

THE WARRIOR DIET FAT LOSS PROGRAM

**A NUTRITIONAL GUIDE TO
MAXIMIZE FAT LOSS
AND
ELIMINATE STUBBORN FAT**

BY ORI HOFMEKLER

WITH MARC SALZMAN

WARRIOR DIET



Copyright © 2004 All Rights Reserved

The Warrior Diet Fat Loss Program

By Ori Hofmekler

Copyright © 2004 Ori Hofmekler.

All rights under International and Pan-American Copyright conventions.

Published in the United States by:

Warrior Diet, LLC

Tel/Fax: (818)992-1966

Credit card orders: 1-866-WAR-DIET (927-3438)

Email: info@warriordiet.com • Website: www.warriordiet.com

Published in the United States

First Edition: August 2004

Booklet and cover design, Illustrations and photo effects by Marc Salzman

Photograph of the author by Don Pitlik

WARNING—DISCLAIMER

This article is for reference and informational purposes only and is in no way intended as medical counselling or medical advice. The information contained herein should not be used to treat, diagnose or prevent any disease or medical condition without the advice of a competent medical professional. The activities, physical or otherwise, described herein for informational purposes, may be too strenuous or dangerous for some people and the reader should consult a physician before engaging in them. The author, writer and Warrior Diet, LLC shall have neither liability nor responsibility to any person or entity with respect to any loss, damage, or injury caused or alleged to be caused directly or indirectly by the information contained in this article.

Foreword

Since publication of the Warrior Diet Book in 2002, we have received numerous testimonials with an outstanding record of fat loss success. In addition, Warrior Diet followers are experiencing an increase in energy levels, improvements in various health related issues and an overall feeling of well being.

We have received many requests from people who love the Warrior Diet yet are still interested in a detailed practical guide of how to take ultimate advantage of the diet's principles to eliminate excess body fat and in particular stubborn fat.

The purpose of this book is to address fat loss with an exclusive program which has been tried and proven to be extremely effective. We have incorporated research, anecdotal evidence and special food combinations into a 'real life' dietary plan which is easy to follow and allows maximum satisfaction from all food groups.

When following the program, read both the introduction and the detailed program so that you completely understand the concepts. Knowledge is power you can't afford to spare, in particular when it relates to your health.

I believe you will see significant changes in the way you look, feel and even in the way you think!

Please keep me apprised of your progress.

Sincerely,

A handwritten signature in black ink that reads "Ori Hofmekler". The signature is written in a cursive, flowing style.

Ori Hofmekler

Table of Contents

<i>Foreword</i>	<i>ii</i>
<i>Table of Contents</i>	<i>iii</i>
<i>Introduction</i>	<i>1</i>
<i>The Program</i>	<i>6</i>
Overview	6
Undereating	7
Overeating	7
<i>The Rules of Eating</i>	<i>9</i>
<i>TM</i>	
<i>The Warrior Diet Ten Commandments</i>	<i>10</i>
<i>Detailed Eating Guide</i>	<i>11</i>
Phase I (Week 1): Detox	11
Daytime: Undereating	11
Night time: Overeating	13
Phase II (Week 2): High fat (Nuts)	15
Daytime: Undereating	15
Night time: Overeating	17
Phase III (Week 3): Concluding Fat Loss	19
Daytime: Undereating -- Sample of a high carb day	19
Night time: Overeating -- Sample of a high carb day	20
Daytime: Undereating -- Sample of a low carb (high protein) day	22
Night time: Overeating -- Sample of a low carb (high protein) day	23
Upon completion of the first three weeks	25

<i>General Recommendations</i>	27
<i>Useful Hints and Tips</i>	28
<i>Food List</i>	29
<i>Supplement and Product List</i>	30
<i>How to Eliminate Stubborn Fat</i>	31
<i>What Is Stubborn Fat?</i>	33
Subcutaneous & Visceral Fat	33
Delayed Stubborn Fat Loss	34
<i>The Reasons for Stubborn Fat Gain</i>	36
<i>Taking Away the Reasons for Stubborn Fat To Exist</i>	37
Reason 1: Insulin Resistance	37
Reason 2: Overall Toxicity	37
Reason 3: Fluctuating Estrogen	38
<i>The Three Principles of Stubborn Fat Loss</i>	41
Principle 1: Increased Fat Utilization	41
Principle 2: Increased Energy Turnover	42
Principle 3: Increased Overall Detoxification	43
<i>Additional Factors That Affect Stubborn Fat Loss</i>	45
<i>Conclusion</i>	47
Stubborn Fat Do's & Don'ts	47
<i>References</i>	49
<i>Warrior Diet Products</i>	51

Warrior Milk	51
Warrior Stubborn Fat Burner	52
Warrior Essentials	53
Warrior Bar	54
Warrior Diet Book	56
Maximum Muscle Minimum Fat	57

Introduction

The Warrior Diet Fat Loss Program is a revolutionary program specially designed to help you lose fat and in particular stubborn fat. It has a profound appeal to people who fail to lose weight or suffer from a typical fat gain rebound after following other diets.

This program is a simple, effective program. Its uniqueness can be likened to physical exercise, in that it forces the body to improve itself by burning fat, improving energy production and regenerating cells and tissues.

Fat gain today is a problem with almost epidemic proportions. Common opinion assumes that fat tissues serve solely to store energy (calories). Therefore, all diets today are based directly or indirectly on calorie restrictions (this includes low carb diets). However, in the long term, most diets fail and more people today suffer from excessive body fat than ever before.

Diets fail due to the common misunderstanding of the biological reasons behind fat gain. In other words, they do not address the core problems that cause fat gain, and the accumulation of stubborn fat.

Fat gain is due to three major biological reasons (which are currently overlooked):

1. Fat tissue serves as storage for toxins and thus protects vital organs from damage.
2. Fat gain prevents accumulation of lipids in the liver and the blood and thus protects against insulin resistance and diabetes.

3. Fat gain is a desperate attempt of the body to balance low estrogen levels (for women) and thus protects against aging of the cognitive and reproductive systems.

The Warrior Diet Fat Loss program literally and biologically addresses the above reasons for fat gain, via special eating plans and exercise programs that force total body fat breakdown and the final elimination of stubborn fat.

The term Stubborn Fat refers to the tenacious fat tissue known to be almost impossible to be removed, even by hard diet and exercise. Men suffer from stubborn fat accumulation usually around the belly and chest. Women suffer from stubborn fat accumulation around their hips, thighs, lower butt and sometimes around their upper arms. The reasons for its accumulation relate to certain underlying metabolic problems which include a stressed liver, Insulin resistance, over estrogenic activity and an accumulation of visceral fat (fat surrounding the organs). See How to Eliminate Stubborn Fat on page 31.

The Warrior Diet Philosophy

The Warrior Diet is based on one master biological principle:

S U R V I V A L

As such...

The Warrior Diet isn't just a diet, but rather a way of living.

Humans, like other mammals, are primarily destined to follow certain feeding cycles and physical activities that force adaptation. Once adapted, the body gets tougher, leaner and stronger, with superior survival capabilities.

Let's take a step back and define what our biological make-up (biological destiny) is. Understanding human nature involves understanding how humans are destined to perform fulfilling primal functions such as nourishment, reproduction and socialization to better survive on this planet.

