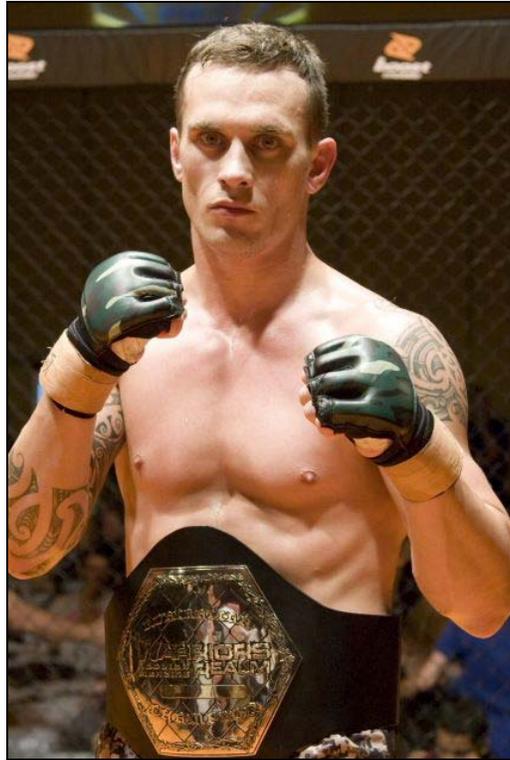


# Korey “The Gingerbreadman” Gibson’s Warrior Diet



NB; the basic reasons I use certain supplements are listed below.

Musashi Lysine – for its Lysine content (Life Greens Contains all 22 amino acids)

Echinacea – Flu defence

Menevit - (Strong Antioxidant Complex)

Bioceuticals Indoplex – Estrogen Blocker (Hard to get in NZ)

Korean Ginseng – during stress or tired periods as a pick me up (Adrenal Response)

Deer Velvet – Joint Support

Multi-Vitamin – replace lost vitamins

Vitamin C (1000mg)

Bee Pollen – a living super food for over wellbeing

Zinc/Magnesium – a potent mineral used to de-stress and replace minerals

Musashi L-Glutamine – for non-muscle wastage

Musashi L-Carnitine – fat transportation / utilisation

Digestive Enzymes – to digest any cooked or altered foods more efficiently

Protein Powder – organic protein powder (Lean Body Whey) – only when training very hard

Fish Oil - high in Omega 3's

Flax Seed Oil – high in Omega 3's and 9's

Probiotics – good bacteria for a healthy gut

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### Wake up

1 cup of filtered water with a squeeze of lemon juice to kick start the digestive system

Vitamin C x 1

Bioceticals Indolplex x 2

Echinacea x 1 tablet (cycle; 3 wks on/3 wks off)

Deer Velvet (Muscle Lip Extract, Glucosamine or Bromelain are also good) x 1

Fish Oil (Omega 3 EFA's) x 1

Digestive Enzyme x 1

Probiotics x 1

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### Training - Morning

#### Pre-Training

Musashi L-Carnitine – 5grams (20mins before training)

Musashi L-Glutamine – 5grams (5mins before training)

[www.musashi.com.au](http://www.musashi.com.au)

½ litre of water is to be consumed immediately before training

Somewhere between 6am and 10am – training has been completed

#### Post-Training

Musashi L-Glutamine – 5grams (immediately after training)

½ litre of water is to be consumed immediately after training

Multi-vitamin x 1

Zinc/Magnesium (Multi-mineral) x 1

Vitamin C x 1

Protein Powder (with filtered water) – 40grams

Fruit - x 1 (a pear, some mango, a grapefruit, some pineapple, a nectarine, a peach or a kiwifruit) or green salad

Digestive Enzyme x 1

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### **11am**

Small fruit or vege juice (squeezed with organic produce your self is ideal) – try these concoctions below...

- Cucumber and Celery Cleanser; 1 small cucumber / 4 stalks celery / 1 cup tightly packed parsley / 1 cup alfalfa sprouts
  - Pineapple and Mango Punch; 1 mango, halved seeded and peeled / ¼ pineapple, peeled and cut into chunks / 1 ruby grapefruit, peeled and halved
  - Raspberry, Honeydew and Kiwi Kick; 1 punnet fresh raspberries or 2 cups frozen (allow to thaw until just soft) / 2 cups peeled, chopped and seeded honeydew melon / 2 kiwi fruit, peeled / 1 green apple
  - Carrot, Rockmelon and Ginger Reviver; 2 carrots, trimmed / ¼ cup rockmelon, peeled and roughly chopped / 1 small piece fresh ginger root (approx 2cm)
  - Berry Blast; 2 cups frozen raspberries (allow to thaw until just soft) or 1 punnet fresh raspberries / 1 punnet strawberries, hulled / 1 pear / 1 green apple
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### **12pm**

Medium size fruit or vege juice

Fruit - x 1 (plums, some mango, a grapefruit, some pineapple, a nectarine, a peach or a kiwifruit) or green salad

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### **1.30pm**

Deer Velvet x 1

Musashi L-Glutamine – 10grams

Bee Pollen – x 4

Fish Oil x 1

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### **2pm**

A bowl of berries (strawberries, blueberries, blackberries or raspberries)

Korean Ginseng (if required for energy) x 1

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### **4pm**

Protein Powder (with filtered water) – 20grams

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## Training – Evening

### Pre-Training

Musashi L-Carnitine – 5grams (20mins before training)  
Musashi L-Glutamine – 5grams (5mins before training)  
½ a litre of water is to be consumed immediately before training

Somewhere between 5.30pm and 7.30pm – training has been completed

### Post-Training

Musashi L-Glutamine – 5grams (immediately after training)  
½ a litre of water is to be consumed immediately after training  
Multi-vitamin x 1  
Zinc/Magnesium (Multi-mineral) x 1  
Vitamin C x 1  
Protein Powder (with filtered water) – 40grams  
Digestive Enzyme x 1

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## 8.30-9.30pm - Evening: Main meal – Stuff yourself, eat as much as you can!!

