

Spartan Health Regime

Anthony Bova



**The hard-core Diet, Training and Lifestyle program
for the Modern Spartan Warrior.**

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Dedication:

To my father, Colin, who helped me develop mental discipline and a love of health through his personal example and his encouragement.

Special thanks to **Elvis Sinovic**. The man who broke my arm during wrestling training (accident) many years ago. It was during my 8 weeks off work that I decided to commit my program to paper. Opportunity comes in strange forms sometimes.



Bova / Elvis

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Leonidas

The 300 Spartans

In the year 480 BC the Persian Empire having already conquered all of Asia and Europe set out to invade and enslave Greece. The Persian King, **Xerxes**, marched with what was thought to be an unstoppable army over a million strong.

While Greece desperately rallied itself a small delaying force was sent to intercept the Persian hordes. This force of only a few thousand Greeks from a mix of different cities was led by the legendary Spartan Battle King **Leonidas** and his **300 Spartans**.

The Spartans were the most elite warriors the world has ever seen. They were full time soldiers with iron discipline, each in absolute superb physical condition. They were fit, strong, courageous, hard men for whom actual War was said to be a respite from their brutal and constant training.

The Spartans and their allies choose to block the Persian advance at a narrow pass called **Thermopylae**. This pass, also known as the "Hot Gates", was perfect for the Greeks. It was bordered on one side by mountains, the other by cliffs and the sea. So the Persian's overwhelming numbers were nullified by the limited fighting room.

One of the Spartans, Dienekes (said to be one of the most courageous), overheard a local speaking in fear about the on-coming Persians. This man said the Persians had so many archers, when they fired their volleys, the arrows would block out the sun. To this Dienekes laughed and replied;

**"Good. Then we will have our
battle in the shade."**

Once the Persian army arrived it made camp and sent out spies to assess what force awaited to block their path. What the spies saw were Spartans stripped for their daily exercises or preparing their long hair. This was the habit of Spartans who were getting ready to fight and to die.

King Xerxes could not believe what he was being told. He thought surely the Greeks would flee once they understood the size of the army before them. He waited four days but they did not flee. He sent a messenger to speak with Leonidas. He promised that he would not attack Sparta and that the Spartans would be made the rulers of all Greece under his

Kingship. All they had to do was yield now. The Persian King asked them to give up their weapons. Leonidas replied simply;

"Come and get them"

On the fifth day Leonidas told his men to eat a good breakfast for soon they would all dine in Hell (Hades). Then the Persians came in wave upon wave of soldiers. And the Spartans fought and fought and fought. To the point of exhaustion and beyond. They killed untold numbers of the enemy in bloody belly-to-belly combat. The Persians were no match for the Greeks and Spartans in battle but their numbers were near limitless. The Persians were driven back again and again.

Late that day, in desperation, Xerxes sent in his elite body-guard troop of 10,000 men called the **Immortals**. The best fighting men in Persia. But the Immortals ran into a solid wall of Bronze shields and murderous Greek spears. They too were driven back having failed to break the Greek defense. Seeing the constant assaults were useless the Persians withdrew for the day.

On the sixth day the Persians sent in fresh troops hoping the small number of defenders would be weakened by the previous days fighting. They attacked all day in every different way they could conceive but again they failed to take the pass. Once again Xerxes had to withdraw his men for the day.

On the night of the sixth day the Greeks were betrayed. A traitor told Xerxes of a secret track that would lead his men through the mountains and behind Thermopylae. Xerxes sent his Immortals to take the track during the night and surround the Greeks. He intended to attack from both directions the next day and slaughter the remaining defenders caught in the middle.

Spartan scouts spotted the Immortals and hurried to revealed the Persian plan to Leonidas before it was too late.

At this terrible news the Greeks wanted to retreat knowing to stay would be certain death. Leonidas agreed and dismissed the Greek allies so they could make good their escape. The Spartans, however, choose to stay and delay the Persians further, giving the other Greeks more time to get away.

On the seventh day the Persians advanced again into the narrow pass. But this time the Spartans attacked. Knowing they would soon be trapped on both sides the Spartans fought with fury and desperation. The Persian commanders sensing victory drove their men on with whips and abuse. The

Spartan attack with their solid wall of shields drove many over the cliffs and into the sea. Many more were trampled to death by their own men as those in back were forced forward and those in front tried to retreat from the murderous frenzy of Spartan swords, most of their spears already having been broken. It is said that no one could count the number of dead.

During this last attack the 60yr old Battle King, Leonidas, was killed as he fought in the front rank, his usual place in battle. By this time the Spartans were being driven back by sheer weight of numbers. However when they saw Leonidas fall a cry rose up and the Spartans, as one, surged forward to reach his body. And so a bitter struggle was contested over the body as the Spartans against all odds drove forward four blood-soaked times until they could recover the body of their King.

The last remaining Spartans retreated to the most narrow part of the pass with the dead Leonidas to make their final stand. By now the Immortals were attacking from the rear and the main force of Persians from the front. Here they fought to the last with their swords if they still had them, and if not, with their own hands and teeth.

The example of this battle stands as one of the most courageous, heroic and important events in history. The rest of Greece was mobilized and united by the example of the 300 Spartans and went on to defeat the Persian Invasion. In the major battle to decide the war the Persians had to stand against 5000 Spartan warriors. Having already seen what a mere 300 could do their will was broken and they ran before the lines were even engaged.

Persia was trying to enslave Greece. Conquered nations and people were ruled at the whim of the Persian King who was considered a living God. In Greece at the time the idea of **freedom** and even **democracy** was being born. Had the Persian invasion succeeded history may have been very different. Maybe you and I would not be experiencing the freedom we now enjoy in our Western cultures.

The above historic battle inspires the hell out of me. It awakens the warrior spirit in me I guess. Many are the times on a long run or before a hard gym session, when motivation is at a low and I start to think I would rather be at home with a beer watching the TV, the example of the ancient Spartans spurs me on. I picture myself as an aspiring Spartan and am instantly re-motivated.

This manual isn't about war or soldiers or battle. But if not for my obsession with the Spartans, their example and culture, none of this would have been written. At Thermopylae a monument was erected to the brave fallen Spartans, it is one of the most famous of Warrior epitaphs

and is my most personal motto. Although it can be translated in a few different ways my favorite version is;

**Go tell the Spartans, stranger passing by,
that here, obedient to their laws, we lie.**



The Spartans were the ultimate Warrior race. They were tough and strict disciplinarians.

Their society was set up so that men trained full time for war, women kept fit to have the healthiest strongest babies and all the other jobs in society were done by slaves.

It is not the history that is important, we are not interested in setting up a society like that. It is the legend of the **Spartan Warrior** and their attributes that can inspire us

**Self-discipline - Courage - Constant Training - Strength
Simplicity - Endurance - Being Elite - Pride**

When the student is ready. . .the teacher will appear.

Thankyou for buying this manual. You don't know it yet but it may prove one of the smartest moves you've ever made health and physique wise.

Sometimes I think to myself; *"What makes one person read the ad for this program while others passed it by? What makes one person take a chance and order it while others decided not to? Is it just luck or is it maybe fate?"*

Don't worry I'm not going to get all spiritual on you. Once you get to know me you'll discover one of my pet dislikes are hippies who live in a magical, spiritual fantasy land! I live right here on planet earth (most of the time).

I know from past experience that it's impossible to teach somebody who doesn't want to learn. And quite frankly I never bother to try. I only ever deal with people who want to listen. Who are ready to listen.