The Warrior Diet is the only program today that addresses your biological destiny by incorporating specially designed eating plans and exercise routines that drive your body to do what it's destined to do. - "improving its survival capabilities."

Our survival profoundly depends on our capacity to adapt to environmental changes. These include changes in food availability, weather changes, geographical changes, changes in physical and mental stress levels and more.

Believe it or not we're all pre-programmed to follow life cycles that involve periodic lack of food as well as intense or prolonged physical activity that force the body to compensate by

accelerating energy utilization and fat burning as well as facilitating tissue repair and growth.

Periodically surviving on different seasonal foods forces the human body to improve its capacity to utilize either carb or fat fuels. Humans are also better adapted to live on food combinations than on a single source of food.

It is also important to note that the human body is better adapted to primal sources of food, such as fruits, greens, legumes, roots, nuts, seeds, eggs, marine food and raw dairy rather than to later food sources, such as grains, meats derived from overfed farm animals and chemically loaded processed foods.

Most importantly, we are primarily adapted to life cycles that involve action and inaction, such as wake and sleep, alertness and relaxation, exercise and rest, undereating and overeating. Any interruption in these cycles, due to chronic stress or chronic feeding (too many meals during the day), can adversely affect human performance as well as the body's ability to adapt, improve and survive.

The current epidemic of obesity, diabetes and impotence bears testimony to the fact that humans today have betrayed their biological destiny.

In summary, the leading causes for people today failing to maintain primal health are:

1. Eating too many meals during the day,
2. Eating when we're not hungry
3. Wrong food choices,
4. Imbalance between activity and relaxation,
5. Lack of adaptation to environmental change or to food supply

The Warrior Diet's goal is to create a lifestyle that mimics the way we were predestined to live...

...by triggering our survival instincts, unleashing inherent forces that induce adaptation while improving the way we eat, feel, perform and look

The Program

Overview

The Warrior Diet Fat Loss Program is an initial three-phase (three week) diet plan based on individual fat loss goals and is specially designed to do the following:

- ❖ Phase I (week 1) - Detox
Improve the body's capacity to remove toxins, thus helping the liver neutralize substances that cause fat gain.
- ❖ Phase II (week 2) - Adaptation to Fat Fuel
Improve the body's ability to utilize fat for energy.
- ❖ Phase III (week 3) - Adaptation to carb fuel
Improve the body's ability to utilize carbs for energy.

This process will help boost your overall metabolic rate, and jump-start your body's capacity to maximize fat loss.

The program guides individuals through different phases of nutritional and physical training to trigger survival mechanisms that force the body to adapt and improve its ability to utilize fuel, (i.e. carb, fat) generate energy, build tissues, burn fat and resist stress, thus becoming stronger, leaner and tougher. This is accomplished by taking advantage of various cycles Undereating and overeating.

Undereating

Built on the principle of controlled fasting, this cycle takes place during daytime hours (working hours) and requires that you minimize the amount of food you eat. Your focus is to avoid consuming too much food each time you eat, while at the same time satisfying your hunger. During this part of the cycle you should eat fresh fruits and vegetables, salads and some protein. (See detailed weekly food plan).

Overeating

Based on the “Rules of Eating” (see page 9), this part of the cycle will allow you a sense of freedom to eat as much as you desire incorporating as many tastes, textures, colors and aromas as possible and to be able to stop eating instinctively, either when you feel pleasantly satisfied, or when you become significantly more thirsty than hungry.

The principles of the program are clear and simple and will become a way of eating for life. You will rotate between the three Warrior Diet phases according to your individual needs. In this way you will be able to eat all your favourite foods, while at the same time balancing your metabolism and dropping your body fat to a minimum.

The result...

- ❖ You continually maximize fat loss, never allowing it to build up.
- ❖ You have loads of energy
- ❖ You think more clearly
- ❖ You accomplish more

- ❖ You feel good about yourself
- ❖ You look great
- ❖ Life feels like an exciting challenge

Note:

A proper exercise routine is critically important in the removal of fat and in particular the final layers of stubborn fat.

The Rules of Eating

1. Start with subtle tasting foods and move to more aggressive i.e. salad, vegetables and proteins first, then finish with carbs.
2. Introduce all tastes, textures, aromas, and colors possible in your main meal.
3. Stop eating when you feel much more thirsty than hungry.

Notes:

- ❖ ***It is recommended to take a 20 minute break after the initial serving of food in the main meal. This will help give you enough time for satiety signals to reach your brain. If you are still hungry after this 20 minute break, continue with the meal.***
- ❖ ***Choose organic food wherever possible (especially dairy and meat) to avoid toxins, chemicals and pesticides, which have an adverse effect on fat loss and overall health.***

The Warrior Diet™ Ten Commandments

1. Undereat during the day
2. Eat your main meal at night
3. Provide your body with all essential nutrients (i.e. vitamins, minerals, EFA's, Amino Acids, Probiotics)
4. Introduce all tastes, aromas, textures and colors possible in your meals
5. Detox by minimizing animal food intake for a few days
6. Rotate between days of high protein, high fat and high carbs
7. Avoid foods containing hormones, pesticides, chemical additives, sugar alcohols, artificial sweeteners and processed fructose
8. Do not eat carb foods alone
9. Avoid wrong food combinations such as:
 - a. Grain and sugar
 - b. Starch, fat and sugar
 - c. Nuts and grain
 - d. Carbs and alcohol
10. Provide your body with Conditionally Essential Amino Acids such as Carnitine, Cysteine and Taurine

Detailed Eating Guide

Phase I (Week 1): Detox

The purpose of this phase is to detox your body to afford maximum fat burning.

In this week you should eliminate animal foods except for small amounts of certain fresh dairy food and eggs.

Daytime: Undereating

Undereating begins from the time you wake up until you eat your evening meal. The timing and duration of undereating may vary based on daytime schedules. For example, if you are an early riser and start your day at 5:00 a.m. and therefore have an early bedtime, design your day to accommodate your evening meal.

Overview of Day

During your daytime undereating you do not consume animal protein (i.e., meat, poultry or fish). Rather, you eat small portions of raw fruits and vegetables as well as small servings of dairy products. You may also eat hard boiled or poached eggs and salad.

Note:

Some people take “undereating” to extreme levels and allow themselves to feel “starved”. Undereating does not mean starvation, quite the opposite. You can eat every couple of hours from the allowed food list and nourish your body without a sense of deprivation.

Detailed Eating Plan

- Morning:** 1-2 glasses room temperature water
One Fruit (from list on page 29)
Coffee/Tea, no sugar (can have regular milk)
- Mid Morning:** One Fruit
or Juice (carrot; carrot-beets-parsley-celery)
or Plain yogurt; poached eggs; warrior milk; Ricotta cheese; cottage cheese (preferably organic)
- Lunch:** Clear soup broth
Salad – Mixed greens, tomatoes, peppers, onions, cucumber, mushroom, sprouts, etc
Hard boiled egg - optional
Salad dressing: Olive oil and vinegar (sparingly)
Avoid white vinegar
- Afternoon Snack:** Yogurt
Or Warrior Milk™
Or Carrot Juice
Or Fresh Fruit

Note:

At any time you can substitute your salads, soup or eggs with fruits.

