Oatmeal and eggs also go well with steamed broccoli and cauliflower.

If you'd like to make this dish spicy, you can add curry or cumin. It can also be garnished with scallions or chopped onions. Use your imagination. With trial and error, you'll find what's best for you.

Rice 'n' Eggs (high-carbohydrate meal)

This was my second favorite meal during my student days. Once you taste it, you'll realize that a poor man's meal isn't necessarily poor. It is, in fact, rich in flavor and nutrients.

2 cups uncooked brown rice or, if accessible, sweet brown rice. If you prefer, use white rice instead (sushi rice is best).

1 clove chopped garlic

½ teaspoon curry

½ teaspoon cumin

½ teaspoon basil

6–12 egg whites and 2–4 yolks

Chopped cilantro, onions, or scallions as garnish

Rinse the rice with purified water. In a large pot, add 4 cups of water with the garlic and spices. Bring to a boil. Stir in the rice, reduce heat, cover, and simmer until water is almost absorbed. Add the eggs and mix it with the rice while it's still cooking. When the eggs start to thicken with the mixture, remove from the stove, cover, and let sit for a few

minutes. Garnish with cilantro, onions, or scallions and serve. This meal goes very well with cucumber and dill salad. It also goes well with black bean soup that can be used as a sauce on top of the meal. Those who like to experiment can try grated Parmesan cheese on top, or goat cheese as a side dish.

Angel Hair Rice Pasta with Eggs (high-carbohydrate meal)

- package of angel hair rice pasta
- ½ to 1 can tomato sauce
- cloves crushed garlic
- ¾ teaspoon dried basil
- ¾ teaspoon dried oregano
- 6–12 egg whites and 2–4 yolks
- Salt and pepper to taste
- Parsley or cilantro as garnish

Cook pasta until done. Drain and place the pasta in a large bowl. Mix tomato sauce, garlic, and spices in a large pot and cook on medium-high heat. Add pasta. When hot, add the eggs and mix it all together. When eggs start to thicken, remove from the stove and serve, garnished with cilantro.

You can opt to prepare pasta and eggs without the tomato. In this case, use olive oil as a base to simmer the pasta and eggs in a large, deep pan or pot. Pasta and eggs, done without tomatoes, can be served with buttermilk or kefir as a cool sauce on top of this hot meal. It also goes very well with steamed carrots, zucchini, or broccoli.

If you'd like to increase the amount of protein in this meal, you can add low-fat, organic cottage cheese on the side, or goat cheese on top.

Baked and Grilled Meals

Once in a while, especially when friends are coming over, my wife prepares grilled meats or fish. These meals are more than delicious. They're awesome. Grilling isn't the preferred way to cook on a daily basis. However, when you marinate meat or fish before grilling, you reduce the risk of burning or caramelizing the protein. Further, adding

herbs like basil, oregano, and thyme, in addition to improving taste, mimics an old tradition of curing meats while enhancing flavors. Most herbs contain healing properties. For instance, thyme and oregano are believed to have antibacterial and antiviral properties; turmeric is a powerful antioxidant and anti-cancerous agent; and as discussed earlier, parsley is a powerful detoxifier.

Grilled Chicken

- 2 packages of boneless, skinless chicken thighs
- Juice of two lemons
- 3 large cloves garlic
- 1 small onion
- 1 tablespoon Dijon mustard
- 1 tablespoon fresh thyme (leaves only, not the stem)
- 1 tablespoon fresh oregano
- 1 tablespoon fresh parsley
- 2 tablespoons fresh basil
- 3 tablespoons olive oil
- Salt and pepper to taste

Combine garlic, onion, mustard, thyme, oregano, parsley, basil, and olive oil in a food processor. Pulse until all ingredients are finely chopped. Season with salt and pepper to taste. Set aside in the fridge for approximately 45 minutes to an hour.

To prepare the chicken for outdoor grilling:

Wash and clean chicken thoroughly. In a bowl combine lemon juice and the mustard mixture with the chicken. Mix well. Let it sit in the fridge for 30 minutes, or until ready to grill. If you don't want to grill, the broiler works fine, too.

Grill for approximately 15 minutes on each side on a low to medium flame (check sooner if you're broiling). Just make sure the chicken juices run clear.

Baked Red Snapper

1 medium whole red snapper
2 large onions, sliced
3 ripe tomatoes sliced
5 lemons
4 cloves garlic, finely chopped
3 tablespoons olive oil
Salt and pepper to taste

Make sure the fish is properly cleaned of all scales. Preheat oven to 375° F.

Place $\frac{1}{3}$ of the onion and tomato slices on the bottom of a baking pan. Sprinkle a portion of the garlic on the onion and tomatoes. Squeeze the juice of one lemon.

Before placing fish on the onion and tomatoes, rub fish with salt and pepper. Stuff $\frac{1}{3}$ of the onion, tomato, and garlic inside the belly of the snapper. Place the remaining onion, tomato, and garlic on top of the snapper. Take one lemon; cut into slices and spread over the top of fish. Squeeze the remaining lemon on top. Drizzle olive oil over the fish.

