



Warrior Diet Success Story



6 Pounds lean Gain AND 3,2% Body-Fat in Winter Off-Season?!

“I am getting fitter and fitter!” ... with the Warrior Diet also beside the Competitions always on Top!

Testimonial Statement of professional World Cup Climber Jürgen Reis from Austria – www.juergenreis.com

Note: Jürgen Reis already wrote an article about his way thru his very best world cup season. If you haven't read this, please go to www.juergenreis.com. You will learn more about him, his sports and his successful way with Ori Hofmeklers Coachings and instructions.

As a professional world cup sports competition climber, I am always curious about new knowledge, every training, nutrition or mental strategy that makes me stronger, I want to know it! One of my passions besides my sport

is also, like Ori do, writing and publishing [books](#) about training and nutrition. I also offer coachings and try to do my best, to make Oris ways also in Europe common.

So, after finishing also a very great Season 2007 after all, I certainly enjoyed to stay on the Warrior Diet with all the advantages, even for my rest days.

The success season continued!

I am sure, it was no manner of luck, that I was able to continue my very best results in the “International Climbing-Competition-World”:

The Highlights in 2007 were

- 26th place at Worldcup Weltcup Valence (FRA) November (Semifinals)
- 26th place World Championship Aviles (SPA) September (Semifinals)
- 9th place 18. Int. Masters Serre Chevalier (FRA)
- 2nd place Austrian Championship-Cup 2007 Vöcklabruck

As you see in my results: I am still doing perfect with the principles of Oris Warrior Diet. The undereating during the day, allows me to train hard in my splitted routines during the day. But also on rest days, I enjoy the high energy level. The dinner in the evening is great and I sleep like a baby afterwards. I normally eat several snacks during the day and always about the same amount at the same time. BEFORE I GET HUNGRY! Also I eat the same Warrior-Snacks on 4-5 days a week. What I take really serious, is my special During- and after Workout Nutrition. This was one of the main things, Ori told me to make it perfect! My Warrior dinners also do not make any troubles – I love to keep it as simple as possible. Some of my healthy, effective and easy to prepare recipes I also described in my new german book [“Power-Quest”](#)

Low Carb and High Carb Cycles ...

... improve my power and made my body and mind work better and better, since I started the WD in autumn 2005. But they change really fast – often within weeks. Before Christmas 2007, an 6/1 Cylce – so only one High Carb day- was perfect. My hard training schedule in the following weeks in Spring 2008 and the amount of hard drills showed at the last kinesiology test: 2 High Carb Days and 5 Low Carb days per week are the best within the last weeks.

3,2% Body-Fat and Muscle gain with optimized Week-Cycle

These tests, in combination with Oris personal instructions and plans for me, make it possible, to get the best effect out of every training period. Right now, I usually have grains or Biological High fiber bread as Carb-Source, mixed with veggies and protein. The other three days I have Low Carb-Dinner with lots of nuts, good Protein and lots of Veggies (they are there every day). I think these were the main reasons, why I reached 3,2% Body-Fat (my lowest personal record) times in the last months. I didn't lost weight, so at

the same time, I was able to build up some lean muscle mass!

6 Pounds lean gain – 4 Pounds within 4 weeks in May / June 2008!

Update June 2008: Within the last months it even get better. I gained about 6 pounds of pure muscle mass and the last 14 weeks and my Bodyfat is still low (I kept around 5%). The first 2 Pounds were the hardest. I took me 2 ½ months and I had to elevate my daily calorie intake to nearly 3.500 (consider my bodyweight of 55kg / 120 pounds). Ori told me, in the Coachings, a lot about his own experiences and the experiences of his other Elite-Athletes, in gaining and sustaining muscles, which was really a great help. Also how ancestry Warriors get as muscular AND athletic light as possible and how wrong many Bodybuilders think about this subject. I learned many things, I already had vague ideas, but now, I was sure, having the scientific truth behind. An the solution: Another, special designed strategy by Ori and hard training. Special specific designed climbing training on the wall – the GYM was only 2 times a week on my schedule (vs. Climbing about 7-8 times per week) – made the biggest, fastest, and for my sports most valuable gains came true: 4 lean pounds in 4 weeks! No overtraining and guess what? I feel GREAT in the wall – powerful and energetic as never before!!!! More energy and "spirit" for a great new international season 2008! I am also looking forward to join Oris new Elite Warrior Team! S U P E R - GREAT!

Ori often called me a "Mountainlion", because these cats of prey are very lean and muscular. I think, as you see in the photos in this article, this is no overstatement ;-) I am proud of my body – thank you Ori!

Personal consulting with Ori Hofmekler via telephone makes it perfect!

The personal Consultings again and again offers me so many things to improve. Every phone call is for me a great chance to get first class knowledge from the very first hand. What makes Ori different from other "Diet-Coaches"? All my trainers in my team have one thing in common: They live for sports and healthy being. And so Ori does. To write and talk, is one thing, but to stay in touch and train with athletes and special forces several hours, even he is 56 years old, proves his knowledge!

Personal Consulting for professionals – The Conclusion is clear ...

For me the conclusion as a professional athlete is absolutely clear: If you want 100% of your body and mind power, also keep improving your Diet! I can tell you: There are often the "peanuts beside", they really count in the long run and also leaded me right to the next levels. And what can be more valuable, than getting taught by the Warrior Diet Creator himself? Get the chance for you individual WD. It is an investment in your life to benefit from full capacity: Current performance and staying lean, muscular and healthy, with 100% working body and brain.

Power-Quest: New book from Jürgen Reis in may 2008!