Night time: Overeating

Dinner (Main Meal): Salad (must eat first)
Salad dressing: Olive oil and vinegar (sparingly)
Steamed veggies (lots of cruciferous veggies such as broccoli, cauliflower, Brussels sprouts, zucchini, carrots, okra, mushroom, spinach, onion)
Beans/Legumes (main source of protein) – recommended - lentils, mung beans, black beans, kidney beans, garbanzo beans, edamame.
Grains (main source of carbs) - recommended – wild rice, brown rice, barley, and quinoa. No wheat products during this phase.
You can also choose to have humus (garbanzo bean paste mixed with sesame tahini) with your evening meal.

Note:

Prepare whole grain meals and combine them with beans in a ratio of 1/1 beans/grains.

You can enhance the meals with small amounts (about 1 oz) of goat cheese, feta cheese, ricotta cheese, kefir (a type of yogurt), plain yogurt or poached eggs.

It is fine to drink coffee and tea on the Warrior Diet, and you can add milk to these beverages.

Eat your first serving of food and then take a 20 minute break. If you are still hungry then eat more of the same food. This 20 minute “miracle break” will help you process satiety-related signals and thereby train your body to instinctively know whether you’re hungry or not.

Eliminate all sugars, candies or sweeteners during this week.

Take your daily supplements (see page 30)

**** Athletes should incorporate small recovery meals such as yogurt and banana, Warrior Bar, or Warrior Milk right after the workout.***

Phase II (Week 2): High fat (Nuts)

The purpose of this phase is to train your body to maximize the utilization of fat fuel for energy and thereby activate genes that turn fat storing cells into fat burning cells.

You will be able to take advantage of Leptin (a fat related neuropeptide that regulates feeling of satiety and energy balance). When properly manipulated, Leptin can activate genes that turn adipocytes (fat storage cells) into fat burning cells.

Eating high fat (good fat) meals at night will enforce Leptin activity all through the following day, further enhancing fat burning.

Finally, high fat plant foods such as nuts and seeds contain phytosterols and sterolins (plant derived cholesterol-like compounds). Numerous studies demonstrate the profound cholesterol lowering effect of plant sterols on the body. Furthermore, plant sterols can convert in the body, to the steroid hormone pregnenolone (mother of all steroid hormones), and thereby help enhance hormonal function and support a healthy metabolism.

This high fat (nutty) week can train the body to shift from cravings for carbs (and sweets) into cravings for fat foods.

As part of a high fat meal, it is imperative to eat at least one handful of nuts. If need be, cut back on the protein, in order to eat nuts.

Daytime: Undereating

For a review of Undereating, see “Daytime: Undereating and “Overview of Day” on page 11.

Detailed Eating Plan

- Morning:** 2 glasses room temperature water
One Fruit
Coffee/Tea, no sugar (can have regular milk)
- Mid Morning:** One Fruit
or Juice (carrot; carrot-beets-parsley-celery)
or Plain yogurt; poached eggs; warrior milk; Ricotta cheese; cottage cheese (preferably organic)

Note:

On the day following a high fat day, it is best to avoid eating fruit until the afternoon.

- Lunch:** Clear soup broth
Salad – Mixed greens, tomatoes, peppers, onions, cucumber, mushroom, sprouts, etc
Hard boiled egg - optional
Salad dressing: Olive oil and vinegar (sparingly)
Avoid white vinegar

Afternoon Snack: Yogurt
or Warrior Milk™
or Carrot Juice
or Fresh Fruit

At any time you can substitute your salads, soup or eggs with fruits.

Night time: Overeating

Detailed Eating Plan

Dinner (Main Meal): Salad (must eat first)
Salad dressing: Olive oil and vinegar (sparingly)
Steamed veggies (lots of cruciferous veggies such as broccoli, cauliflower, Brussels sprouts, zucchini, carrots, okra, mushroom, spinach, or onion).
Small amounts of protein (4-6oz) - chicken, fish, turkey, eggs, or meat.
You can also add small amounts of yogurt or kefir on days of fish or eggs.

Note: If you find you are too full to eat both the protein and the nuts, it is advisable to eliminate the protein in order to maximize the benefits of the nuts.

It is recommended to rotate between protein choices (1 choice per day).

Take the 20-minute “miracle break” after the protein part of the meal. If you are not hungry after the 20-minute break, you do not need to force yourself to eat at this time.

If you are still hungry, finish your meal with raw nuts such as almonds, walnuts or pecans (1-3 handfuls depending on fat loss progress).

Almonds are the best and easiest nuts to digest.

You can try to rotate between nuts (each day a different nut), and thus check what works best for you.

Combinations of nuts and fermented foods such as yogurt or sauerkraut are most delicious and highly recommended.

Note:

No starch or sweets should be consumed with the evening meals during this week. Starch and sweets do not combine well with nuts.

The only carbs eaten are those that are naturally occurring in the nuts and veggies.

Take your daily supplements (see page 30)

Phase III (Week 3): Concluding Fat Loss

The purpose of this phase is to take advantage of previous phases and maximize fat loss, while at the same time enjoying eating high carb meals followed by high protein meals. In this way you will not feel deprived and it will not feel as though you are on a diet.

It should include the following daily cycles:

1-2 days – high carb

1-2 days – low carb (high protein)

1-2 days – high carb

1-2 days – low carb (high protein)

Note:

Document and check your progress day by day to finally design an eating cycle that fits your personal needs.

Daytime: Undereating -- Sample of a high carb day

For a review of Undereating, see “Daytime: Undereating and “Overview of Day” on page 11.

Detailed Eating Plan

Morning:	2 glasses room temperature water One Fruit Coffee/Tea, no sugar (can have regular milk)
Mid Morning:	One Fruit

or Juice (carrot; carrot-beets-
parsley-celery)

or Plain yogurt; poached eggs;
warrior milk; Ricotta cheese; cottage
cheese (preferably organic)

Lunch:

Clear soup broth

Salad – Mixed greens, tomatoes,
peppers, onions, cucumber,
mushroom, sprouts, etc

Hard boiled egg - optional

Salad dressing: Olive oil and vinegar
(sparingly)

Afternoon Snack:

Yogurt

or Warrior Milk™

or Carrot Juice

or Fresh Fruit

At any time you can substitute your salads, soup or eggs with
fruits.

Night time: Overeating -- Sample of a high carb day

Dinner:

Salad (must eat first)

Salad dressing: Olive oil and vinegar
(sparingly)

Steamed veggies (lots of cruciferous
veggies such as broccoli, cauliflower,
brussel sprouts, zucchini, carrots,
okra, mushroom, spinach, or onion).

Small amounts of protein (4-6oz) - chicken, fish, turkey, eggs, or meat. You can also add small amounts of yogurt or kefir on days of fish or eggs.

It is recommended to rotate between protein choices (1 choice per day).

Carbs (corn, sweet potatoes, butternut squash, pumpkin, peas, potatoes, barley, rice, oats, quinoa, pasta, bread)

Choose one main carb item per meal. You can eat other carbs as well, but only in small quantities.

Make your choices wisely to avoid unnecessary cravings and effectively lose fat without over restrictions of carbs.

Take the 20-minute “miracle break” after the protein part of the meal. If you are not hungry after the 20-minute break, you do not need to force yourself to eat at this time.

If you are still hungry, finish your meal with Carbs – eat as much carbs as you need to satisfy your hunger. Follow the “rules of eating”.