Cover with aluminum foil. Cook 40–50 minutes (depending on the size of the fish). To test for doneness, poke fish with a fork—the meat should be flaky.

Soups

Soups are great appetizers. In addition to introducing different tastes, smells, textures, and aromas, they can be highly nutritious and nourishing. Having a soup at the beginning of a meal may help balance cravings and enhance the overall feeling of satisfaction.

Soups can also be the basis for a whole meal. As noted, by combining meat, fish, or eggs with beans, and occasionally with carbs such as potatoes, rice, or barley in the broth, you can create a whole, delicious, nutritious meal in the traditional way.

Potato–Onion Tomato Soup

2 pounds potatoes, peeled and cut into chunks

- 1 35-ounce can plum tomatoes with juice, coarsely chopped (total of 4 cups)
- 1 quart chicken stock
- ½ teaspoon coarse sea salt
- ¼ teaspoon freshly ground black pepper
- 3 tablespoons extra virgin olive oil
- 4 medium onions, thinly sliced

In a four- to six-quart non-aluminum saucepan, combine the potatoes, tomatoes, and chicken stock. Season with salt and pepper. Bring to a boil, then reduce heat and simmer gently, partly covered. Stir occasionally, for one and a half hours, or until tender.

Meanwhile, in a skillet, warm olive oil over medium heat and sauté the onions until translucent.

To finish soup, break up potatoes, mashing slightly with a wooden spoon. Add onions to tomato-potato mixture, and simmer together for 5 minutes, stirring occasionally. Add chicken stock as necessary to slightly thin out the soup. Garnish and serve with fresh basil.

Miso Soup

Miso is made from unpasteurized fermented soybeans. Miso soup is high in minerals and is a great alkalizer. Miso, unlike processed soy foods, is also believed to be highly nutritious, with anti-radiation protective properties. It's rich in enzymes and lactic acid-producing bacteria—which is highly beneficial for digestion and elimination.

- 1 tablespoon miso paste (from organic unpasteurized fermented soy)
- ½ small onion
- ½ ounce dried wakame or nori seaweed (optional)
- 2 cups purified or spring water

In a medium pot, combine all ingredients. Bring everything except the miso paste to a boil for 5 minutes, then add the paste. Serve warm.

Desserts

The Warrior Desserts can be great alternatives to sugar-loaded commercial or homemade treats that are high in saturated fat, There aren't many desserts listed here. However, in my opinion, you'll be better off enjoying the taste of a few healthy delicious desserts that will nourish and provide you with a great sense of pleasure than trying a variety of popular desserts and sweets which usually leave you sluggish, bloated, and heavier, not to mention the obvious guilt.

Pumpkin Cheesecake

- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- Pinch of ground nutmeg
- Pinch of salt (optional)
- ½ teaspoon vanilla extract
- 2 whole eggs
- 4 egg whites
- ¼ to ½ cup maple syrup (adjust sweetness according to taste)
- 1 15-ounce can organic pumpkin
- 15 ounces nonfat ricotta cheese (or farmer cheese)
- 4 ounces fat-free cream cheese

You can substitute organic low-fat cottage cheese for the listed cheeses.

However, this will change the texture of the cake slightly.

Combine cinnamon, ginger, nutmeg, and salt (optional) in a small bowl. Set aside.

Lightly beat vanilla, eggs, and maple syrup in a small bowl. Set aside.

In a food processor, combine pumpkin and cheese until smooth. Alternate adding egg mixture and spice mixture to the pumpkin and cheese mixture. (If you don't have a food processor, a blender will work, but mix eggs first, then gradually add pumpkin mixture.) Mix well, approximately 3 minutes.

Bake in a preheated 425° F oven for 15 minutes. Reduce temperature

to 350° F. Bake for 40–50 minutes or until a knife inserted near the center comes out clean. Cool on a baking rack for about 2 hours. Serve room temperature or chilled. Do not freeze; freezing causes the filling to separate.

Pumpkin cheesecake tastes so good that, unfortunately, it disappears too quickly. It's like an open invitation for a binge.

The sweetness can be adjusted according to your taste. It goes very well with organic yogurt or low-fat sour cream. As you can see, this dessert is high in protein, low in fat, and relatively low in carbs. It's also highly nutritious, supplying you with abundant carotenes and soft fiber.

Crepe Blintzes

- 1 egg
- 8 ounces low-fat cottage cheese (small curds)
- 1 teaspoon vanilla extract
- Pure maple syrup to taste
- 1 package prepared crepes
- Cooking spray (butter-flavored)

Preheat oven to 350° F.

Combine cottage cheese, egg, vanilla, and maple syrup in a small bowl. Take individual crepe, place on a flat surface, and spoon one and a half tablespoons of cottage cheese onto the center. Fold all four sides together to secure cottage cheese mixture. Place each crepe on a nonstick cookie sheet, folded side down. Repeat until cottage cheese mixture is finished. Spray each crepe with butter-flavored spray.

Bake in oven 5–8 minutes, until slightly brown. Serve warm with Live Berries.