### Immediately before your meal...

Probiotics x 1  
Digestive Enzyme x 1  
Fish Oil x 2

### During your meal...

Eat 1<sup>st</sup>  
Mixed green salad (add tomatoes, onions and olive oil if you wish)

Eat 2<sup>nd</sup>  
Lean protein (eat as much as you can; chicken, lean steak, fish etc)

Eat 3<sup>rd</sup>  
Cooked or raw vegetables – preferably raw (broccoli, zucchini, sweet potato, pumpkin, carrots)

Eat 4<sup>th</sup>  
Carbohydrates (grains; lecithin, barley, brown rice, or oats – or wheat grains; kamut or spelt)

Eat 5<sup>th</sup>  
Optional (dessert; raw yoghurt) – dark chocolate every now and then is fine too

### Finally

Menevit x 1

Snack on a handful of almonds or some avocado if desired

NB; stop eating once you are more thirsty than hungry – then if you get hungry again, eat again. But stop eating 2 hours before bed.

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## **10pm**

Bioceticals Indolplex x 2

Digestive Enzymes x 1

Echinacea x 1 tablet (cycle; 3 wks on/3 wks off)

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## **10.30pm**

Sleep until 5.30am – 6.30amish the next day = 7 – 8hours sleep minimum

Warrior Milk Protein Powder (with filtered water) – 10grams optional at this point

NB; remember to drink lots of filtered water!! Minimise caffeine

(Avoid caffeine totally 1 to 2 hours after and 6 hours before eating any significant amount of carbohydrate)

# Korey Gibson's Warrior Training Schedule



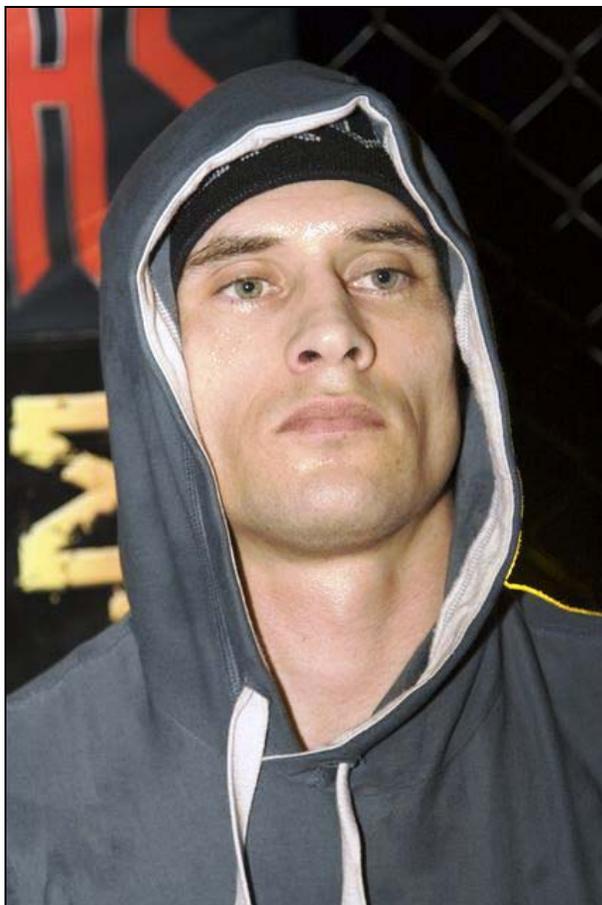
## A Typical Week

Day & Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AM</b>	<b>6.30-7am</b> CrossFit Weights Stretch	<b>6.30-7.30am</b> Pers. Training Rehab	<b>7-8am</b> Swimming Rehab Active Stretch	<b>6.30-7am</b> CrossFit Weights Stretch	<b>6.30-7am</b> Pads HIR Stretch	<b>6am</b> Hunting	
<b>PM</b>	<b>7pm-8.15pm</b> MMA Grappling Conditioning	<b>6-8pm</b> Jiu Jitsu	<b>6.30-7pm</b> Sprints Stairs 5/1/5/1/5 Stretch	<b>6-7.15pm</b> Kickboxing Sparring		<b>4-5.30pm</b> Sparring CrossFit Weights Jiu Jitsu	

NB; for your training schedule, ensure you do something everyday except Sunday. If you can have two days during the week where you get two sessions in – even better! I still invest over \$200/week into my health and fitness.

## *Some rules I like to stick by include;*

- 1 – Avoid refined sugars
- 2 – Avoid processed foods
- 3 – Try to stick to organic products only
- 4 – Peel your fruit to minimise free radical intake
- 5 – Try to avoid alcohol: if you want to have a drink red or white dry wine is best (moderation only!)
- 6 – If you want to have a holiday or break from this diet – feel free! Get back into it when you are ready
- 7 – Keep your supplements in stock so you never run out
- 8 – Avoid food contained in plastics – buy glass bottled water, and throw out your glad-wrap!! Purchase your meat from an organic butcher so you know it has not been sitting in plastic wrapping.
- 9 – Throw your microwave out – it changes the molecular structure of your food and exposes you to radiation
- 10 – Eat raw veges as much as possible
- 11 – Have plants in your house to help reduce carbon out-put
- 12 – Turn your appliances off at the wall when you're not using them!
- 13 – Throw your toaster out! It only makes you think of toast!
- 14 – Store you food, including meat and fruit in glass or ceramic dishes – NO PLASTIC!
- 15 – Recycle and try not to purchase items with too much packaging attached
- 16 – Buy a good quality juicer
- 17 – Stand upside down for a minimum of 5 minutes each day to allow your organs to rest from gravity's pull – if you are able, use inversion boots or an inversion table – this will allow your vertebrae to rest too, and you may get a little taller!!
- 18 – Install a water filter in your kitchen – you never know what's in our water pipes these days...
- 19 – Bounce on a rebounder trampoline for 5 minutes every day to stimulate your lymphatic system
- 20 – Only flush your toilet when you really need to!
- 21 – Buy long neck beer bottles instead of stubbies – they are more likely to be recycled properly



# *Why am I consuming all of these supplements?! What do they do for me?!*

Filtered water; is used for hydration.