Note: You can treat yourself with carb snacks after the 20-minute break by substituting the carb component of your meal with

***nutritionally balanced products
such as the Warrior Bars.***

Note:

***Do not have any sugars, syrups or sweeteners with
your high carb evening meals.***

Take your daily supplements (see page 30)

***Daytime: Undereating -- Sample of a low carb (high protein)
day***

For a review of Undereating, see “Daytime: Undereating
and “Overview of Day” on page 11.

Detailed Eating Plan

Morning:

2 glasses room temperature water

One Fruit

Coffee/Tea, no sugar (can have
regular milk)

Mid Morning:

One Fruit

or Juice (carrot; carrot-beets-
parsley-celery)

or Plain yogurt; poached eggs;
warrior milk; Ricotta cheese; cottage
cheese (preferably organic)

Lunch:

Clear soup broth

Salad – Mixed greens, tomatoes,
peppers, onions, cucumber,
mushroom, sprouts, etc

Hard boiled egg - optional

Salad dressing: Olive oil and vinegar (sparingly)

Afternoon Snack:

Yogurt

or Warrior Milk™

or Carrot Juice

or Fresh Fruit

At any time you can substitute your salads, soup or eggs with fruits.

Night time: Overeating -- Sample of a low carb (high protein) day

Dinner:

Salad (must eat first)

Salad dressing: Olive oil and vinegar (sparingly)

Steamed veggies (lots of cruciferous veggies such as broccoli, cauliflower, brussel sprouts, zucchini, carrots, okra, mushroom, spinach, onion).

Lots of protein (8 -16 oz) - chicken, fish, turkey, eggs, meat. You can also add small amounts of yogurt or kefir on days of fish or eggs.

It is recommended to rotate between protein choices (1 choice per day).

Take the 20-minute “miracle break” after the protein part of the meal. If you are not hungry after the 20-minute break, you do not need to force yourself to eat at this time. If

you're still hungry then eat more of the protein of your choice.

Note:

You can have fresh tropical fruit, or sugar free Jell-O™ as dessert. You can also have Warrior Milk or a Warrior Bar as a treat at the end of a high protein meal. (1-3 servings, depend on level of physical activity)

Take your daily supplements (see list on page 30)

Upon completion of the first three weeks

What happens when you've completed the first three phases?

Upon completion of the three-phase (3-week) cycle, you can repeat it again. However, this time trying different combinations. For instance, you can try to incorporate 3 days of detox followed by 2 days of high fat (nuts) followed by two days of high carbs followed by two days of low carbs, and so on.

You can adjust your cycle based on the progress of your weight loss. This means that if you get stuck or reach a plateau, go back to detox for a few days and then resume the cycle. If however one of the phases gives you better results than the others, then increase the frequency (number of days) of this phase in the overall weekly cycle. Eventually you will find your own unique cycle.

How can you incorporate this program and lead a normal lifestyle incorporating vacations and parties?

You can occasionally adjust your undereating and overeating cycles to accommodate special activities that include eating. For example, if you are on vacation or have a brunch or luncheon, you can plan to undereat during the evening and have your main meal at breakfast or lunch.

This program is designed for people who love food. Trust your instincts and use your common sense to make the right choices. The advantage of this eating program is that you can adapt it to suit your needs at any time.

When can I drink Wine and Alcohol?

If you enjoy a glass of wine with your dinner, then the best way to incorporate it is with a High Protein dinner. You can also enjoy a

glass of wine with a High Fat dinner (Nuts). Beer and other alcohol beverages are not advisable

What if you “fall off the rails”?

Nobody is perfect – you may at times find yourself bingeing on the wrong food at the wrong times. It’s not the end of the world! The best solution is to shift the rest of the day or the cycle into small complementary meals, rather than eating a large evening meal. For example, if you eat cake or pasta or bread during undereating, you can follow the rest of the day with a small protein meal for dinner. You can resume your regular program the following day.

What do you do once you have successfully reached your fat loss goal?

Once you have reached your fat loss goal you can incorporate a maintenance routine that involves the cycle (detox, fat, high and low carb) that has worked best for you. “Once a Warrior always a Warrior”. This is the time to be more adventurous and test your capacity to increase food and calorie consumption and the effect this has on your overall metabolic rate and energy levels.

You are now an expert at recognizing what works and what does not work, so continue following the principles while experimenting with the variables of the program.

Finally, at this stage, you can try some of our other Warrior Diet Programs to maximize your body’s ability to build muscle mass and improve body performance.

General Recommendations

- ❖ Take multivitamin, multiminerals and antioxidants C (3000 mg), E (800 IU), and A (10,000 IU).
- ❖ Add the minerals calcium (1000 mg) and magnesium (300 mg).
- ❖ Have essential oils every day with your evening meal. **Note: stay away from fish oil capsules. They may carry toxic residues and rancid fatty acids due to processing.**
- ❖ Take free form amino acids (not necessary if you use Warrior Stubborn Fat Burner)
 - L. Lysine (500 mg)
 - L. Carnitine (500 – 3000 mg)
 - L. Cysteine (500 mg)
 - L. Taurine (1000mg)
 - L. Tyrosine (500 – 1000 mg)

Useful Hints and Tips

- ❖ If you need to add a sweetener to your tea, coffee, yogurt, etc. you can use Splenda™ in small amounts
- ❖ After the initial three week cycle you can introduce half a handful of raw almonds in the afternoon to tide you over
- ❖ You can add one teaspoon of maple syrup for sweetness in your yogurt (not during detox)
- ❖ A Warrior Bar is a great snack during undereating (substitute for a fruit or protein snack), or as a great recovery meal after a workout
- ❖ If you feel like drinking a diet soda, it's best to drink one sweetened with Splenda™ vs. NutraSweet™
- ❖ An excellent post workout recovery meal should consist of 1 cup of plain yogurt with a banana or berries or Warrior Milk
- ❖ Use organic dairy products wherever possible

Food List

- Fruit:** Apples (peeled) banana, kiwi, berries, grapefruit, orange, papaya, mango, peach, pineapple, melon.
Grapes and watermelon (okay after high protein dinner)
- Carbohydrates:** Corn, sweet potatoes, butternut squash, pumpkin, peas, potatoes, barley, rice, oats, quinoa, pasta, bread
- Protein:** Lean beef, turkey, chicken, white fish (such as sole, flounder, snapper, tilapia) eggs, plain yogurt, cottage cheese, kefir (type of yogurt), ricotta cheese, feta cheese, goat cheese, parmesan cheese
- Salad and Veggies:** Mixed greens, tomatoes, peppers, onions, cucumber, mushroom, sprouts, zucchini, carrots, cabbage, broccoli, cauliflower, brussel sprouts, spinach, okra, and spaghetti squash
- Nuts:** Raw almonds, pecans, walnuts, pistachios
- Salad dressing:** Olive oil and vinegar (sparingly),
Avoid white vinegar

Supplement and Product List

Supplements:

Vitamin C (Ester-C)

Multivitamin

Brewers yeast flakes

Essential Fatty Acids (Flax seed oil & Primrose oil)

Probiotics

Warrior Products:

Warrior Milk

As a daytime snack

Warrior Bar

As a recovery meal, a daytime snack or dessert

Warrior Diet Essentials

As your multivitamin

Warrior Diet Stubborn Fat Burner

Nutrients plus amino acids to help support fat burning

How to Eliminate Stubborn Fat

Fat gain is currently one of the most talked about yet unresolved issues. In spite of all the hype and numerous fat loss programs, most diets fail. Statistically, dieters in the long run gain more weight than they initially lose. Of special concern is the issue of stubborn fat, the fat tissue that can't be removed. Stubborn fat is

a modern problem of almost epidemic proportions.

