

HOW TO BE OPTIMALLY HEALTHY EATING ONE MEAL A DAY

by Glenn R. Hoey, N.D., CSCS, RKC.

In over 20 years of practice, I have read a number of diet books. Each time I read one, I tried all or part of it personally. I felt that I had to know first hand if something was as successful as the author made it seem. Every diet I tried (The Zone, Body for Life, Atkins, Protein Power, Fat Flush, Eat Right for Your Blood Type, Natural Hormone Enhancement) did help me in some way or another, whether it was fat loss, increasing protein intake, or general sense of well-being.

The first time I read about The Warrior Diet, I thought to myself, “No way this makes sense!” The premise is basically this: eat one meal per day, preferably in the evening. Eat one meal per day? You have got to be kidding! Who would like that? What about the plan where you eat 5-6 small meals throughout the day? What will happen to my blood sugar? Isn’t this why Americans are overweight and unhealthy in the first place? Needless to say it did not make sense to me. The author was not a physician, nutritionist, trainer, or even a famous celebrity for that matter.

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As I took a closer look, however, I began to understand the “method to the madness.” The author, Ori Hofmeckler, carefully explains both the historical and scientific basis for periodic fasting, or the “undereating phase,” followed by an “overeating phase,” where a large meal was the reward for a hard day’s work. He depicts ancient civilizations as lean and muscular people with a hunger for life. When these dietary practices changed, and people ate more often, they became softer, sicker, and lost the hungry “edge” that led them to conquer the

world. Where is the science behind this approach? Hofmeckler carefully details the effects that take place in the body when given the opportunity to detoxify and burn fat effectively in the “undereating” phase, as well as show that the “overeating” phase creates the optimum that the overeating” phase creates the optimum time for nutrient absorption, body building, and repair. The nuts and bolts of this program are:

- Eight lightly during the day—mainly raw fruits, raw veggies, or fresh juices thereof, with a small amount of protein.
- Take a 4-hour window later in the day to eat as much as you as you wish. Be sure to get health foods like salads, protein, good fats, and veggies in there but add your grains and carbs there also. Eat as much as you want in this 4-hour time window.

The bottom line is this program works, and beautifully. It frees one from the demands of the many-meals-per-day scheduling. It ceases the need for counting, or limiting, fats, carbs, protein, water, fiber, etc. It provides flexibility and endless creativity. It burn fat, removes toxins, and builds muscle. It makes one appreciate life and restores that hungry edge. I thoroughly recommend this approach to eating and living. It will make you feel alive again.

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