Lemon juice; kick-starts your metabolism in the morning.

Vitamin C 1000mg; Vitamin C is essential for healthy bones, teeth, blood vessels and collagen. Vitamin C may assist in the functioning of a healthy immune system. Combines 1000 mg Vitamin C with 100mg of bioflavonoids. Timed-release formula for gradual release over 4-6 hours, ensuring greater absorption and assimilation by the body.

Antioxidants; usually a blend of nutrients and herbal extracts to provide maximum protection against free radical induced damage, antioxidants may be beneficial for oxidative stress, detoxification processes and as an adjunct for disease conditions that require antioxidant support. The thistle ingredients are great liver detoxifiers aiding in the elimination of stubborn fat. Whilst the Gingko Biloba increases circulation especially in the brain - when taken on an empty stomach. Gingko Biloba has also been proven to enhance memory. It also contains 1.25g of Grapeseed which is an antioxidant believed to be more potent than vitamin C, this aids in the elimination of free radicals. Lifestyle factors such as excess dietary fats, cigarette smoke, alcohol consumption, pollutants and stress can cause problems by eventually attacking and damaging cells. Oxidants or free radicals are by-products of human metabolism and environmental pollution. A healthy state of oxidative balance is necessary for the maintenance of good health. Grape seed capsules prevent the formation of (and fight off) free radicals in the body. They are a potent antioxidant rich in flavonoids, specifically procyanidins, which are strong, free radical fighters considered to be 15 to 25 times more potent than vitamin E.

Bioceuticals Indolplex; is an estrogen blocker resulting in "NO BITCH TITS"! It aids in liver detoxification of estrogen derivatives, has been known to protect against cancer and increase muscle tone.

Echinacea; is awesome for boosting your immune system and purifying your blood. Echinacea has been scientifically formulated to provide relief of symptoms and decrease the duration of upper respiratory tract infections, bronchial cough and colds and can provide nutritional support for healthy immune function.

Joint Support Supplements (e.g. Deer Velvet); the Glucosamine aids in joint maintenance and rejuvenation, thus helping to prevent further break-down of joints whilst the Bromelain enzyme can prevent inflammation, injury and reduce water retention. Bromelain is also vital in the break-down of calcium deposits (calcification) in joints and other tissues. These types of supplements are usually formulated to promote healthy cartilage and joint function and assist joint mobility with its anti-inflammatory action and cushioning effect on joints. It may also be suitable for symptomatic relief of the pain and swelling associated with osteoarthritis.

Fish Oil and Flaxseed Oil (Omega 3, 6, 9 EFAs); (essential fatty acids) Trans-fatty acids (i.e. "bad fats") in a diet makes it even more important to include EFAs in your daily regimen. EFAs perform many life-supporting functions in each cell of our body and are critical from infancy through old age. They form part of every cell membrane of every organ and tissue including the brain and nervous system. EFAs keep our cells strong, help in organ resiliency and tissue lubrication, protect cell membranes and help prevent damage by chemicals. EFAs in cell membranes help support passage of nutrients into cells and waste extraction. Essential fats are critical to the nervous system, the kidneys and in the manufacture of steroid and sex hormones and the hormone-like prostaglandins. EFAs are necessary to support normal blood pressure, immune and heart function, joint, skin, hair and nail health and prevention of fatigue. EFAs are required to support normal digestion and brain function. EFAs provide the body with the most concentrated energy source which must be present to efficiently complete Krebs's cycle production of ATP (adenosine triphosphate). ATP is the energy produced and stored at every cell. In addition to amino acids, vitamins, minerals and oxygen, EFA's need to be in constant supply for replication of cell energy (ATP).

Multi-minerals; your body is able to manufacture some vitamins, but it cannot make any of the minerals that are necessary for life. You must obtain an abundant supply of food grade minerals from your diet or all manner of health problems can result, both minor and major. The #1 mineral, by quantity, needed by the human body is calcium, which is biochemically necessary to life, crucial to health and instrumental in keeping you flexible and youthful. The human bloodstream is naturally slightly alkaline, but the standard diet of cooking and processing, is highly acidic. As a survival response, the body leaches calcium from the bones to neutralize this acid. This may lead to the osteoporosis. In a futile attempt to provide the body with its calcium needs, people consume millions of dollars worth of calcium supplements and millions of pounds of dairy products. In spite of this, the problem of severe calcium deficiencies and osteoporosis persist. Why? Few people realize that calcium, indeed all minerals, must be in an organic, utilizable state, meaning it must be "ionized". Calcium is inorganic as it exists in the soil and water. Once it passes through a plant or an animal, it becomes organic and ionized, which means the body can absorb and use it. Most calcium supplements are made from crushed rocks or seashells and are typically poorly ionized. Also, calcium is not used in isolation within the body. It must be in the presence of magnesium at a ratio of 2:1 with its naturally occurring trace minerals in order to be absorbed. These unique coral minerals help the body keep an acid/alkaline balance. Because the living coral ingests a large spectrum of natural, sun-radiated minerals from the ocean water, powder made from the coral contains a rich concentration of these naturally occurring organic minerals. They are also your first defense against radiation thus meaning a slight increase in dosage would be wise if you are exposed to X-rays or CT scans etc. They have also been known to improve your complexion by way of decreased wrinkles due to a decrease in toxins.

Digestive Enzymes & Protease Enzymes; Enzymes are the most important supplement to take. When you consume processed foods the enzymes have already been destroyed, so your food runs through your system unaided. Consuming digestive enzymes aids in detoxification and decreases bloated feelings in your gut. They also decrease inflammation, congestion, pain and aid in the digestion of your main meal at night. Protease enzymes – complement the digestion of high protein meals. These have been formulated to assist in digesting proteins, fats, carbohydrates and fibre. Enzymes are ideal for anyone suffering from health issues not necessarily associated with digestion. When stress is reduced to the system responsible for breaking down and assimilating the foods consumed more energy and thus more metabolic enzymes are made available to other systems of the body responsible for overall health. This includes but is not limited to the immune system, cardiovascular system, endocrine system, nervous system, etc.