Both men and women of all age groups suffer from the inability to lose stubborn fat, primarily as a result of misunderstanding what it is and therefore not addressing the problem correctly.

The one biological principle of fat loss, including stubborn fat loss, is to take away the functions of fat tissue, thereby taking away the reasons for its existence.

Let me note up front that the only way to effectively address the issue of fat loss, and in particular the elimination of stubborn fat, is first to understand the biological mechanisms upon which fat gain or fat loss occur.

By understanding how the body gains or loses fat, one would realize that fat tissue serves other functions aside from energy storage. Fat tissue, in particular stubborn fat, serves some distinct purposes, which give it reasons to accumulate.

The biological principle of fat loss is simple: taking away the responsibilities of fat tissue will also take away the reason for its existence. By doing so, one will be able to lose body fat, including stubborn fat, with astonishing efficiency, and most important, stay lean while not giving the body reason to induce a future fat gain rebound.

What Is Stubborn Fat?

The term stubborn fat refers to the tenacious fat tissue known to be almost impossible to get rid of. Stubborn fat generally resists fat burning actions and can't be removed even by hard diet and exercise routines. Men suffer from stubborn fat accumulation usually around the belly and the chest. Women suffer from stubborn fat formation around their hips, thighs and butt. Some women may gain stubborn fat around their upper arms. Stubborn fat gain often seems to appear as an age related problem. However, the association of stubborn fat with age could be quite misleading since the reasons for its accumulation have nothing to do with age per se, but with certain metabolic problems that may or may not involve aging.

Fat gain, including stubborn fat gain, serves some biological functions. As noted, taking away these biological functions will likely take away the reasons that initially caused stubborn fat gain. The biological principles of fat loss are based on the notion that by taking away fat's functions, it would, as any other inactive organ, degrade and shrink down in size. Therefore, the only way to effectively eliminate stubborn fat is to take away its functions and thereby the reasons for its existence.

Subcutaneous & Visceral Fat

The inability to lose stubborn fat somehow relates to the fact that many people aren't fully aware that there are two kinds of fat tissue, each with a distinct sensitivity to fat breakdown. The two types of fat adipose tissues are: subcutaneous fat, which is under the skin, and visceral fat, which is internal to the body.

Subcutaneous fat tends to be insulin sensitive and therefore more resistant to fat burning and more stubborn. Visceral fat, however, is more insulin resistant and therefore has a higher affinity to fat burning than subcutaneous fat. Most importantly, these two fat tissue types balance each other's fat breakdown. To be more specific, subcutaneous fat balances the breakdown of visceral fat by resisting fat burning and becoming stubborn fat tissue.

The higher the amount of visceral fat, the more it would release fatty acids and the more it may cause accumulation of lipids and cholesterol in the liver and in the circulatory system, thereby causing insulin resistance. In order to decrease the accumulation of lipids and cholesterol and protect itself from insulin resistance, the body may induce subcutaneous fat gain as well as increase its resistance to fat burning, thereby turning it into stubborn fat tissue. In other words, the higher the amount of visceral fat, the more stubborn subcutaneous fat would be.

Delayed Stubborn Fat Loss

One of the main reasons for fat loss confusion is the phenomenon of delayed fat loss. Delayed fat loss is often associated with the accumulation of high visceral fat and what seems to appear as stubborn fat formation under the skin. Many individuals fail to see any slimming-down-like changes in body fat under the skin in spite of following hard diet and exercise routines. The reason for what seems to appear as a stubborn fat delayed reaction to fat burning is that visceral fat responds first to adrenal fat burning stimulation, whereas subcutaneous fat has a delayed reaction. Those who have higher visceral fat need to burn it first before noticing any change in the fat under the skin. Athletes and individuals who wish to reach higher lean definition should realize that the higher one's visceral fat

percentage, the longer it would take to notice a change in body composition and overall body definition.

To conclude this point, stubborn fat formation serves a purpose; preventing the accumulation of fatty acids and cholesterol, thereby helping protect the body from insulin resistance. A high percentage of visceral fat would likely give the body the reason to form stubborn fat. In order to eliminate stubborn fat, one needs to take away the reason for its existence. Among them is losing visceral fat first. Nevertheless, there are additional reasons for stubborn fat formation.

The Reasons for Stubborn Fat Gain

Stubborn fat gain is a process that protects the body from the adverse effects of some major metabolic problems. If not solved, certain metabolic impairments may trigger a biological defence mechanism that causes fat tissue to accumulate as well as resist fat burning and thereby become stubborn fat.

Stubborn fat tissue serves some purposes that go beyond just energy reserve storage. The body gains or loses fat as part of a regulatory mechanism that protects it against three major problems:

1. Insulin resistance, due to the accumulation of lipids and cholesterol
2. Overall toxicity, due to the accumulation of toxins
3. Fluctuating estrogen levels, declining or over-elevated estrogen levels

In other words, fat gain could be regarded as a desperate attempt by the body to protect itself from the devastating consequences of high toxicity, insulin resistance (due to the accumulation of lipids and cholesterol), and fluctuating estrogen levels. Any method that would help resolve these problems would likely take away the major reasons for stubborn fat gain, therefore facilitating effective fat loss.

Taking Away the Reasons for Stubborn Fat to Exist

Reason 1: Insulin Resistance

Insulin resistance is one of the major reasons for stubborn fat gain. In order to take away this reason for stubborn fat accumulation, one first needs to recognize the difference between the two distinct types of fat tissues and their effects on stubborn fat formation.

Reason 2: Overall Toxicity

Aside from protecting the body from insulin resistance, stubborn fat gain serves other purposes such as protecting the body from the accumulation of toxins. Fat is a storage organ for toxins and as such it protects vital organs from damage.

Any method that effectively removes toxins away from the body would likely take away the reason for stubborn fat accumulation and accelerate the overall rate of fat burning. Simply said, detoxification can effectively help one get rid of stubborn fat and lose weight.

In practical terms, following a program of periodic fasting or undereating (i.e., fresh fruits, veggies and their juices) for ten to eighteen hours per day would most likely induce effective overall body detox. Nonetheless, maintaining healthy digestion and elimination is critically important to the effective removal of toxins from the body. Chronic constipation causes an adverse metabolic condition in which toxins are trapped in the digestive

tract and the liver. Moreover, when constipated, the body tries to recycle old bile, sending it back to the liver with additional toxins and cholesterol that increase metabolic stress on the liver, as well as increase the liver's lipid level, thereby possibly causing insulin resistance. In other words, chronic constipation may increase overall toxicity and cause insulin resistance, therefore giving the body the reason to form stubborn fat.

Conversely, periodic fasting or undereating, consuming nutritious meals that include fibrous plants, legumes and grains, taking live probiotics on an empty stomach and maintaining proper hydration, would most likely grant overall detox, prevent constipation and effectively help one burn stubborn fat.

Reason 3: Fluctuating Estrogen

Fluctuating estrogen levels may cause stubborn fat gain. As noted, stubborn fat serves some distinct biological purposes. It has been suggested that fat tissue may function as an estrogen regulator. Fat tissue produces the aromatase enzyme that converts testosterone to estrogen. This process is likely part of a biological mechanism that helps regulate the estrogen level, in particular in a female body, protecting it from the adverse consequences of estrogen decline. Estrogen decline in women can lead to reduced bone density, cognitive impairment, loss of menstrual cycles and premature aging. However, the process that converts testosterone to estrogen in fat cells may lead to a vicious cycle that feeds itself.