For whatever reason, at this time in your life, one of my ads caught your attention and you decided to get the program. I don't think it was an accident. This program wasn't designed to appeal to a mass audience. It was made for the few. I think you are ready to learn the amazing information contained in this manual and so, as the above saying goes, the teacher has appeared.

However, before we start I feel it is my duty as a good teacher to give you 2 warnings;

WARNING NO.1: You Must First Empty Your Cup

To get the most out of this program you must be willing to start with an open mind. You will already have a lot of preconceived ideas, opinions, beliefs and even conclusions in your mind about health, diet and training. A lot of these will be challenged by this program.

I'm not asking you to take my word on every issue but you will not have any chance to learn new truths if your brain is already crammed full of old ideas you aren't willing to question.

Bruce Lee gave a great example of this in his teachings. You might only know Bruce as a Kung Fu movie star but he was actually very wise and a lot of his ideas were way ahead of their time.

Bruce told the story of a old Wise-man meeting a student for the first time. Every time the Wise-man started to teach the student something, the student would interrupt with his own comments or respond that he already knew all about that topic.

The Wise-man noticed the student already had a cup of tea in front of him which was nearly full. So he stopped teaching and began to pour more tea into the students cup. It quickly filled and started to overflow all over the table.

"Enough, enough tea, no more tea will fit into the cup!", yelled the student.

"Indeed, I see," replied the Wise-man. *"If you do not first empty your cup, how can you taste my tea?"*

WARNING No.2: The Matrix Effect

This is a strange warning but I'm going to give it to you anyway. It will help if you've seen the movie **The Matrix**. For those of you who haven't or who have forgotten the basic plot I'll give you a quick run down.

In the movie the world we know now is just a fantasy created by computers. Everything the characters see, hear and feel is computer generated and fed into their brains by the machines that control them. Like living inside a virtual reality game. From birth to death people are kept unconscious inside a pod by the machines that run the world, never knowing the truth that the world they know isn't real. The machines use the people kind of like living batteries, they suck off their bio-electrical energy.

Crazy plot but the point is the world the characters experience every day and they believe is reality, isn't. A small group have escaped from the pods and have discovered the secret. They don't live inside the computer program anymore they live in the real world.

Here's the important part. One of the main characters hates the real world. It's hard and tough. He desperately wants to plug back into the fantasy computer world. He doesn't want to remember anything about the real world at all. He wants to go back to the safety and ignorance of the pod.

That character may be you. Once you have read this manual you are going to discover some hard truths about health, diet and training that you may not like.

You may prefer to try and forgot or ignore them and go back to the easier fantasy reality you once had. Don't laugh. I've had a couple of people ring me and complain about this very problem. They were happier not knowing the truth! Happier to live in false safety and ignorance.

Don't do it!

You'll learn a little later when I talk about Mother-nature that you can't fool nature. You can fool yourself and try and go back to living in a fantasy world but it isn't reality.

You will also find even though you have a new understanding of the way diet (for example) works, everyone around you is still living in that fantasy world created not by computers but by big business, the media and fools.

Note:

Unlike most health, diet or training books I will not waffle on with the same points for pages and pages. In most books you'd be lucky to get one important point per chapter. Then they fill in the rest to make the book thick. I guess a bigger book looks more valuable.

The Spartans were big believers in saying less with more meaning. They valued speech and tried to express important ideas in only a few sparse words. Their style of speech was brief but it made a big impression upon the listener.

In this manual, and in all my work, I try and keep the Spartan hate of wasting words in mind. You'll find this manual goes straight for the jugular. Every page contains valuable information that has been summarized down to the essentials.

So don't try and comprehend everything in one go. Read it a few times and you'll be surprised how much it contains. I am always being told that people learn more each time they reread it, so please, do yourself a favor and try the same.

These principles are not set in stone. You'll find there is very little in the world of training and health that is set in stone. And if anyone tries to tell you different, run like hell because you are dealing with a fool. I am always learning and adding whatever works, you should do the same.

You'll notice this manual is written in a very easy to understand format. I write as I speak, which I'm sure would horrify my old English teachers no end! Bad luck. It's my manual and I'll write any way I want to. To me writing boring stuff just to appear fancy or educated is the ultimate sin, not getting your punctuation wrong.

If you want to know why I haven't gone into a lot of scientific explanations and detailed technical analysis it's because - ***that doesn't really matter.***

A Masi tribesman knows how to eat and live for best health and strength. He doesn't have a clue about science he just understands the natural laws and follows them.

Now observe the average scientist/nutritionist who studies the chemical structure of foods and has a so-called superior knowledge. He is probably an overweight, out of shape, junkfood eating, cola guzzling sick man on prescription medication for his high blood-pressure and diabetes!

Introduction

Walk into any bookstore across the country and you'll find an entire section filled from the floor to the roof with health books. Books that contain wonder diets and 5 minute exercise routines guaranteed not to make you sweat. Diets that promise miracle weight loss without any sacrifice on your part.

The common thread through most of them is "moderation". They cater to the average person who really doesn't want to do any real exercise or to change their diet in the first place.

This program is different.

It is aimed at the **fanatic**. The person who wants to achieve peak physical shape and health. The person who is a little different, who isn't afraid to stand out. But above all the person who has an open mind and the discipline and courage to follow through on new ideas.

To most of you, the ideas and concepts in this manual will be very different from what you've been taught about diet, health and training so far.

You will find that I'm not a rocket scientist. I'm not generally going to back up the ideas with the latest scientific research. That doesn't interest me at all.

The Spartans believed answers to important questions should be reasoned, supported by argument but at the same time expressed with brevity and conciseness.

That means they didn't put up with bulls%t artists who go on and on without getting to the point or who try and hide behind so called science. It's amazing to me how you can come up with "the latest research" to prove anything if you have enough money. Didn't the tobacco companies have a truck load of research proving smoking isn't addictive or even bad for you?

I will use powerful arguments and reason based on logic, common sense, our natural instincts and ancient wisdom. Be assured I have tested these principles in the only laboratory I care about, my own body. You should do the same.

To a minority of you, the ideas may not all be new. If you have searched hard enough in the past you may know a lot of this already. To you I hope to provide motivation.

Motivation to actually follow the principles and apply the ideas to your life. Because in my experience, of the very few who know this stuff, only small percentage apply it! What's the point in knowing if you don't use it?

The **Spartan Health Regime** to my thinking is a collection of concepts, principles and truths about diet, training and lifestyle. If you have the discipline to follow them you can transform yourself into a *superbly conditioned, ageless, lean, mean, health machine*.

So you have been warned, a lot of the principles may be very different from how you eat and train now. I will *openly admit* they are not for every-one.

The diet principles are based on our biological needs and the wisdom of ancient and tribal peoples.

Breaking the addictive nature of your Western Diet is extremely hard. But for those that do, those that choose the **road less traveled**, your effort will be rewarded by transforming you into a modern Spartan Warrior.

The word "**Spartan**" conjures up images of *hardship* and *sparseness*. I don't 100% agree with that thinking. Yes, hard training is important, but can and still should be enjoyable. Yes, a strict diet is important, but once your corrupted taste-buds adapt, that will also be very enjoyable. More enjoyable than you can imagine.

To me the **Spartan Lifestyle** means:

"a simple lifestyle built on the basics"

Why, because the basics work. That's what this manual is all about. Finding the basic truths and using them. These basic truths are like hidden keys that, once found and used, can unlock the awesome potential inside you.

Would you like to know the most important keys to real health?