Probiotics; have been formulated to support healthy intestinal microflora balance. The probiotics chosen for Pro-Bio have a history of beneficial use and are manufactured in a way that guarantees potency at room temperature for twelve months. Pro-Bio contains 8 species of beneficial bacteria. Each capsule contains 5 Billion micro-organisms, which are guaranteed shelf stable for 12 months at room temperature or 24 months refrigerated. Pro-Bio is enteric coated to bypass and survive the acid environment of the stomach.

The condition and function of the gastrointestinal tract is essential to our well being. This condition is highly dependent on the presence of intestinal microflora (bacteria). The beneficial microflora protects against the overgrowth of already present, potentially pathogenic organisms. Additionally, they produce enzymes (lactase, protease, and amylase) to complete digestion and are synergistic with enzymes in supporting the immune system. Probiotics are instrumental in protecting the host from invading bacteria and viruses. (Note: Enzymes eventually "wear out" but probiotics live, colonize and create more enzymes.) Administration of antibiotics is the most common cause of disruption of the balance and leads to decreased resistance to colonization and to alterations in the metabolic activities of the intestinal flora. The use of probiotics may be the most natural, safe and common sense approach for keeping the balance of the intestinal ecosystem. Benefits of Bacillus Subtillis: This bacterium is the source of Nattokinase, the enzyme discovered to support cardiovascular health and balance blood viscosity. It is one of the most studied strains in the world and has been shown to normalize intestinal microflora balance. Benefits of F19: F19 is a member of the Lactobacillus acidophilus paracasei species. It is well tolerated by infants, adults, and the elderly, adheres to the colon and persists in the GI tract. It has also been shown to increase Lactic Acid Bacteria in the GI-Microflora after 8 weeks of consumption. The remaining strains are fairly common in probiotic formulations. They have been shown to promote a healthy microflora balance in the intestinal tract, improve immune function, assist digestion, remove toxins and manufacture enzymes and vitamins.

Nutralife Lysine; - Lysine; is an essential amino acid which converts to L-Carnitine in our body aiding in fat burning. Lysine is also known to protect from cold sores. Lysine is an essential amino acid - it cannot be synthesized in the body and must be sourced from the diet. Lysine is an essential amino acid needed for the formation of proteins. The use of amino acid supplements following strenuous exercise is popular with many endurance athletes to help prevent muscle damage and aid recovery. Lysine is important for proper growth. It plays an essential role in the production of carnitine (a nutrient responsible for converting fatty acids into energy and helping lower cholesterol). Lysine helps the body absorb calcium and may aid in collagen formation.



Musashi L-Carnitine; L-Carnitine; promotes fat utilisation as a fuel source. Carnitine is one of the most widely used nutritional supplements for athletes. It has a critical role in metabolising fatty acids in muscle and transporting them into the mitochondria where they are processed to help provide energy. Carnitine may help increase aerobic performance, anaerobic capacity and improve power output in athletes. By assisting the burning of fats as fuel and enhancing fat utilisation during exercise, it may also boost energy. By burning fat as fuel, the body's supply of glycogen stored in the liver is spared for heavier exertion, which helps increase stamina, endurance and energy supply.

Musashi L-Glutamine; L-Glutamine; is a free form amino acid that nourishes your brain as a daily fuel. Glucose is the brain's main source of food, but when glucose is low, L-Glutamine is converted to glucose for brain food. It also boosts the feeling of well-being and assertiveness, and works best when taken on an empty stomach. When L-Glutamine is taken with food it will have an anabolic effect. It is also well known for reducing muscle break-down (catabolism) from high stress activity. It also blocks stress causing hormones. Glutamine is an important energy source for the cells in the intestinal tract and the immune system. It should be taken in circumstances likely to lead to glutamine deficiencies such as strenuous exercise and during periods of extreme stress.

Multivitamins; are formulas with herbs that assist in relieving the symptoms of tiredness, stress, increasing stamina levels and wellbeing.

Protein Powder; is consumed to avoid muscle break-down, replenish protein stores, increase testosterone levels and increase sperm count in males.

Nutralife Tyrosine 500 (**optional**); - Tyrosine; increases your dopamine and acetylcholine (major brain transmitters) levels. This must be taken on an empty stomach, to have the most effect. Tyrosine is used to improve your mood, increase your alertness and get you excited about facing the day! L-Tyrosine is a non-essential amino acid produced in the body from the metabolism of L-Phenylalanine. L-Tyrosine is formed by skin cells into melanin, the dark pigment that protects against the harmful effects of ultraviolet light. Thyroid hormones, which have a role in almost every process in the body, also contain tyrosine as part of their structure. Tyrosine is required in the production of melanin pigment of skin and hair. It may also helpful in the management of some symptoms of nervous tension, stress and mild anxiety.



Bee Pollen; - Bee Pollen; is known as a 'SUPER FOOD' and is pound for pound the highest protein food known to mankind. It is high in minerals and vitamins, and contains enzymes too. It is also high in Lecithin which helps protect the nervous system. Bee Pollen is also high in nucleic acids which protect your system from radioactive exposure and chemotherapy. Healthier Bee Pollen is one of the most complete foods produced by nature. It is a fine granular or powdery substance produced by the male anther of the flower of plants and trees which is collected by bees and fed to the young bees as a high protein food source. Healthier Bee Pollen is a natural product and a concentrated source of essential nutrients, including vitamins, minerals, proteins, and enzymes.