This is how the vicious cycle occurs: excessive fat gain often results in increased estrogen activity. More estrogen leads to more fat gain, whereas additional fat gain leads to more estrogen and so on and so forth. Women who lose excessive weight due to crash diets, anorexia or obsessive workout routines often suffer from severe symptoms of declining estrogen such as a seized

menstrual cycle. The resulting decrease in estrogen levels may trigger this biological mechanism that induces a fat gain rebound in a desperate attempt by the body to increase estrogen back to normal levels. Indeed crash or starvation diets, more often than not, are followed by a fat gain rebound, only that the newly gained fat tissue may be more stubborn than the previous fat tissue that existed before the initial fat loss. Ironically, a fat gain rebound, or as it's often called fat redistribution, often occurs after liposuction seizures, likely due to the same biological reason.

In men, the above process may have devastating effects on overall body composition and performance. Over activity of estrogen in a male body may result in stubborn fat gain, feminization, low testosterone levels, low libido, loss of strength and impaired muscle growth.

It's important to note that certain environmental chemicals and food ingredients such as plastic derivatives, pesticides and hormones found in dairy and meat, may induce over-estrogenic expression on the body, mimicking estrogen actions. Alcohol, when excessively consumed, has an ethanol-related toxic effect on the liver, with a consequent adverse estrogenic effect on the body. Binge drinking is often associated with stubborn fat gain (such as a beer belly). Alcohol impairs the liver's ability to metabolize estrogen derivatives, thus causing an increase in estrogenic compounds in the blood and tissues. Additionally, alcohol may increase liver lipids and cholesterol thus possibly causing insulin resistance which can further increase stubborn fat formation.

In practical terms, avoiding estrogenic chemicals and excessive alcohol consumption may help protect the body from over exposure to estrogenic activity. Women in particular should avoid crash or starvation diets so as not to trigger a fat gain rebound. Taking away the functions of fat tissue will likely take

away the reasons for its existence. Both excessive and declining levels of estrogen give fat a reason to exist and accumulate. Therefore, protecting the body from fluctuating estrogen levels is critically important for staying lean and healthy as well as preventing stubborn fat gain.

The Three Principles of Stubborn Fat Loss

The main reasons for stubborn fat gain are insulin resistance, over-toxicity and estrogen fluctuations. In order to take away the reasons for stubborn fat to exist, one needs to resolve these metabolic problems, which, as noted, give stubborn fat reasons to accumulate. The way to do this is to practically incorporate dietary and exercise routines based on three principles:

1. Increased fat utilization
2. Increased energy turnover
3. Increased overall detoxification

Let's further examine how the above principles translate into actual fat loss and in particular the removal of stubborn fat.

Principle 1: Increased Fat Utilization

Most fat utilization occurs in the mitochondria. Mitochondria are inner cellular components that utilize energy – the powerhouse of cells. The higher the amount of mitochondrial enzymes, the more efficient fat utilization would be. The largest mitochondrial-containing tissues are the muscles; in particular those which are high in slow or super fiber types. It has been suggested that different muscle types distinctly affect fat utilization. It appears as if certain muscle fiber types have superior fat utilization capacity over others. Slow and super muscle fibers can metabolize fat better than fast fibers due to their higher mitochondrial size. It's important to note that fat

utilization is critically important for lowering lipid and cholesterol levels and protecting the body from insulin resistance. Therefore, increased fat utilization would likely help take away reasons for stubborn fat gain. In practical terms, it is advisable to try to incorporate special training programs that help develop muscles with higher metabolic capabilities to utilize fat fuel. Combining endurance, strength and speed training in steady workout routines may help develop muscles higher in fibers that can better resist fatigue (without compromising strength or speed) and with superior capacity to utilize fat.

In other words, developing muscles with increased capacity for fat utilization would likely protect the body from stubborn fat gain.

Principle 2: Increased Energy Turnover

High-energy turnover is a state that involves an overall high metabolic rate (high energy expenditure and high food consumption). High cellular energy turnover is a clear indication of high fuel utilization. When energy turnover is high, carb and fat utilization increases, thus preventing the accumulation of lipids and cholesterol and therefore protecting one against insulin resistance.

This highly energetic metabolic state could be established by incorporating cycles of physical training and rest periods together with complete nutrition and sufficient calories necessary to fuel the highly pumped metabolic machine.

Feeding cycles that are based on periodic undereating and overheating (see “Feeding Cycles” diagram on page 44) may help increase the body’s basal metabolic rate likely due to the hormonal enhancing and thermogenic effects of overeating on the body.

Finally, high-energy turnover with its insulin stabilizing effect, would likely take away reasons for stubborn fat to exist. It's important to note that over training and insufficient nutrition may adversely affect overall metabolism, decreasing energy turnover and therefore increasing the risk for stubborn fat gain down the road.

Principle 3: Increased Overall Detoxification

The most effective natural ways to remove toxins away from the body are fasting, undereating, exercising and eliminating. When food consumption is minimized, more energy is shifted towards cleansing. Digestive stress and a loss of enzymes robs the body from vital energy that could be used for other metabolic purposes including detoxification, notwithstanding the fact that less food means less exposure to dietary toxins. Nevertheless, as absurd as it may sound, effective detox often increases toxin release and therefore may cause a temporary elevation of blood toxicity. It's important then to supplement and nourish the body with antioxidants (which are abundant in fruit and veggies).

Since fat loss often releases toxins, any extreme fat loss method including crash diets, may adversely overwhelm the body with a sharp increase in blood toxin level and as a result, the body may be forced to induce a fat gain rebound to desperately reabsorb the released toxins. Indeed, crash diets often involve a fat gain rebound including the formation of stubborn fat. It's better, then, to lose fat gradually and thereby avoid over-toxicity and a recurring fat gain. Any metabolic process that somehow increases toxicity may inhibit fat loss and increase the risk of stubborn fat gain. Food chemicals, pesticides, plastic derivatives, excessive alcohol consumption and chronic constipation may altogether significantly increase overall toxicity and thereby

overwhelm the liver's ability to detoxify, a condition that may also involve increased estrogenic activity and stubborn fat gain.

Feeding Cycle

Example of Daily Undereating

memory aid:

“**24** Hours In A Day”

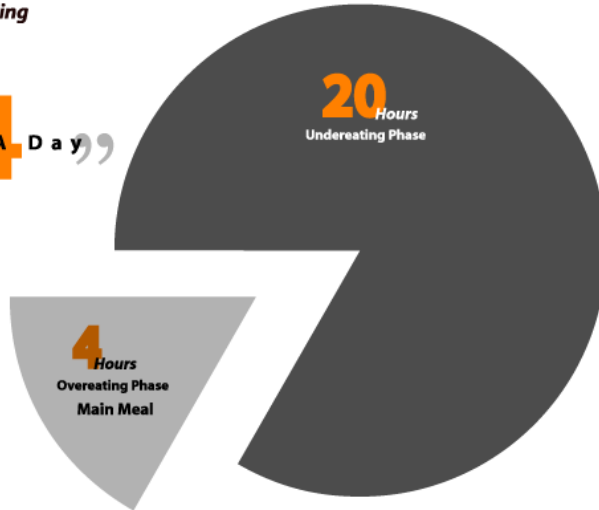


illustration by Marc Salzman

Additional Factors That Affect Stubborn Fat Loss

Incorporating the principles of stubborn fat loss in one's routine may be of great practical help for those who wish to lose fat as well as stay lean and vigorous. Nonetheless, there may be some additional factors that presumably may affect stubborn fat loss and are thus worth practical attention.