An exclusive Interview on our Internet Podcast you can find at www.Power-Quest.cc (Podcast Nr. 56). Direct Link: <http://www.power-quest.cc/podcasts/PQ-podcast56.mp3>

... and on [this site of a "fit and old man warrior" ;-\)](http://www.cbass.com/JurgenReis.htm) <http://www.cbass.com/JurgenReis.htm>, how Ori told him.

For all german speaking readers of this Article. About my strategies and fine tunings of my training and diet you can also read in my brand new book "Power-Quest". Sure: Also great pictures of Oris Abs are "part of the game" ;-). It will be published in may 2008. All details and some previews you can find at www.peak-prinzip.com.

"Our ancestors consumed food much less frequently and often had to subsist on one large meal per day, and thus from an evolutionary perspective, human beings were adapted to intermittent feeding rather than to grazing."

(Mattson, M.P., PhD, *Lancet* 2005; 365:1978-80)

Eat your breakfast at night and lose weight!

Eat your breakfast at night rather than in the morning and you may notice how surprisingly your body gets leaner rather than fatter. As a species we are nocturnal eaters, inherently programmed for night eating. Unfortunately, we consume most of our food during the day, starting with a big breakfast, and we pay the consequences. The solution: skip breakfast, eat your main meal at night, and you'll notice how you're leaning down without even changing your calorie intake.

The Warrior Diet book explains how everything in the human body has been programmed for night eating. *Learn how a.m. meals that cause energy crashes and weight gain may actually benefit you if eaten at night.*

[Get The Warrior Diet book now!](#)

The Warrior Diet book provides a detailed guidance of how to eat and exercise in a way that fits our true biological nature – and thus helps

restore the ability to manage weight and sustain health in today's world. *Learn how to remove stubborn fat from the belly and other areas.*

[Get The Warrior Diet book now!](#)

The future of all diets lies in the past evolution of all humans.

Read Ori's controversial [Top 10 Diet Fallacies](#).

Warrior Diet Principles

1. Eat One Main Meal at Night

There is evidence that humans are nocturnal eaters, inherently programmed for undereating and toiling during the day, followed by overeating and relaxing at night.

2. Go Low on the Food Chain

Researchers believe that the human genome is programmed for a late Paleolithic world. As hunter/gatherers (albeit more gatherers than hunters), we're better adapted to pre-agricultural food– i.e. chemical-free fruit, vegetables, roots, sprouted legumes, nuts, seeds, fertile eggs and marine food (wild catch).

3. Exercise While Undereating

It has been established that we have inherited survival mechanisms that compensate us when enduring physical or nutritional stress. Combining exercise with undereating will amplify the beneficial compensating mechanisms of both making us tougher, stronger and healthier.

How To Follow The Warrior Diet

The Warrior Diet is based on a daily eating cycle that incorporates two phases: undereating during the day, and overeating at night.

* This is just a sample chart that can be modified according to specified schedules and conditions.

Undereating Phase

During the undereating phase, one should minimize food consumption to mostly raw fruit and vegetables, soups, and small amounts of light protein foods. Note that undereating is not necessarily fasting. The undereating phase lasts throughout the daily (working) hours. It naturally promotes the sympathetic nervous system (SNS), which regulates reaction to stress, alertness, and energy expenditure. During this time, the body shifts into a negative energy balance and thus is forced to break down stored fat for energy.

Overeating Phase

The overeating phase lasts during the nightly hours. This is the time to have the main meal, consisting of all food groups in the right combination. Individuals are encouraged to cycle between days with different fuel foods, such as days of high fat (nuts) followed by days of high carbs (grains), to find out which fuel works best for them. Note that active individuals may require to adjust their fuel intake according to the nature and level of their physical activity. The overeating phase promotes the para-sympathetic nervous system (PSNS), which regulates relaxation, digestion and recuperation. During this phase, the body shifts into a positive energy balance, while establishing an overall anabolic state. This is the time when the body recuperates, builds tissues and replenishes energy reserves.

We are inherently programmed to rotate between negative and positive energy balance, and thus cycle between stress, alertness and fat burning during the day followed by relaxation, compensation and recuperation at night. Human survival is measured by the capacity to improve energy utilization, and the capacity to resist stress and disease. The Warrior Diet restores biological mechanisms that improve human survival on a day-by-day basis.

Exercise can help amplify the benefits of The Warrior Diet. It's a good idea to incorporate strength, speed and velocity drills in your workout routine (see [_____](#))

Learn the Secret to a



The Rules of Eating

- Start with subtle tasting foods and move to more aggressive foods – salad, vegetables and protein food first, followed by carb food or fat food (i.e. grains or nuts).
- Introduce all tastes, textures, aromas and colors possible in your main meal.
- Stop eating when you feel much more thirsty than hungry.

The Warrior Diet 10 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. Increase intake of anti-estrogenic foods and herbs (see [Anti-Estrogenic Diet](#))
5. Detox by minimizing animal food, processed food and sugar intake for a few days
6. Rotate between days of detox, high fat and high carbs
7. Avoid foods containing hormones, pesticides, chemical additives, sugar alcohols, artificial sweeteners and fructose
8. Do not eat carb foods alone
9. Avoid wrong food combinations such as:
 - Grain and sugar
 - Nuts and sugar
 - Nuts and grain

If **Lean, Powerful Body!**
you
have

Jürgen Reis's abs on
The Warrior Diet

Read our

more questions, check out our [FAQ](#), post a question on our [Forum](#),
or _____

- Alcohol and carbs
10. Exercise during the undereating phase