Here they are:

- **A Natural Diet**
- **Daily Vigorous Activity**
- **Sunshine**

- **Fresh Air**
- **Plenty of quality Rest**
- **Be Happy**

These keys will be explained in more detail later on.

Real health is the number one goal of this program, without that you have nothing. It is the foundation of everything else. Without real health you get athletes who turn into slobs at 30. You get young guys who pump themselves full of chemicals to add some temporary muscle. You get slim people who die from cancer or heart disease.

The Modern Spartan Warrior has real health.

But it isn't the only thing this program is about.

It's about performing at your ultimate potential. It's about building and maintaining superior strength, endurance, power and conditioning.

It's about building a physique that you can not only be proud of, but that is functional and athletic.

The Modern Spartan Warrior is an athlete.

Some Food for Thought Before We Start:

1) We are after a physical body that functions perfectly and effortlessly as nature intended. We should have a high degree of physical strength, energy and endurance. With little or no signs of colds, sickness, aches & pains or disease being present. We want strong bones & teeth, clear eyesight & hearing and to never to see the inside of a doctors or dentists office.

"Aim to have a strong body carved in Granite yet balanced with the suppleness of water. To be ageless, pain-free and tireless. To have an open mind but the discipline and iron-will of a Spartan Warrior."

2) You should aim to live up to the quote from Musashi,

***"Try to become the type of person others
do not normally encounter in this world."***

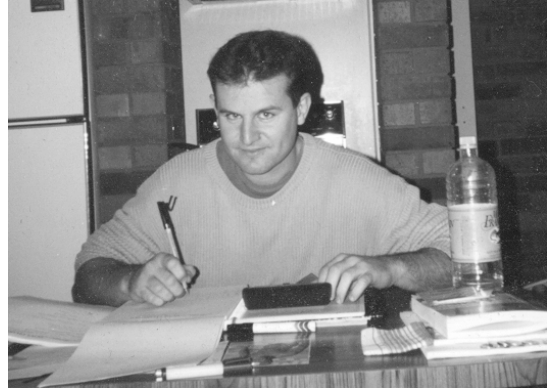
3) Here is an idea that flashed into my mind about 2 years ago while I was taking a shower. I had to run to my desk, dripping water everywhere, to write it down before I forgot it. Now I honestly don't know if this is an original thought or if I'd read it somewhere before and it just came back to me. That's not important. What is important is that this simple paragraph reminds me that I can achieve anything I set my mind to,

***"Sometimes our minds open up to the enormous
possibilities we could achieve, they forget
for a moment our own imposed limits. These are the
moments to grab and remember and work towards."***

4) And lastly I'll leave you with a fear that will hopefully inspire you to start living the way you really want. Especially if you've been going through life in a body or a level of health you're not truly happy with;

***"Our greatest fear should be not that our lives will someday
come to an end, but rather, that they may never begin."***

My Brief History



Author in 1996 writing my first ideas on the Spartan program

Before I tell you a bit about myself I want to get one thing straight.

I'm no Olympic Athlete. I'm no Martial Art Master. I'm not the Yoda of Health. I'm not a Bodybuilding Champion. I don't compete in the Worlds Strongest Man competition. I'm not an ex-DELTA force or SEAL operative. And I'm not a Mountain-top sitting Guru.

I'm none of those things and I don't claim to be. But just to show you I'm not 100% modest I will tell you what I am;

I am **Master of the Obvious**.

I am the **King of Common Sense**.

I am the **Wrathful God of Unconventional Thinking** (maybe God is going too far)

I am the **Spartan Warlord** and you are my **Spartan Warriors** who are about to learn all my secrets.

Why do I claim these titles? You'll understand once you have read this manual.

When I was younger I was a total fitness fanatic. I played Rugby (thugby as I fondly prefer to think of it), was a long distance runner, a dedicated gym junkie, rowed, ran triathlons and biathlons and just generally trained hard!

I attended a boarding school for 6 years and was the guy who woke up early to go jogging while everyone else was asleep. I was the one who kept doing sit-ups even when the Coach wasn't looking.

The funny thing was I never excelled in any sport, I was OK, but never in a top team. That didn't stop me training my butt off - something inside me drove me to do it.

Like most people I had no idea about nutrition. I sure thought I did! But I was wrong. I thought calories were the most important thing and eating with no fat at all was the answer. While living on my own and attending University I was eating instant noodles and long-life skim milk because on the packet it said low fat.

No wonder I was constantly catching any cold. I would catch 3-4 a year and they would last for weeks at a time.

Then I got bitten by the body-building bug. I stopped a lot of other sport and exercise and trained full time in the pursuit of getting massive. Over the course of a few years I ended up injuring just about every joint in my body, some of which still give me trouble. I was trying every routine and training like a mad-man.

What I didn't realize was those body-building champions were genetic freaks who munched steroids like candy! The average drug-free person has no chance to look like that, and now I honestly wouldn't want to.

Over the next few years I slowly started losing my previous fitness and began putting on fat. I was turning into the average guy approaching 30 - **a slob**. It can happen to you so easily, you wake up one day and find yourself out of shape and sick.

That's right, sick. I didn't have anything seriously wrong with me but I didn't feel healthy. I was still having multiple colds a year. My knees were starting to hurt all the time with what I can only imagine was the beginnings of arthritis pain. I also got spots of dry skin and my energy levels were dropping.

So I started reading and learning as much as I could about health and diet. One thing led to another and soon I had a wealth of knowledge. I was like a shark on a feeding frenzy. I spared no expense on getting my hands on hard to find information. I now own several out-of-print books worth hundreds of dollars each. I have a huge library of books, manuals, reports, audio-tapes, videos etc. I subscribed to dozens of newsletters and even traveled the globe to listen to different speakers. I spent years and tens of thousands of dollars in my ultimate health-quest.

But it was worth it because I found the answers I was looking for.

I started getting lean, I started feeling great. Full of more energy than ever before. I started to record every thing I did or learnt in note-books and diaries etc. I decided to live my life according to these basic **Spartan Principles** I was developing. I would go against convention and live my own way.

Originally I wanted to record everything to pass on to my kids and their kids, to build a wealth of knowledge about the truth in health/diet and training. My kids wouldn't have to follow it but at least they would have all my knowledge if they decided to.

Of course to get all this information, I had to read about and experimenting with every different theory I could find. I started to notice that most programs were for average people who didn't really want to change their diet or do any exercise in the first place. The books gave the minimum things to do, or advised moderation only.

That's why I wrote this. This manual is written basically for someone like me - the **fitness fanatic** who is searching for answers but can't find them in one place.

I wish I could have bought this manual when I was 16yrs old. Although I probably wouldn't have had the wisdom to realize what I had found!

Spartan Fundamental Principles

The first 3 Principles in this manual are very important. For that reason they have been simply referred to as **Spartan Principle No.1, No.2** and **No.3**.

You may be surprised to find that they are not directly related to diet, health or any kind of training. They have more to do with improving the way you think. Sound strange for a program inspired by the Spartans? Well, don't forget the Greek motto of a strong mind in a strong body! And the Spartans did have a devotion to the intellect as well as to physical exercise.

Before you read or start the rest of this program I want you to have a good understanding of these 3 principles. They are the key ideas that will let you get the most out of my work. You'll get a better understanding of where I'm coming from and they'll help you through your whole life.

Principle No.1

Comes from the teachings of **Bruce Lee**. Here it is, in all its heavenly glory;

"Take what works for you and reject what doesn't"

I want you do burn this idea into your brain.

So, whenever you read a new book, or see some new information concerning something you're interested in, take whatever part of that information works for you and make it your own. Incorporate it into your life or training or eating or business etc.