One of these factors is a deficiency in the amino acid L. Carnitine. Carnitine deficiencies due to insufficient nutrition, lack of enzymes or digestive problems, may cause accumulation of unoxidized fatty acids in the cytosol, a condition that may lead to insulin resistance and stubborn fat gain.

Another factor that may cause stubborn fat gain is over-consumption of carbs. Over-consumption of processed and simple carbs may adversely affect insulin receptor sensitivity thereby leading to hyperinsulinemia (i.e., high insulin levels). Chronically elevated insulin levels, such as due to consumption of too many meals during the day, may increase insulin resistance toward the end of the day, and with an accumulating abuse effect that may lead to an overall state of insulin resistance and a consequent stubborn fat gain. The modern feeding cycle of frequent meals during the day is a factor that may partly explain why aging is often associated with insulin resistance and stubborn fat gain.

To avoid the above metabolic problems, it's highly advisable to eat carnitine-rich foods such as meat and eggs or supplement with L. Carnitine, one to five grams per day. To avoid insulin insensitivity, it is recommended to minimize carb consumption

to one meal per day. It is also worth trying to cycle between days of low carbs and days of moderate carbs. These dietary methods may help stabilize insulin sensitivity and thereby afford one effective stubborn fat loss.

Finally, there is the factor of negative energy balance. Negative energy balance is a metabolic state in which the body spends more energy than it consumes. Negative energy balance involves the activation of cellular factor cyclic AMP {cAMP} which forces the body to mobilize fat for energy. For the purpose of losing fat, and in particular stubborn fat, it is critically important to induce temporary states of negative energy balance. One may be able to establish temporary states of negative energy balance by following a daily cycle of undereating and overeating or by incorporating full days of undereating followed by full days of overeating. The above feeding cycles would likely induce temporary states of low insulin impact and negative energy balance during the undereating phase, while keeping the overall metabolic rate from falling due to periodic overeating. These temporary states of negative energy balance in a highly energized body can help induce effective stubborn fat loss.

Conclusion

The elimination of stubborn fat is based on the biological principle of taking away the reason for its existence. Stubborn fat serves a purpose – to protect the body from the adverse effects of insulin resistance, over-toxicity and estrogen fluctuation. Therefore, any method that helps detoxify the body, stabilize insulin and normalize estrogen levels would most likely take away the reasons for stubborn fat accumulation.

Stubborn Fat Do's & Don'ts

- ❖ Undereating, fasting, exercising and eliminating (avoiding constipation) would naturally accelerate overall detox and help one lose stubborn fat.
- ❖ Incorporating endurance, speed and strength training in workout routines may help one develop muscles with superior metabolic capabilities to utilize fat and carb fuel and thus protect the body from insulin resistance as well as help eliminate stubborn fat.
- ❖ Boosting the overall metabolic rate by incorporating cycles of undereating followed by overeating and steady cycles of exercise and rest, may help increase fat and sugar utilization and therefore help prevent insulin resistance as well as accelerate the removal of stubborn fat.
- ❖ Avoiding crash diets would likely help save women from estrogen decline and a consequent fat gain rebound. Avoiding estrogen mimickers such as pesticides, plastic derivatives, and petroleum based chemicals and excessive alcohol, may

help protect the body from over-estrogenic activity, feminization of men, diminished libido and stubborn fat gain.

- ❖ Eating Carnitine rich foods such as meat and eggs or taking supplemental L. Carnitine may help prevent Carnitine deficiencies and thereby support fat utilization and protect against stubborn fat gain.
- ❖ Minimizing carb consumption to one meal per day as well as incorporating days of low carbs followed by days of moderate carbs may help stabilize insulin and therefore afford effective stubborn fat loss.
- ❖ Establishing a temporary state of negative energy balance by incorporating feeding cycles of undereating and overeating (including full days of undereating followed by days of overeating) may help accelerate overall fat loss including stubborn fat (see “Feeding Cycles” diagram on page 44).

Use your instinct and logic. Don't do things that don't make sense. Through trial and error you'll find what works best for you. Different people have different needs. For instance, some individuals may need to increase exercise frequency while others may need to reduce it. You are unique and so are your specific requirements. Finally, don't overlook small details -- they all lead to big changes. It's these changes that would likely help you transform yourself to become the super you.

References

R. Michael Anson *, Zhihong Guo *, Rafael de Cabo, Titilola Iyun, Michelle Rios, Adrienne Hagepanos, Donald K. Ingram, Mark A. Lane , and Mark P. Mattson, “Intermittent fasting dissociates beneficial effects of dietary restriction on glucose metabolism and neuronal resistance to injury from calorie intake”, *Proceedings of the National Academy of Sciences* Online Early Edition the week of April 30, 2003 (<http://www.pnas.org/cgi/content/abstract/1035720100v1>)

*W. Duan, Z. Guo, H. Jaing, M. Ware, X-J. Li, and M. P. Mattson, “Dietary Restriction Normalizes Glucose Metabolism and Brain-Derived Neurotrophic Factor Levels, Slows Disease Progression and Increases Survival in Huntington Mutant Mice” *Proceedings of the National Academy of Sciences* Online Early Edition the week of February 10 (<http://www.pnas.org/cgi/content/abstract/100/5/2911>).

Andriamampandry MD, et al. Centre d’Ecologie et Phighsiologie Energetiques, Strasbourg, France. “Food deprivation modifies fatty acid partitioning and beta-oxidation capacity in rat liver.” *J Nutr* 1996 Aug; 126(8): 2020-7.

Coleman, E. “Carbohydrates: the master fuel.” In: *Sports Nutrition for the 90’s*, eds. Berning, JR and Stenn, SN. Aspen Publishers, 1991.

O’Dea K, et al. “Noradrenaline turnover during under- and over-eating in normal weight subjects.” *Metabolism* 1982 Sep; 31(9):896-9.

Phinney SD et. al. “Effects of aerobic exercise on energy expenditure and nitrogen balance during very low calorie dieting.” *Metabolism* (1988) 37: 758-765.

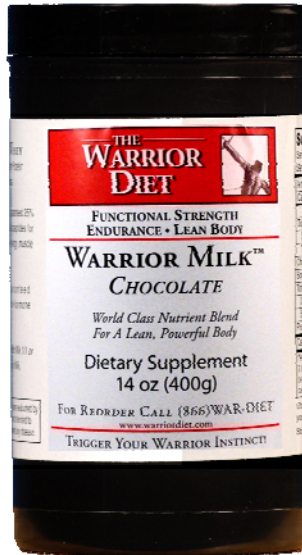
Plata-Salaman CR. “Regulation of hunger and satiety in man.” *Dig Dis* 1991; 9(5): 253-68.