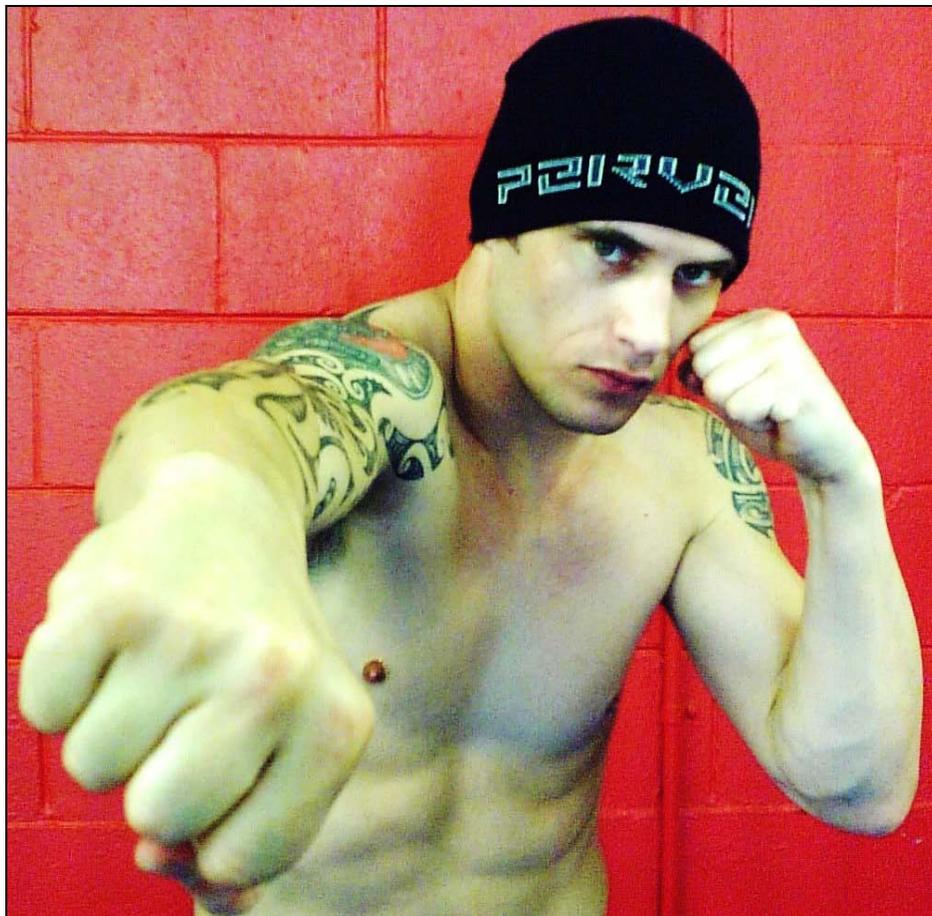
The benefits of Bee Pollen are many:

- Builds immune resistance - bee pollen contains significant quantities of antioxidants which help to enhance the immune system.
- Increases energy and stamina - bee pollen enhances athletic performance, maintains potassium levels, helps to increase red blood cells, and improves lung volume.
- Helps improve appetite where lacking.
- Weight stabilisation.
- Assists with memory function in the elderly.
- Beneficial for the prostate gland - pollen reduces the discomfort and inflammation associated with prostatitis.
- Reduces hayfever - studies indicate that taking bee pollen desensitises allergic reactions to pollen. Bee pollen contains the flavonoid Quercetin, which inhibits the release of histamine.
- When Menopause hits - it helps the body's adjustment at this time.

The nutrient levels of Bee Pollen:

- Bee pollen is on average about 24% protein, largely as free amino acids ready for immediate utilisation. It contains all the amino acids essential for human nutrition.
- Bee pollen contains about 5% fat, which is considered very low.
- Carbohydrates comprise about 27% of bee pollen.
- Bee pollen is rich in B vitamins, and vitamin C, A and E.
- Contains most common minerals, including substantial amounts of potassium, calcium and magnesium, and well as iron and zinc.
- Contains the highest natural form of folic acid.

Korean Ginseng; Korean Ginseng; is a 'pick me-up' herb hence the reason it is best consumed during the day. It is also a great sedative which can be taken at night time to help you relax before bed. Adrenoplex is a comprehensive herbal and nutritional formula for adrenal health. It may assist in relieving nervous tension, stress and mild anxiety. By supporting the maintenance of healthy adrenal function, Adrenoplex may assist in overcoming fatigue and provide support during mentally and physically draining circumstances.

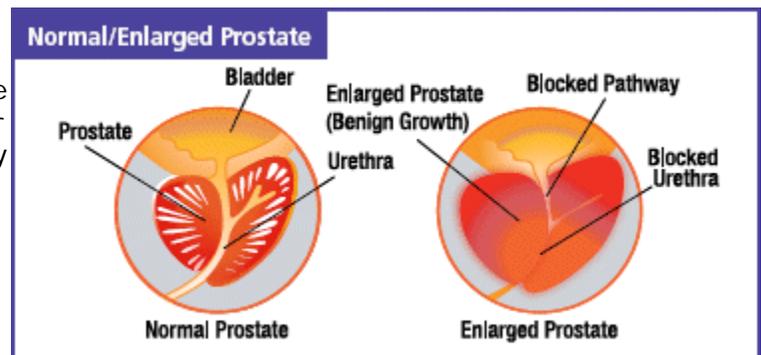


*If you want to look and feel like a warrior...  
It starts with you and ends with you and the decisions you make!*

ProstateEze (Pygeum & Serenoa) – **also optional**; - Serenoa (Saw Palmetto); is more traditionally known by the native American Indians as a fertility aid and aphrodisiac. However this may be false. Saw Palmetto has proven to be an effective supplement to help treat Benign Prostatic Hyperplasia (BPH) – a prostate enlargement problem. Serenoa is also well documented in the prevention of baldness in both males and females and helps maintain healthy shiny hair as well as being beneficial in the treatment of urinary tract infections. More recent findings have found that Saw Palmetto possesses anti-androgenic activity which means it may reduce the action of testosterone, hence the reason you must take Pygeum also, to combat this. Pygeum (Bark); may improve the infertility-related problems in men who suffer from diminished prostate secretion. Pygeum helps increase prostatic secretion and improve seminal fluid. Pygeum can also help those who suffer from BPH to improve sexual performance, and aiding in the achievement of full erections is one of those ways.