But if you try it and parts of it are not for you or don't give you the results you are looking for, then reject those parts. You don't have to agree with others 100%. Better to adapt the ideas of others that help you and leave out the ideas that don't. We are all different.

You may study an entire book and only learn 1 good new idea that you can use to help your training or health.

But if you keep doing this over and over again, soon you will have a wealth of useful, result producing ideas, concepts and knowledge.

That's how the **Spartan Health Regime** came about. I keep an open mind and read and test as much as possible. Gradually all the things that work came together to form this simple yet **concentrated** training, diet and lifestyle program.

Guess what? You should do the same with this program. Incorporate what works and leave out what doesn't. But have the wisdom to know the difference between what honestly doesn't work for you, and you just being lazy or undisciplined.

Another very similar idea is the military motto of;

"Adapt, Improve and Overcome."

I love that saying. It sums up the kind of mental never-say-die toughness you need. It's the same way of thinking. Don't hold onto things that don't work for the sake of tradition.

Principle No.2

I always had an idea this principle was true, but never made a big deal about it. Well now, with a little more experience, a lot more courage and a healthy disdain for the politically correct, I present to you **Principle No. 2;**

"80% of Conventional Wisdom is Wrong"

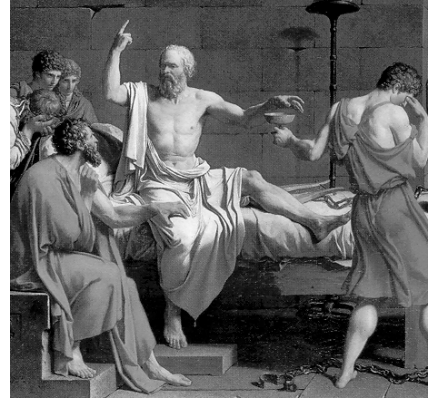
And I honestly think I'm being conservative in that figure.

I am referring to every aspect of life or topic you can think of. The more I read, the more I study, the more I experience, the more I live - I've found this principle to be the truth. In health, in diet, in martial arts, in weight training, in business, etc.

It is vital that you understand the significance of this point. From now on I don't want you to accept anything without questioning or thinking about it. ANYTHING!

We humans are sometimes very much like sheep. We follow the lead of others without thinking for ourselves. Just because it is being taught doesn't make it the truth.

My inspiration to this way of thinking was the example of Socrates, the ancient Greek philosopher. Let me tell you straight up I don't have a lot of time for most of histories philosophers. But there are a couple that I do study and have learnt a lot from. Socrates is one of them.



Socrates also believed people tended to act very much like sheep. They would assume the opinion of the majority was always right and follow along with the crowd because of pressure to conform. They would always accept the opinion of people in positions of authority.

I try and practice a Socratic method of thinking. That may sound fancy but it's very simple.

But Socrates taught that you must always question and think for yourself. Always seek the truth and ask is an idea or argument logical and reasonable. You must have the courage to stand up to the will of the majority, to tradition and to authority if they are wrong. Which they are about 80% of the time!

Be a non-conformist. But not just for the sake of causing trouble, only for the sake of seeking the truth.

You have to be tough to stand out from the crowd. Poor Socrates stepped on one too many toes and was sentenced to death. You can see him in the previous photo teaching one last point while about to accept his cup of execution poison.

Centuries ago men who said the Earth was round were burnt at the stake. The first doctor to suggest surgeons wash their hands between patients was locked away in an asylum.

Conventional thinking is nearly always wrong. You will see some very important examples of this in the diet section of this manual.

The lesson to be learned here is to once again keep an open mind. Question everything and then accept what works and reject what doesn't.

Principle No.3

To finish off our starting Fundamental Principles we'll have the most Spartan of the lot;

"Basics are best, always seek simplicity"

The Spartans shunned the complex, the extravagant the unnecessary. They made simplicity an art form. In their food, their training, their Laws and their homes.

Our world seems bogged down by a mess of complication. The more you work towards making the complex simple, the better off you'll be. By becoming a master of the basics or the simple things in any field you'll be ahead of 90% of people. Let me give you some examples;

Diet: Big Business through constant advertising throws a stream of complicated mumbo jumbo at the public every day. They brainwash people into buying every kind of crap food under the sun. Plastic fats to reduce cholesterol, colored sugar water sold as a sports drink, candy bars sold as energy food, genetically engineered super bread that never rots, the list is endless. But the reality is diet is very simple. Tribal people living about as basic a lifestyle as is possible and eating simply of natural foods never had the diseases and obesity that our advanced culture is plagued with.

Martial Arts: Becoming the master of one basic technique is more effective than half-knowing a dozen or more fancy moves. I personally know of a few street fighters who have won scores of fights with the same simple techniques over and over again, even against Black-belts who know heaps of fancy moves.

Strength Training: Let me quote a famous saying, *"Strength training is a very simple activity made complex by idiots."*

War: Napoleon said, *"The art of war is a simple art"*.

I'll demonstrate throughout this manual exactly what I mean when I say the basics are best and always make things simple. By the way, simple doesn't mean easy. Spartans aren't after the easy way out. The right kind of training and diet can be hard work but it's never complicated.

Spartan Diet Principles

Spartan Diet Introduction

The **healthiest** and **strongest** primitive peoples lived on whole natural foods as provided by nature. That is fresh fruits and vegetables, free-range or wild animals, seafood, raw dairy products and unprocessed properly prepared whole grains.

So we must strive to live according to the same principles if we wish to achieve our **ultimate physical potential**.

How can we find a diet that will let us perform at our ultimate potential? That will provide all the nutrients we need but cause none of the health problems we don't want.

That was the problem I had as I searched for an answer. Once I got sick of the ton of pseudo-scientific crap that we get told about diet and nutrition, the first thing I did was try and find '**the natural diet of man**'.

What were we designed to eat. An anteater eats ants; a cow eats grass; lions eat meat; but what were we designed to eat? I knew it wasn't Burgers and Cola although some of us try to live on it (my younger brother included).

By studying the natural diet of early man and then following it as man progressed and changed, we can learn a lot that will help us understand what are the real nutritional needs of our body. Here is a simple summary that will show the steps in the **Diet of Man**.

Primate/Frugivore Diet

It is generally believed that the human body was designed to eat fruit. Our closest relatives the chimpanzee, lives whenever possible on a diet of up to 90% fruit. The remaining food being made up of raw animal products such as insects, grubs and even other smaller monkeys.

Hunter/Gatherer/Fisherman

This category started a couple of hundred thousand years ago with the early humans we call the caveman. It's also the category most of the tribal people studied in this manual fall into. It means they gathered fruit and plant life that was available and hunted animals and sea-life which they ate having discovered fire and tools. As a Hunter/Gatherer/Fisherman, Man became larger, heavier, stronger and

smarter. The addition of animal meat and fat provided a concentrated and easy to digest source of energy and nutrients. Helping to explain the eventual development of our much larger brains and slightly smaller digestive organs than other primates.

Finally as populations grew and man started to settle down we have;

Farmer/Civilized Man

Man discovered methods for farming and keeping domestic animals. Grains became the main food such as wheat, rice and oats. The population of the earth increased dramatically due to this new source of food. This happened about 10,000 yrs ago, only very recently in the history of mankind. All the ancient civilizations are in this category; the Greeks, the Egyptians, the Romans, the Vikings etc. Agriculture allowed faster and bigger populations to grow. Traditional hunter/gatherers were outnumbered and pushed aside. However, although the rise of agriculture created civilization, it did not provide the same quality of nourishment as the traditional hunter/gatherer/fisherman diet.