Ajay Chaudhuri, MBBS, MRCP, Joseph L. Izzo, Jr, MD, FATH, “Insulin Resistance and Hypertension in the Absence of Subcutaneous Fat”, State University of New York at Buffalo, *Rev Cardiovasc Med*. 2000;1(2):120-124

P. Arner, “Regional differences in protein production by human adipose tissue”, Department of Medicine, CME M63, Karolinska Institutet at Huddinge University Hospital, S-141 86 Stockholm, Sweden, *Biochemical Society Transactions* (2001) Volume 29, part 2, p 72-75

A Few Warrior Diet Products:

Warrior Milk



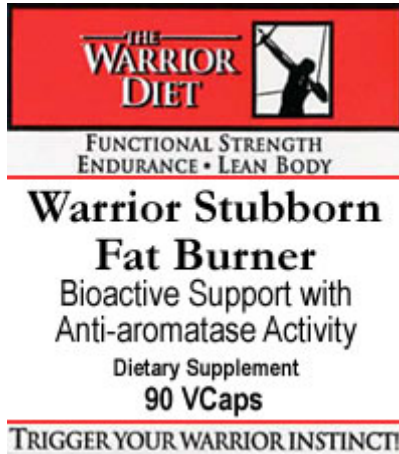
Warrior Milk is a proprietary blend of toxic free, pesticide free whey protein and milk powder with immune supportive nutrients, natural emulsifiers and ergogenic compounds specifically designed to maximize protein Biological Value (BV) and utilization. Comes in Chocolate or Vanilla!

For more info visit:

www.WarriorDiet.com

or call 1-866-WAR-DIET (927-3438)

Warrior Stubborn Fat Burner



Bioactive support with estrogen blockers, detoxifiers and metabolic enhancers

Warrior Stubborn Fat Burner is a proprietary blend of nutrients that help protect the body from over estrogenic activity together with natural supportive compounds and amino acids that help with detoxification and enhance fat metabolism.

For more info visit:

www.WarriorDiet.com

or call 1-866-WAR-DIET (927-3438)

Warrior Essentials



The Warrior Diet Essentials Multi Vitamin, Mineral and Anti-Oxidant Warrior Essentials is specially formulated to provide complete Multi Nutrient Support of all essential nutrients in their most bioactive form (in particular, B vitamins which play a critical role in energy production). The Warrior Diet Essentials redefines the term “essential” by going far beyond the typical multi vitamin and mineral supplements, providing anti-oxidants frequently missing in food or destroyed during cooking or processing.

For more info visit:

www.WarriorDiet.com

or call 1-866-WAR-DIET (927-3438).

Warrior Bars



Our delicious Warrior Bar takes no prisoners! Without the typical after taste and an outstanding nutritional composition not available in any other protein bar, there is no equal. Specially designed to provide maximum protein Biological Value (BV) and utilization, it's a perfect for post exercise recovery or a snack during the undereating phase of the diet or as dessert with evening meals.

Unlike most commercial protein bars, Warrior Bars are made from natural ingredients. The Warrior Bar is also clean and free of chemical additives, artificial sweeteners, sugar alcohol, glycerine, hydrolyzed gelatin, hydrogenated oils and added fructose, all of which can interrupt healthy metabolic functions, yet are part of most other bars including low carb or reduced carb bars or shakes.

Warrior bars are so delicious; their taste can only be compared to a homemade dessert treat with an appeal that is superior to most candy bars.

For more info visit:

www.WarriorDiet.com

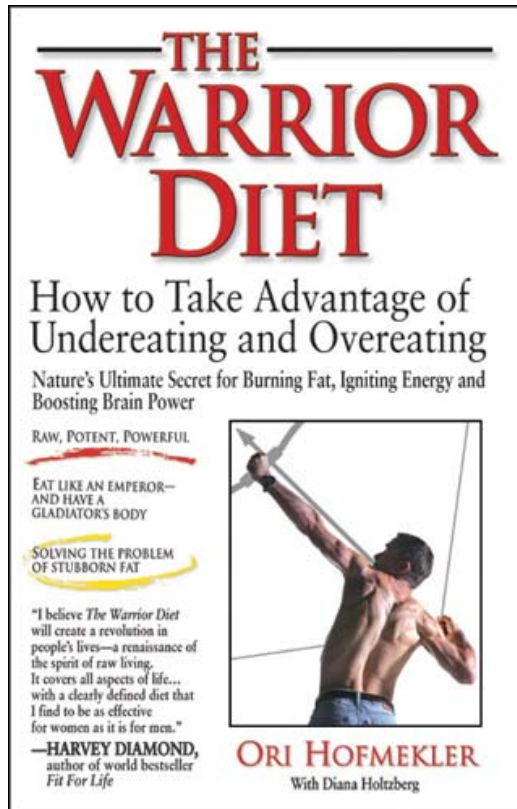
or call

1-866-WAR-DIET (927-3438).

Check out all of our great
Nutritional Supportive Products at
www.DefenseNutrition.com

Click on the Products Link!

Warrior Diet Book



Out of Print.

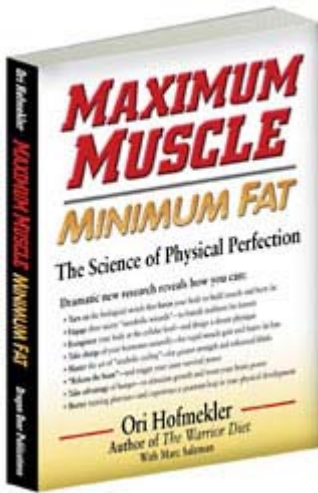
New Revised Version available Dec. 07.

E-book of previous edition available soon at:

www.WarriorDiet.com

Maximum Muscle Minimum Fat

Maximum Muscle Minimum Fat



The Science of Physical
Perfection

By Ori Hofmekler
With Marc Salzman

Paperback 180 pages 8.5" x 11"

For more info visit:

www.WarriorDiet.com

or call 1-866-WAR-DIET (927-3438)

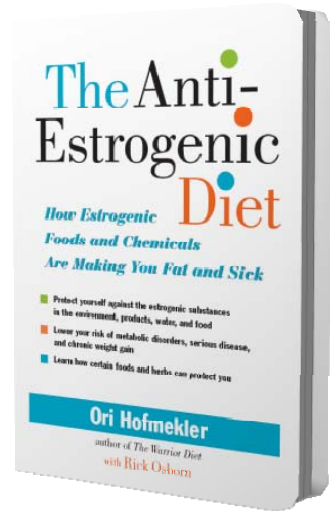
The Anti-Estrogenic Diet

The Anti-Estrogenic Diet

**How Estrogenic Foods &
Chemicals Are Making You
Fat & Sick**

By Ori Hofmekler
With Rick Osborn

Paperback 200 pages 6.5" x 9"



If You Suffer from the Following...

Estrogen Disorders in Women:

- Stubborn fat in the belly, hips, lower buttocks & upper thighs
- Irregular menstrual cycles
- Other related disorders (bloating, heavy bleeding and a susceptibility to endometriosis)
- Increased risk for breast and ovarian cancers
- Severe PMS and menopause

Estrogen Disorders in Men

- Stubborn belly & chest fat
- Feminization (conditions such as gynecomastia)
- Loss of virility (sterility & impotence)
- Increased risk for prostate enlargement and cancer
- Estrogen kickbacks from steroidal drugs

...The Anti-Estrogenic Diet Is for You

For more information, visit:

www.Anti-EstrogenicDiet.com

or call 1-866-927-3438