Live Berries Dessert

- 1 cup blackberries
- 1 cup sliced strawberries
- 1 cup raspberries
- 1 cinnamon stick

Pure maple syrup to taste (enough to cover berries)

Combine all ingredients in a small bowl and place in fridge 3–4 hours to chill (may remain in fridge overnight). Serve over warm crepe blintzes. Live Berries can also be served over yogurt.

This is a meal with total appeal: a feast that screams calories but really is a bounty of low-fat, low-cal goodness. Enjoy!

Milk Gelatin Dessert

I began making this treat years ago. Surprisingly, it has turned out to be one of my favorites. Milk Gelatin is a good complement to the fruits and veggies you consume during the day while you go through the Undereating Phase. It's most useful to eat this on an empty stomach.

1–2 tablespoons organic nonfat milk powder

1–2 teaspoons brown rice syrup (adjust sweetness according to taste)

1 packet unflavored (if available, kosher vegetarian) gelatin

1–2 cups filtered or spring water (*Check instructions on the gelatin box regarding amount of water to add, but feel free to alter depending on level of density desired.*)

3 tablespoons cool or cold water

2 tablespoons hot water

Vanilla extract to taste (approx. $\frac{1}{8}$ teaspoon)

Approximately 3–10 crushed organic almonds (optional)

1–2 tablespoons minced, organic, unsulfured, unsweetened coconut (optional)

In a small bowl, mix the milk powder, brown rice syrup, and 1 tablespoon of cool water until it turns into a thick paste. Set aside.

To prepare gelatin:

Mix gelatin in another small bowl with 2 tablespoons of cool or cold water. When it turns into a gummy paste, add 2 more tablespoons of hot water and mix. Combine gelatin mixture with milk paste and then place it in a blender with 2 cups of water. Blend for one minute. Pour mixture into several cups or one large bowl. Refrigerate for a couple of hours

until it turns into gelatin form.

You can opt to add more milk powder to make the mixture thicker or more dense. You can also blend a few crushed almonds with the mixture if you want to add texture. And you can do the same with minced coconut, or else sprinkle it on top once you've poured the completed mixture into a bowl or cups. When it's ready, Milk Gelatin becomes a three-layered treat with a light, white foam on top. It's quite unique. I hope you'll like it.

Papaya Gelatin Dessert

This dessert is good for digestion and detoxification. It can also be consumed as a delicious light treat during the Undereating Phase. Gelatin is a natural source of silicon and proteoglycans, which support your skin, hair, nails, and connective tissues. It's also a great detoxifying agent. Papaya contains digestive enzymes. When eaten on an empty stomach, Papaya Gelatin Dessert soothes your hunger while helping to eliminate toxins, fat, and cholesterol from your intestines.

1 packet unflavored (if available, kosher vegetarian) gelatin, which is equivalent to 1 level tablespoon

1 cup papaya puree (no sugar added). This is sold in glass juice bottles in some health food stores and supermarkets. Or you can puree a fresh papaya yourself.

Peel, remove seeds, and cut papaya. Place papaya slices in a blender with a little water and blend until pureed.

½ cup hot water (filtered or spring water) 3 tablespoons cool or cold water

2 tablespoons hot water

1 teaspoon maple syrup (optional)

1 tablespoon minced organic unsulfured, unsweetened coconut (optional)

Heat water on stove. Meanwhile, mix gelatin with 2 tablespoons of cool or cold water in a small bowl. When it turns into a gummy paste, add 2 tablespoons of hot water and mix again. Pour this mixture plus 1

cup of papaya puree (per packet of gelatin puree) and the half cup of hot water into a blender. Blend for 30 seconds or so. Pour mixture into glass cups or a large bowl. Refrigerate for a couple of hours until it turns into “Jell-O” form. Enjoy!

You can also blend 1 tablespoon of minced coconut to the mixture if you want to add texture, or sprinkle it on top once you’ve poured the completed mixture into a bowl or cups.

Warm Raspberries and Yogurt

This is a wonderful dessert that combines and polarizes sweet and sour, warm and cold tastes. It’s delicious and can also be used as a nourishing treat during the Undereating Phase.

- 1 cup fresh or frozen raspberries
- 1 teaspoon honey or maple syrup
- 1 cup organic, nonfat plain yogurt

In a small pot, add raspberries and honey (or maple syrup). Turn on the stove to a medium heat and stir. When the mixture turns fluid and begins to boil, reduce the heat and simmer for a few minutes.

Take off heat and set aside for a minute. Put yogurt in a small bowl. Slowly pour the warm berries on top of the yogurt. Enjoy!

Note: You can substitute blueberries or blackberries for the raspberries. Adjust the sweetness according to your taste.

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With numerous readers worldwide, *The Warrior Diet* has been translated into Italian and French, and featured in health and lifestyle magazines as well as the prestigious medical journal *The Lancet*. Hofmekler's dietary and training methods have been endorsed by nutritional and medical experts, scientists, champion athletes, martial artists, and military and law enforcement instructors, as well as by authors of best-selling books.

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