Modern man

I'm talking about our current society starting with the industrial revolution. We have gone mad. We have totally lost touch with our part in the cycle of Nature. In fact we now pretty much believe we are above nature. People think meat comes from the supermarket shelf and milk comes in a neat plastic bottle. We have refined the hell out of our food. Refined sugar and white flour are everywhere. Thinking we know better we have replaced the old fats used for over a hundred thousand years with modern processed vegetable oils.

Now I wouldn't be complaining if our health had improved due to all our new eating habits. But we have a sick population. We have arthritis, dental decay, heart attacks, cancer, diabetes, child obesity, infertility and the list goes on and on and on. We have a problem. And it won't be fixed with drugs and more medication. It won't be fixed with more advanced scientific breakthroughs.

It's so simple. We have to learn from what worked in the past for our ancestors. What kept them healthy, strong and disease free. We have go back to the kind of foods that really are good for us.

The Modern Spartan Warrior is Born

That's you!

We have the luxury of being able to look back on mans past and learn what is good and what is bad, what works and what doesn't, then apply it to our diet and lifestyle so we can reach our own ultimate potential. The principles that follow are based on exactly that.

I think it is obvious that man can live on a wide variety of foods and still survive quite well. After all, man lives on every part of our planet and every country's diet is different.

However we are after a diet that lets our bodies perform at their **ultimate**, we do not wish to be average, we choose to be exceptional. I wasn't after a diet that would let me just survive. I wanted one that would let me thrive.

Look, I'm grateful for the rise of civilization and technology (most of it) but that doesn't mean I have to accept the inferior diet that comes with it. We are at a great time in history. We can accept the benefits of civilization but we can choose to eat the healthy diet of our past hunter/gatherer/fisherman and primate ancestors.

The Spartan Diet is a combination of the Primate & Hunter/Gatherer/Fisherman diet, supplemented by some of the Farmer diet.

Primates

Our closest relatives the chimpanzee and orangutan live whenever possible on a diet of up to 80-90% fruit. Their remaining diet being made up of raw animal products such as insects, grubs and even other smaller monkeys plus leaves, some nuts, honey and fungi.

Now the chimpanzee shares 99% of the same genetics as us. The orangutan has 97%. They both have an almost identical digestive system to the one we have. For although we have changed and evolved over the last few million years our digestive system is still pretty much the same as it has always been.

We are so far removed from the way Nature intended us to live that it seems only logical to study our relatives who are still too "stupid" (who really is the stupid ones?) to eat and live the way we do.

An important lesson is that neither of these 2 are vegetarians.

Sorry, guys, they eat flesh. They eat it in smaller quantities than we do and they eat it raw. But although the bulk of their diets come from fruits/vegetables and leaves the animal products they do eat are considered a **prized** part of their diet.

Chimps will hunt other smaller monkeys, baboons and similar animals. When a kill was brought in, it was divided up between the group, with the dominant males getting the majority of the food. The chimps protected their share of the meat fiercely. Even a Chimp who would normally share their fruit or nuts would fight aggressively to protect their small piece of raw meat, indicating the value of the food.

All the organs were eaten and the bones chewed. The brain of the animal was considered a prize part of the kill and eaten slowly by the Chimp lucky enough to get the skull. You may not like the idea of eating raw meat and organs yourself but you'd have to find it hard to argue that it isn't a part of our natural diet.

They will then eat this animal source meal slowly and mix it with mouthfuls of leaves. This is a good lesson for us. Salads and vegetables, especially greens, are important to eat with meat. They provide fiber and may aid digestion.

Of course neither of these primates eats any kind of grains or cereals and they do just fine. In fact they are many times stronger than we are and a lot healthier.

Orangutans are less the hunter but they still prize meals made up of insects and termites which provide important raw animal source protein and fat-soluble nutrition.

The closer we can move towards a similar diet the better off we will be. The goal of the Spartan Diet is to combine this kind of eating with the diets of primitive peoples to give us the best possible nutrition as needed by our bodies.

Primitive Tribes

Much of the research I have used on primitive people was provided by a man named **Dr. Weston A. Price**. He was a dentist who traveled the world in the earlier part of this century studying many primate cultures and their native foods.

He was interested in the condition of their teeth and overall health as compared to people who ate our modern diet. His studies are unique because at that time many of these people were still living in their primitive state, whereas now we would be very hard pressed to find any people not influenced by Western food or culture.

His observations and writings made a lot of sense to me and really opened my eyes about nutrition. I have incorporated his findings into the **Spartan Health Regime** so you to can benefit from the primitive wisdom of these peoples.

A very important point, which is the main reason I did not stick to a purely Fruitarian, Vegetarian or Vegan diet, is that although Price looked for people who survived on only plant food none were found.

In fact the strongest and healthiest peoples were those who used the correct animal and seafood products as a very important (sacred) part of their diet.

Another famous anthropologist wrote;

"In spite of our advances, we spiritually and as human beings are not the equal of the average Aboriginal or Eskimo - we are very definitely their inferiors..."

He was referring to them as living in their native ways, not after being corrupted by Western values and foods.

In all the cases below you will see the same thing happen.

Those primitive people who lived on their own native foods were found to be in **perfect health** but when they switched to a Western based diet they quite quickly lost their past health and strength and became subject to the same problems and weakness our Western society has.

This is not to say we should reject our society and go live in the wild (although sometimes it's tempting)! What I want to show is that by learning from the past wisdom of these tribes we can change our present eating habits so as to start gaining the superior health, strength, endurance etc. of our ancestors.

Eskimos of Alaska

These are a people who have managed to thrive for thousands of years in one of the harshest places on the face of the earth. Weston A. Price was not only impressed by their physical strength but by their courage and character.

Dr. Price noted that the average male Eskimo could carry 100lbs in each hand and a further 100lbs in his teeth for quite a distance with ease. He noted they had superb muscular development in all parts of their bodies.

Those Eskimos living on their native diets had virtually no tooth decay or disease, yet amazing physical strength and constitution.

Unfortunately those who took to eating white mans food such as sugar, white flour, alcohol, processed foods, fatty tinned meats and processed oils soon degenerated. Many ending up with massive tooth decay and diseases such as arthritis and tuberculosis.

The typical diet of the Eskimos was mostly fish and wild animals; salmon (fresh and dried) and salmon eggs, seal and seal oil, dried fish eggs, caribou organs and meat, whale blubber raw (high in Vit C), wild plants, certain berries when available, kelp, ground nuts and blossoms of flowers.

So the Eskimos, despite the fact that they lived in Winter conditions for 9-10 months of the year without access to plant or diary foods, still managed to get all the nutrients they needed from seafood, stored berries and sea plants.

The Eskimos ate nearly their entire diet in a **raw** state. This may explain why they were one of the only primitive peoples never to develop medicine men. *They never got sick!*

This may seem to you to be a diet very high in fat! And it is, but it's the right kind and it's raw. Most people only think of fat as bad, but

you'll learn not all fats are the same. In fact eating enough of the right fat is a vital part of the **Spartan Health Regime**.

Native American Indians

The tribes that Weston A. Price studied had no access to the ocean and lived in a fairly cold climate thus for most of the year their food was limited to wild game and supplemented by whatever plants could be gathered.

The Indians had an amazing knowledge of herbs and natural medicine that was demonstrated in their knowledge of how to prevent scurvy and other diseases the white man suffered from by eating certain parts of different animals. For example they ate the adrenal glands of animals that we now know contain a lot of Vit C. Tribal wisdom at it's best.