ProstateEze includes some of the most powerful herbs known to help your prostate. Endless hours of research have gone into developing this potent blend of herbs and an oil which have been scientifically and traditionally recognised to help balance normal male physiology and function. All of the special ingredients contained in this amazing formula are supported by clinical and traditional evidence for their beneficial effects on the symptoms of Medically Diagnosed Benign Prostatic Hypertrophy (Enlarged Prostate). All these herbs have been specially designed by nature to help your prostate.

The first powerful herb in this high potency formula is Pygeum which contains a number of special compounds considered helpful for male support. Pygeum may provide you with support for the symptomatic relief of: difficult or painful urination; difficulty starting to urinate; abnormally frequent urination; excessive excretion of urine; after-dribbling; bladder fullness; incomplete emptying of your bladder; urgency and interruption of urine flow or the need to get up frequently at night to urinate.



The next superb herb is Serenoa repens. This is one of the master herbs when it comes to doing something about an Enlarged Prostate. Serenoa repens may significantly improve the lower urinary tract symptoms in men with Medically Diagnosed Benign Prostatic Hypertrophy (Enlarged Prostate). These symptoms include abnormally frequent urination, urination at night, delayed onset of urination, and a weak urinary stream. So for the relief of urinary discomfort and improving urinary flow Serenoa repens is the ideal herb.

The third powerful herb in this outstanding formula is Epilobium parviflorum. Otherwise known as Willow Herb. Willow Herb may aid in the relief of complaints associated with Medically Diagnosed Benign Prostatic Hypertrophy (Enlarged Prostate).

Finally, there is Cucurbita pepo. In traditional medicine Cucurbita pepo oil has been used as a diuretic and tonic. Combined, the special ingredients within ProstateEze can improve the Fish Oil of the male physiology.



## *The Basic Warrior Diet...*

If all that info does your head in and you don't have the time, money or patience to stick at it – here is a Warriors Basic Diet that you may find easier to stick at!! Remember this is the absolute minimum – so between Korey Gibson's Warrior Diet and this Basic Warrior Diet, you should find a happy and healthy medium!!!

1. Most of the day;
  - Snack only (no more than every 4 hours) on a wide variety of unprocessed foods;
    - Whole fruit
    - Low density vegetables (salads & fresh vegetable juices)
    - Nuts and seeds
  - DO NOT ALLOW YOURSELF TO GET HUNGRY!!
2. Exercise vigorously!!
  - At least 2-40 minutes most days
  - Include high intensity resistance training exercise (weight training), at least once per week (per body part)
3. After exercise – eat a big meal of...
  - Low fat, high quality proteins  
(E.g. seafood, skinless chicken, lean meat, egg whites, protein powder or vegetarian alternatives)
  - Low fat carbohydrates (e.g. fruit, rice, pasta, potatoes, bread, cereals, low fat desserts /sweets)
4. Drink lots of water
  - Minimise caffeine  
(Avoid all caffeine for at least 1-2hrs after and 6 hours before eating any significant amount of carbohydrate)
  - Minimise alcohol intake (red or dry white wine in moderation are OK).
5. Take a multi-vitamin and fish oil tablets daily
6. If you feel the urge to splurge...
  - You may eat as much as you want – of whatever you want – for one meal only – generally no more than 1x/wk

THE NEXT STEP - To get the most from your resistance training workouts

7. Immediately before and after your resistance training workouts, have a drink containing...
  - PROTEIN - Preferably Whey Protein (Isolate or Concentrate)
    - 1 to 2 heaped tablespoons, depending on your size and workout duration/intensity
  - CARBOHYDRATE - Preferably Glucose / Dextrose or Maltodextrin
    - 1 to 2 tablespoons, depending on your size and workout duration/intensity
  - 2 – 3 cups of cold water



## *Additional Info I want you to know...*

The importance and benefits of enzymes;

### **Enhance Blood**

**Is it possible that an enzyme can clean up or purify the blood?** When you look at it from the simplest perspective it makes sense. It is a known fact that fungal forms, parasites and bacteria are made up of protein, and the shell that protects a virus in our bodies is in fact a protein coating.

**The enzyme protease breaks down proteins** and since the invaders of our blood system are protein, it would make sense that ingesting protease on an empty stomach would help purify the blood of protein invaders. An empty stomach is suggested since the protease would not have to be held in the digestive system to digest food protein.

**Enzymes in general deliver nutrients**, carry away toxic wastes, digest food, purify the blood, deliver hormones by feeding and fortifying the endocrine system, balance cholesterol and triglyceride levels, feed the brain and cause no harm to the body. All of these factors contribute to the strengthening of the immune system.

### **Break Down Fats**

**Lipase breaks down (digests) fat.** When added to your meal as a supplement it is able to do this in the digestive tract. This takes stress off the gallbladder, liver, and pancreas. When taken between meals, they can be of great support systemically and in some cases stored in the liver for later use.

## Shed Excess Weight

**Many overweight people have metabolism imbalance** or will soon create one, the endocrine system is our metabolism. Once we are able to fortify the endocrine system, get the bowels working regularly, and digest our food rather than turning it into fat, we have a successful combination for losing weight. This process is not instantaneous, because we have to lose fat instead of weight. A person has to lose a great deal of fat to equal one pound of weight. It takes longer, but it is healthier and lasts longer. Best of all, it does no harm.

## Enhance Mental Capacity

**Your body uses glucose** called from the liver to feed and fortify the hypothalamus. The hypothalamus directs our endocrine system and is responsible for, among other things, balancing emotions. This long lasting glucose is made from the protein stored in the liver. All plant enzymes come from protein foods, thus they help fortify the liver for this function. Red blood cells carry oxygen and nutrients to the glands, muscles, and all the organs of the body, including the brain. Nutrients however, can only be delivered throughout the body by means of the enzyme delivery system. When this is not accomplished, you become fatigued and are less able to think clearly.