The skill and wisdom of these people in their ability to live by **nature's laws** in a tough environment with a limited variety of food was unrivaled.

Dr. Price noted that the physiques of the Indians who were still living according to their past ways were superb. However those who took to eating the imported white flour, jam, sugar and canned vegetables quickly degenerated.

A vivid example of the differences was two groups who were studied. One was made up of elderly Indians still living in their native ways. They had perfect teeth.

However the other was with a group who were living in a settlement eating typical Western food. They had 40% of their teeth attacked by dental decay.

One individual was an old native Indian (from a coastal region) of 70yrs who stated his diet was made up of fish, fish eggs, seaweed and deer. He had excellent teeth and physique.

Another Doctor, **Dr. Romig**, who lived and worked with the Eskimos and Indians said that in 36yrs he had never seen a case of malignant disease among those living according to their primitive ways. In fact whenever he treated sick Indians or Eskimos who had been eating a modern diet, he would send them back to their native tribes and diet to recover.

The problem of tooth decay was close to zero for Indians living on their native diet. Also skeletal remains showed freedom in all joints (no arthritis) and excellent development. Modern Indians now suffer with arthritis and joint problems as they age from their modern processed diets.

One of the main things we can learn from the Indians I can guarantee you are not going to like to hear.

When they killed some wild game they mostly ate the organs, bone marrow and glands.

In fact a lot of the muscle meat that we eat now was thrown to their dogs. Why? Because like it or not most of the essential nutrients are contained in the organs not the muscles.

This is why lions will first eat the organs of their prey before moving onto the muscle meat. I will discuss this further in the chapter on meat.

Masi of Africa

The Masi were herders of cattle and goats. Now consider this, in Africa cattle are not attacked by dogs, they are attacked by Lions!

Price commented after witnessing a Masi warrior face a charging lion and kill it with only his spear that it was,

"one of the most superb of human achievements".

In fact, before letting their cattle and goats out to roam, several warriors would go first to search for any Lions waiting in ambush. They didn't have the slightest fear.

The Masi diet consisted of milk, blood and meat from their cattle and goats, much of it used raw, supplemented with vegetable foods and fruits.

The blood and milk were an invaluable source of fat-soluble vitamins and nutrients. On occasions the warriors lived on these foods exclusively.

The Masi judged the value of their cows and goats based on the quality of the milk and meat not the quantity!

Today of course farmers are only concerned with quantity and then more quantity. Quality doesn't isn't even a consideration.

The Masi were braver, stronger and better physically developed than their other African neighbors mainly because of their use of these animal source foods.

Their neighboring tribes lived mostly on plants and grain source foods and although healthy, their physical development and strength did not compare to the Masi. They were smaller and physically weaker.

Which is why the Masi dominated over their neighbors. This was not a sign of cruelty but a natural part of nature where the strong often survive at the expense of those weaker than them.

Many other tribes were also studied but the same thing was found. Those supplementing their diets with blood, milk(raw) or seafood were **stronger** and **better physically developed**.

In an African Missionary school that Dr. Price visited there was one question that the boys kept asking. Why were they physically not as strong as those who grew up with their tribes?

Dr. Price found that it was the accumulated wisdom of the Masi in regards to the foods that they used that allowed them such physical excellence and freedom from our modern lifestyle diseases.

Australian Aboriginal

The Australian Aboriginal is said to be probably the oldest living race anywhere in the world.

The Aboriginals lived in a very harsh environment, very dry in most parts with scarce rain and animal life.

The skill of the Aboriginal in hunting and finding food and water was demonstrated by early European explorers who tended to pretty much die while undertaking long explorations into the outback.

Their eyesight, hearing and other senses were such that they could spot moving kangaroos at over a miles distance. In fact they were thought to have an almost sixth sense!

Price noted that he found '**physical excellence**' in all the Aboriginal peoples he examined who were still living according to their native traditions.

Price stated that it was the supreme test of human efficiency that the Aboriginal could build and maintain such physically excellent bodies in such a tough environment.

However once the Aboriginals were introduced to Western foods they quickly degenerated physically and started suffering all the same Western diseases such as tooth decay, diabetes, obesity etc.

These were a people who for thousands of years had lived with physically excellent bodies with no tooth decay but once switching to the diet and lifestyle we follow in the 'West' lost it all!

It is also worth noting the skulls from Aboriginals who lived close to the ocean and used it as a source of food were found to be thicker than those inland and their physiques larger. Their diet consisted of fish, shellfish, plants and berries, fruits, etc.

The Aboriginals living in the outback ate plants, roots, berries, insects, grubs, eggs and any wild animals such as kangaroos that they hunted.

Dr. Price mentioned one ironic situation that I will repeat.

He met an Aboriginal who acted as a trained dietitian by the white man. He had, however, lost all his teeth from tooth decay and pyorrhea from eating Western foods. But those Aboriginals who stuck to their native diets have nearly perfect teeth!

New Zealand Maori

The New Zealand Maori was renowned as the most physically well developed people on earth. Price noted their rate of dental cavities was so low that they were practically *immune*.

The Maori warriors had great endurance and intelligence. Their only breakdown coming when they switch from their native diet to a modern Western diet; of white flour, sugar and canned goods.

Powerful, muscular and tattooed they terrorized the early European soldiers who invaded their lands. They were also said to have better eyesight than even the Australian Aboriginal, as they could spot stars in the night sky that Europeans needed telescopes to see.

New Zealand is a fairly small island and so the sea provided the main source of Maori food. They relied on it quite heavily. They also ate plants, fruit and seaweed.

This is their secret
The ocean provided a large and important part of their diet!

(I'll explain more in the chapter on seafood)

A great importance was placed on the use of shellfish in their diet and a lot of effort was used to provide large quantities of it for eating.

Another important lesson learnt from the Maori was the use of vigorous exercise to fully develop the body. Each morning the tribe would join in a special dance while the chief sang. This helped develop the muscles of the body with particular concentration on the **abdominal muscles**. Price said this allowed them to maintain splendid physiques into their old age.

So we too shall concentrate on working our abdominal muscles.

Early scientist agreed that the Maori succeeded in becoming the most physically perfect race on the planet. They did this by living in harmony with Natures Laws.

Summary:

As you can see from the above diets, Hunter/Gatherer/Fishermen moved away from the Primate majority fruit based diet and ate a lot more animal proteins and fats. These foods proved to be highly effective in giving them superior health, strength and energy.

This is great news!

Because it means you do not have to be frightened of the right kind of animal foods. You can add them to your diet. They will make your meals much more enjoyable and tasty. And they will be providing you quality

and concentrated amounts of the nutrients you need to live at your healthiest and train at your best. I'll be explaining all this in the following diet sections.

When **Dr. Price** analyzed the nutritional content of these tribal people's diets he found a very important fact;

They contained, on average, 4 times the calcium and important minerals, and 10 times the fat soluble vitamins as the modern Western diet.

Do you understand what that means? It's not just the chemicals and additives that are destroying our health today. It's the lack of quality nutrients in our diets. Today's diets provide too much energy and nowhere near enough nutrition. So we get fat and sick.

Before you get too shocked I have some even worse news. This was back in the 1930's. Food processing and soil depletion have probably made this figure even worse today.

None of them ate refined sugars or processed carbohydrates. Some did use grains to supplement their diets but they were prepared in a very special way and were whole grains. I'll talk about this soon as well.

This is why the Spartan Diet aims to be a nutrient dense diet. To achieve ultimate health and the best physical body we can we need to add back the amounts of quality nutrients our ancestors ate.

Two Other Groups of Interest

Two other groups that are of a lot of interest, diet wise, are the so called **Caveman** and of course the ancient **Greeks & Spartans**.

Caveman

There has been quite a trend lately for diets based on foods the Caveman would have eaten. It's a good idea. If the caveman could maintain great health and strength through thousands of years then it makes sense to copy his diet. But you have to understand what they most likely ate and a lot of authors have got it dead wrong. Many think the caveman ate only very lean meat with not much saturated fat in his diet.

But if we look at the records of modern African hunter/gatherer people (who live similar lives now) and examine the archeological evidence of caveman sites, the story is very different.

For example cavemen of North America ate mammoth, sloth, camel, bison, beaver, antelope, elk, deer, bear, wild pig, sheep and mountain goat to name just a few. Most of these animals are considered high in fat. They have large fatty deposits.

And those animals which didn't have a lot of fat were only hunted at certain times of the year. Such as late Summer when their fat deposits were at a high. Stone age Australian Aborigines would not bother to carry back to camp any kangaroo that was too lean. North American cavemen would not hunt female bison in Spring because pregnant animals burn off all their stored fat in Winter.

Some organ meats were eaten raw at the kill site. And if they were anything like more modern hunter/gatherers the most prized sections of the animal were the fattiest parts. The brains, tongue, feet and long bones full of marrow. At many sites the long bones were carried back to the family but the rest of the body was left.

Some researchers believe it was the desire for these fattier animals that led to wasteful hunting and the extinction of some species such as the mammoth, woolly rhinoceros and sloths.

What about saturated fats?

Antelope, caribou and mountain sheep is over 50% saturated. Buffalo is over 56% saturated. Camel fat is even higher at 63%.

Are you seeing a pattern? Animal fats have kept human beings healthy and active for a long time. Why are they now considered evil?

Ancient Greeks

The Greeks were a much more advanced civilization than the tribal people we have already looked at. They were in the farmer or agricultural group. This means they grew grains and herded animals. But they were still very healthy and they ate a high quality diet.

Grains were made into breads. These ancient breads were far from the junk we now call bread. They were made from whole grains that were stone-ground and fermented or soured. Cakes/sweet breads made with honey or fruit were enjoyed as deserts.

Cheese was a very important food and one of the basic components of the Greek diet. Probably several pounds were eaten per week providing a lot of important fat soluble vitamins. Much of this cheese was made from goats milk as goats were a big part of Greek life. Many times you will read of goats being sacrificed to different Gods in Greek history. Their meat and milk were also used.

Other sources of meat were pigs, rabbits, birds and lamb. Eggs were highly prized and used a lot in their cooking.

Olives and olive oil were used widely along with other fruits and a lot of fresh vegetables including tomato, artichokes, figs and eggplant. Raw honey was used not only as a food but to treat wounds and infection.

To any people living close to the ocean, seafood made up a big part of their diet. Fish, shellfish, octopus, squid, sea urchins and cuttlefish were all used.

For drink the Greeks were very much into wine. Their wine was unpasterised so provided many useful enzymes. But rarely would they drink it without first diluting with water.

Spartan Version

I hate to say it but the Spartans used a "spartan" version of the above.

Spartans did not eat in their individual homes. They were divided up into small groups of about 15 and ate in barracks together. Each Spartan had to provide a set amount of food every month to be shared with his fellow warriors.

This included barley-meal, wine, cheese, figs, fresh fruits and money to buy fish and meat. Any meat that was hunted was also brought to be shared.

But their favorite meal and their most famous was "**Black Broth**". A very nutrient dense soup made up of vegetables, meat, bone-stock and pigs blood. The pigs blood gave it the black color. Blood is actually a highly nutritious food containing a lot of minerals and fat soluble vitamins, just ask the Masi.

The Spartans refused all fancy sweet-breads and honey-cakes enjoyed by the rest of Greece. They ate only the most basic of meals.

They also believed in being lean. They didn't overeat or allow the young to overeat and become fat. They wanted lean, fit and strong warriors.

"Spartan Health Regime" Diet Secret:

Today most experts are obsessed with calories/kilojoules and break food up into just carbs, fats and protein. They believe a carb is a carb, a fat is a fat (and mostly is bad) and a protein is a protein.

Well that's all horses%\$t! Quality counts. Not all carbs are the same, definitely not all fats are the same and not all proteins are the same. Also primitive diets were much richer in nutrients than the diets we eat now.

The Spartan Health Diet is a diet rich in vitamin and mineral density including the all important fat soluble vitamins. It believes in quality of food. It follows the laws that nature has provided and takes into account the wisdom of thousands of generations of our ancestors. It works.

Spartan Diet Principle on Raw Food

Try to eat a large part of your diet as RAW food.

Tribal people pretty much all made use of fire to cook certain foods. So will we. It kept hunter/gather/fishermen in good health for thousands of years so you don't have to be afraid of cooking or go totally fanatical and try to eat 100% raw food.

Tribal people used a lot of raw food including some amount of raw animal food (both the protein and fat) which was considered a sacred part of their diet.

Why should we any raw food?

Simple. Mans food was not meant to be cooked. Again lets look at this with some common-sense, how many animals in the wild do you know that cook their food? None of course!

Not one single fish, reptile, mammal, marsupial, primate, bird, insect, worm, germ, or any other species of animal that walks, flies or crawls on this entire planet cooks its food. . . . except us. That has to tell you something.

And most wild animals are in a lot better physical condition than man! So why do we cook things? Man learnt that meat is a lot easier and faster to chew if it is cooked, but believe it or not meat is more easily and more fully digested by the human digestive system raw. Cooking damages the fragile proteins in meat.

That's the way our relatives the chimpanzees eat it, this goes for most protein foods as I'll show later.

Also from being a hunter/fisherman/gatherer, man learnt how to eat grain foods. The start of man as the farmer! You see grains are inedible to us as they are in nature, they have to be crushed and cooked before we can digest them.

So apart from grains most foods are better eaten raw, or at best very lightly cooked. Also cooking was a social event in the past, as families gather around the fire to prepare food.

Now we are just so use to cooking that we accept it as a part of life.

Cooking causes some major problems with food:

- 1) Heat destroys a lot of the micro-nutrients found in food such as vitamins and enzymes.
- 2) Heat changes the chemical structure of food so it is harder for the body to digest and so more waste products are produced when cooked foods are digested

Enzymes are a Key to Super-Health

Raw food is still full of enzymes which are metabolic catalyts. They are responsible for all metabolic actions in the body, from digesting food to building new muscle tissue. Nothing can happen without them.

Now this is very important so listen up! The more enzymes you take in via food e.g. raw fruit, vegetables, raw milk etc. the less your body is drained of its own supply, so it can concentrate on repairing itself and working at it's **ultimate potential**.

Because cooked food is less nutritious more of it needs to be eaten so the body can get all the nutrients it needs. That's why raw foods such as fruit will satisfy your appetite faster than cooked food.

Of course because you need to eat more cooked food to get the same amount of nutrients, it is easy to get fat. More food, especially when cooked, means more work for the body and less energy for you, plus more wear and tear on your digestive organs and so faster aging.

You will already be eating a lot of raw food because of the fruit you'll be eating. This will be providing your body with quantities of all the vital benefits of raw food nutrients.

Salads are a great way to get a lot of raw vegetables and greens. I generally try and have a big salad once every few days at least. Others enjoy them every day.