## Improve Aging Skin

**An adequate supply of enzymes** is absolutely essential for keeping your skin young-looking and healthy. According to researchers, Amber Ackerson and Anthony Cichoke in Portland Oregon, enzymes fight the aging process by increasing blood supply to the skin, bringing with it life-giving nutrients and carrying away waste products that can make your skin look dull and unhealthy.

## YOUR "ENZYME POTENTIAL"

**Dr. Edward Howell began researching what he called the "Enzyme Potential"** in the 1940's. Since then there has been a great deal of support for this concept.

**Most people require 3 to 10 days to break down**, assimilate and excrete the waste of any given meal. Thus our body is in a constant state of digestion. To preserve our potential we need to reduce this amount. One of the easiest ways to do this is to limit the number of digestive enzymes that our body needs to break these meals down. By making less digestive enzymes we will ultimately make more metabolic enzymes in our lifetime. Keep in mind it is these metabolic enzymes that are the catalysts to every biochemical reaction in our bodies. These are the energy of life.

**We all make Digestive and Metabolic enzymes** as needed, and it is a proven fact that as we age we make less with each passing year. This ability to make only a limited number of enzymes has been called our enzyme potential.

**An individual's potential is dependent on their DNA** or what they inherit from their parents. Some people have a great potential. This is exhibited by the quality of their health despite their lifestyle choices. They can essentially eat whatever they want, drink whatever they want, rarely exercise, have high pressure jobs etc. Despite this, they live long, happy, healthy lives with little illness.

**The first option is to eat more raw food.** Within all raw foods there are food enzymes. These enzymes become digestive enzymes when we eat these foods. By eating foods that have not been cooked, processed, irradiated or heated above 118 degrees, we are extending our potential. (All of the above mentioned processes denature enzymes and the raw food does not have the same affect on the digestive system.)

**The second choice is to reduce the number of calories** we consume. Dr. Roy Walford from UCLA pioneered this concept. By eating less, we are ultimately preserving vital energy (making less digestive enzymes) and again, extending our potential.

**On the opposite side of the spectrum are people that are essentially born sick.** These people have to be careful about every aspect of their lives. To deviate will only bring grief. The difference between these two types of individuals is their enzyme potential. Most of us fall somewhere in the middle of these two groups. We should be conscientious about the choices we make. If we fail to be, eventually it will catch up to us and we will pay for it with immune compromise, fatigue, brain-fog and sickness.

**There are three ways to preserve this potential.** They are all based on reducing the amount of energy that we spend on digestion. By some estimates, we spend up to 80% of all of the energy we have at our disposal digesting our food. This makes sense since the third choice is perhaps the most obvious. Take a high quality digestive enzyme supplement with every meal.

## The choice is yours!

- Every one of us has a 24hr body clock inside of us that we have no control over – it's the way god created us, **YOU CANNOT FIGHT AGAINST IT!!!** Your body clock consists of three (8) hour periods, which break up into three differing and essential cycles.
  - The Appropriation Cycle; 12pm – 8pm / this is the time at which the body is most predisposed to taking in food.
  - The Assimilation Cycle; 8pm – 4am / this is when the body is best at metabolising food and extracting nutrients from the food consumed during the previous cycle.
  - The elimination Cycle; 4am – 12pm / this is when the eliminative faculties of the body are at their most heightened. Any disruption during this phase results in reduced waste reduction and increased energy expenditure.
- You should not eat ANYTHING but FRUIT before 12pm each day, fruit is the only food that does not require any digestive energy in the stomach therefore it does not hinder the lymphatic systems job during the elimination cycle. Breakfast is the most important meal of the day – RUBBISH!!! That's what the cereal and milk companies want you to believe!!!
- Pharmaceutical companies obviously live off of the SALE OF DRUGS!!! They don't want the world to learn about enzymes and minerals etc – because then we would be using their toxic shit as much!
- Cereal companies and cafes don't won't you learn about your internal body clock – because then we wouldn't be spending our hard earned money on their cooked, dead and enzyme free shit food!
- Understand this – your cereal and most food you consume is DEAD (dead meaning NO ENZYMES ARE ALIVE BECAUSE IT HAS BEEN COOKED, ROASTED PASTEURISED OR WHATEVER), YOUR FRUIT JUICES AND VEGE JUICES ARE DEAD TOO!! Unless you or someone else juices organic, peeled produce yourself.
- Milk – for starters milk is not milk anymore!! It is standardized, pasteurized and to be totally honest and to the point – NOT MEANT FOR HUMANS FROM THE DAY YOU LEAVE YOUR MOTHERS TIT!! God designed all milk associated living animals to be weaned off of milk at a certain age – animals in the wild do it – but not us STUPID humans we go and drink milk that's not even meant for us – cows, goats etc!!! Their milk is specifically designed for their own consumption – NOT OURS. It contains ingredient levels required for their offspring's bodies not ours! Some will argue that we need the calcium – once again, the calcium in cow's milk when leaving the teat is for baby cows!! Once it is then pasteurized and standardized etc – it's dead anyway and hardly worth 1 single cent to us as human beings!!! But if you choose to believe what they tell you on the adverts that's your choice!! If you want more calcium – eat more plants!!! THAT'S WHAT ELEPHANTS DO – LOOK AT THEIR STRONG BONES!!!!
- Doctors do not have to study nutrition at all in order to become a doctor – therefore in my opinion they have no right to tell us what we should and should not eat – have they ever prescribed you enzymes?! No!!!! Have they ever prescribed you drugs??!! Silly question ay!
- "itis" – anything with this on the end of it (arthritis, tonsillitis, bronchitis, cystitis, conjunctivitis, and appendicitis to name a few) is a warning signal for you that something is inflamed because your lymphatic system cannot cope and needs a break – GIVE IT ONE!!!! Resting your digestive system will give your lymphatic system the energy required to remove the toxins and waste from your body – that is its job!! God created us in a way that he seen best – are you going to argue with him?? Tonsils and appendixes are commonly removed from our bodies by us stupid humans!! Why? They have a purpose – that purpose is a warning system to you that you are currently overworking your digestive/lymphatic systems and the toxins in your body are NOT being removed!!

- Take a break – anytime you want to pig out on some junk food or a few beers – go for it, don't feel guilty – MURDER A PIZZA I say if you wish – everything is ok in moderation. I have the day off nearly every Sunday – I know I train hard and look after myself, so I live life too! Try to limit it to no more than once a week. But watch the calorie intake!!
- A build up of toxins can be causes for arthritis, fibromyalgia, lupus and chronic fatigue syndrome – rest your digestive system, load up on enzymes and nutritious foods to reduce the chances of these illnesses affecting your life.

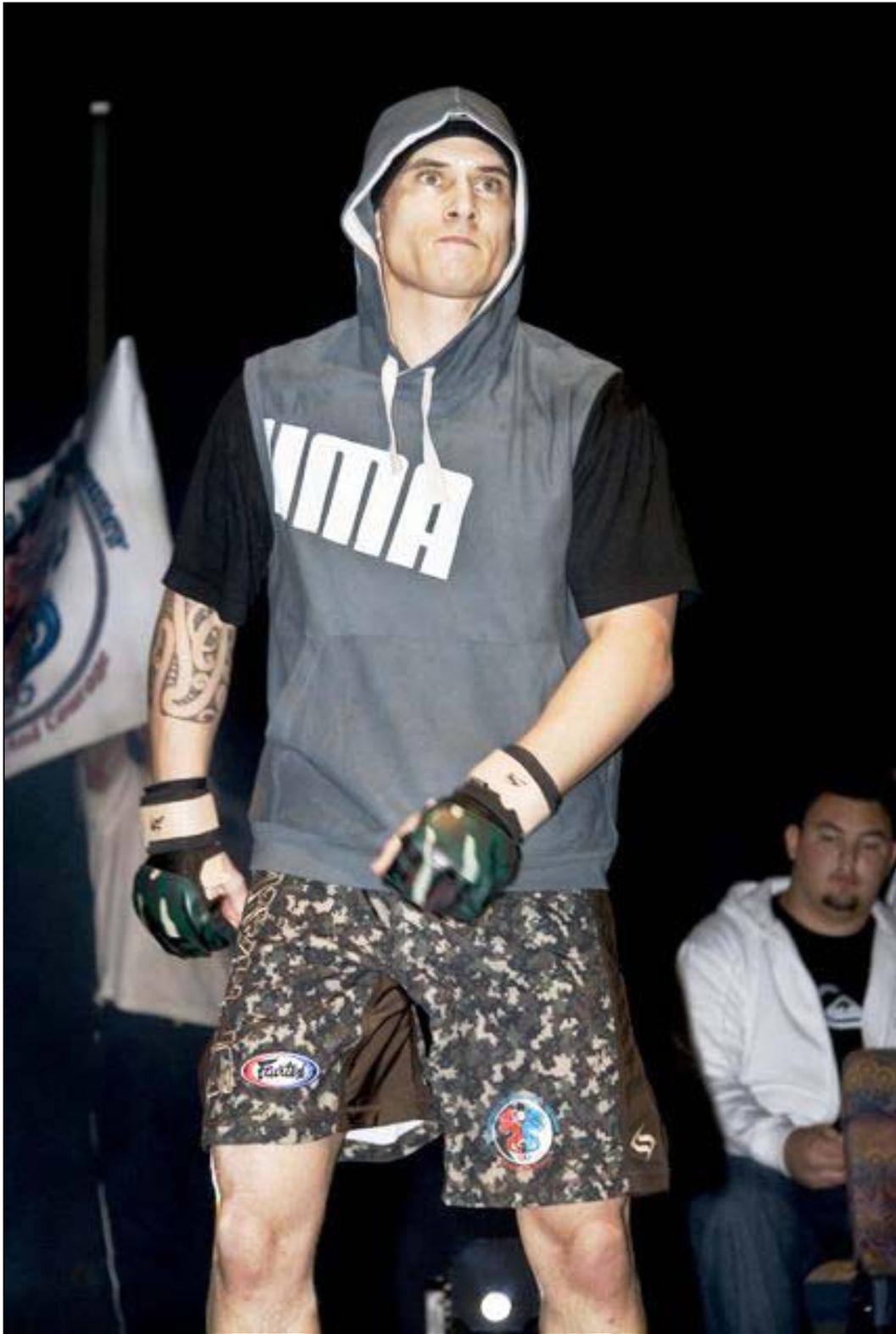


NB; you should always stick to the directions offered to you on the items you purchase when it comes to the amount of each item you should consume. But to be absolutely sure check with your doctor first (I have to tell you to do this, so just get it done); the amounts listed in this diet / training schedule guideline are for the consumption of Korey Gibson only and have only come been decided on after years of personal research and due to the physical and mental demands Korey Gibson places on his own body.

The reader must consult their doctor if the reader wishes to follow any aspects of this diet or training schedule. This is a sample diet and training schedule only and the reader should only follow it or parts of it once the reader has done their own research and consulted their doctor. If the reader decides to use any of the material in this diet / training schedule he or she must accept that they will not have any claim of any nature against Korey Gibson for any illness, injury or adverse change in medical condition or state of health arising directly or indirectly from anything derived from this sample diet and training schedule or advice provided by or carried out preparatory to or as part of any program the reader undertakes whilst under or not under the supervision or instruction of Korey Gibson. Any rights granted to the reader by law which are not capable of change by agreement remain unaffected.

*"Finally I would like to say that I try to tell many people about this diet, most are so brain washed by drug companies, food companies and supplement companies that they whole heartedly think I'm crazy for eating like this – it is now up to you whether you do this or not doesn't bother me – I'll be doing it regardless, and I hope you can join me!"*

*Best of luck!*



Research – The Warrior Diet; Ori Hofmekler with Diana Holtzberg, Living Without Pain; Harvey Diamond, Fitness A Systematic Approach; Leo Young and personal trial and internet research (including Enzymedica data).