Dairy products should be raw (see dairy chapter).

Eggs can be eaten raw. Your body can deal with the raw protein and fat in raw eggs better than if they are cooked. I have a couple of raw eggs blended into raw milk with raw honey after heavy training, fantastic drink (see '**7 Secret Recipes from the Spartan Kitchen**' Special Report).

Even meat and fish can be eaten raw. The next best thing is to cook a lot less. I use to be a burnt-to-a-crisp well done steak man. Now I only order rare steaks and they taste a lot better as well as being better for me.

This section is basically to tell you the Spartan Principle that raw food is better.

Exceptions

Of course in theory eating as close to an all raw diet is the best, but not always possible. The following are a few exceptions;

Vegetables can be lightly steamed to be made more enjoyable. They can also be made into a soup. This of course will destroy a lot of the enzymes and vitamins but there will still be a lot left and the fiber and minerals etc. will still do you good. Also vegetables do not have much fat or protein so they won't do as much damage to your body cooked as say meat. Just make sure you eat a lot of fruit, salads or sprouts as well.

I know most of you aren't going to start eating large amounts of raw meat and eggs no matter how good they are! And if you are ever worried about the quality of meat and how it has been handled and stored, it's safer to cook. Or at least cook all the outside surface area.

Of course cereals must be cooked to be edible. Although they are not the best food anyway (see grain chapter). Tubers such as potatoes must also be cooked to be edible.

Spartan Diet Principle on Fruit

Make fruit a major part of your diet. Why?

Because fruit is the natural food of man.

It is generally believed that the human body was designed to eat fruit. Remember our closest living relative the Chimpanzee. We have many physiological facts that point to the fact we were built for eating fruit;

- We have a medium length digestive tract, perfect for fruit digestion. Animals that eat meat, such as dogs, have a very short digestive tract and animals that eat grasses, such as cows, have an extremely long digestive tract.
- Also we have hands for grasping and color vision perfect for identifying different fruits and picking them from the trees.
- We don't have claws for killing and tearing flesh.
- There are many more things such as our saliva, jaw structure, stomach size and digestive ability of our internal organs etc.

Here's a simple exercise for you. Go and grab your pet dog or cat, if you don't have one grab a friend's. Now take a look at their mouth and teeth. Make sure it's a friendly animal by the way, I wouldn't want you to lose a finger. You'll see some very pointed fangs towards the front (canines) for killing. But more interesting is the rear teeth. There aren't a lot of them but they are very different from our own teeth. Our back teeth are flat and thick for crushing and grinding. The dogs or cats are thin and sharp for cutting, much like scissors. The animal's mouth is perfect for meat eating, ours isn't.

So our earliest ancestors ate mainly fruit as they were designed to do. But man soon traveled away from just tropical areas where fruit was abundant.

He was forced to learn to use tools to hunt and fire to eat meat. This is when man started to become what is known as a **hunter/fisherman/gatherer**. This was the life of the majority of the primate tribal people lived.

However our digestive system remains virtually unchanged in thousands of years (there have been a few changes) so we are still biologically adapted to eating a fruit diet.

You can see the logic of this when you switch over to eating this way because you will **FEEL** the benefits in a matter of days. How?

Firstly stop thinking of fruit as a snack or as a desert, that's the way normal people think about fruit. As a **Spartan**, start thinking of fruit as a **whole food**. It can and should be a meal all by itself.

Whenever possible try to Eat Fruit by Itself

One of the secrets to eating fruit is **not** to eat any other type of food at the same time or for 20-30 minutes after you finish a fruit meal.

This is because fruit is so easily digested by the human body that it will pass through the stomach very quickly and start providing energy and nutrition that is absorbed right away.

That's why I eat an apple or some grapes 30mins to an hour before my training.

If you eat a protein or a starch with fruit however the entire meal will not pass through the stomach for many hours and the fruit can start to spoil and cause problems such as gas. Also it will take a longer for you to get the energy and nutrients your body needs from the food.

Remember we want our bodies to become ultra efficient machines that have unlimited energy.

But, having said that let me remind you that nothing is set in stone. Don't become fanatical about eating fruit by itself. That kind of rigidity can spoil your enjoyment of fruit.

Yes, fruit on it's own is the best way. But I often eat fruit together with seafood or raw milk or meat or with cream and have never had any problem at all. Although I generally stick to eating only fruit as my first meal in the morning.

The best way to eat fruit is to "**graze**" on it throughout the day. That means eat a couple of pieces every few hours. Take it with you to work and snack on it whenever you feel hungry. It's like topping up your tank with high quality fuel.

The best way to get into the Spartan program is to eat fruit as your first meal of the day. You can load up on a good amount in the morning for breakfast. Eat until you are **satisfied**.

This is the easiest and quickest way to start losing bodyfat, improve your energy and get your body started on detoxing from past bad eating. Later you can experiment with the best way to use fruit as a part of your diet.

My favorite fruit is grapes and I will sit down for breakfast with a big bag and just eat until I feel satisfied. A big mistake is to not eat enough fruit. Because of the thinking that fruit is a only a snack, most people only eat 1 or 2 pieces. **WRONG!** Eat until you are not hungry, it's that simple.

OK, so once you have loaded up in the morning switch to **"grazing-mode"**.

Fruit is best eaten in a grazing mode throughout the day.

Now the fruit will quickly pass through the stomach and enter the small intestine where it will provide you a steady source of energy, vitamins, enzymes, minerals, protein, fat and just about every other nutrient the human body needs. Also you will feel satisfied but you won't have that heavy, tired feeling you normally get after a big meal.

Note:

Soon after the 1st edition of this manual was sold I got a letter from someone that can provide an important lesson. The day after he got this program he loaded up on the following; 2 avocados, 4 bananas, 3 mangos, huge bag of grapes, 6 apples, 3 pears, 3 oranges and 6 plums. Then he complained he felt like a "bloated pig" and that a majority fruit diet wasn't working. What can I say? Loading up means to eat until satisfied, not until your stomach is about to explode. The stupidity of some people is a constant source of amazement.

Never let yourself go hungry

If you don't snack every couple of hours you may find yourself getting very hungry! Don't let it happen!

This is when you will be tempted by junk food. If you eat enough fruit, junk food will lose its appeal in about two weeks. Seriously you will just lose the taste for it.

Here is a nutritional secret not many people realize;

Digestion takes a Lot of Energy

That's right, to digest a heavy meal takes up a lot of your body's **energy**.

That's why after a heavy meal for breakfast or lunch you feel tired or sluggish for a couple of hours.

But fruit, as I've said, is very **easy** to digest and doesn't take up much energy. So that energy you saved is now available for training or recovery etc.

This is the reason once you switch to the **Spartan Health Regime** why you will have nearly *unlimited energy* during the day. Also I have found the body needs much less sleep on a majority fruit diet.

What should you eat?

Firstly try and buy organic fruit that has been grown without pesticides and chemicals in good soil. Your best bet is to shop in a good health food store.

My reasons aren't just to avoid the chemical crap they spray on fruit. Organic fruit has a lot higher level of vitamins and minerals. Take a look at the following chart for an example of how levels are dropping in commercial fruit.

Mineral & Vitamin Content of 1 Medium Apple

	1914	1963	1992
Calcium	13.5mg	7.0mg	7.0mg
Phosphorus	45.2mg	10.0mg	7.0mg
Iron	4.6mg	0.3mg	0.18mg
Potassium	117.0mg	110.0mg	115.0mg
Magnesium	28.9mg	8.0mg	5.0mg

This list above is a bit scary! Because of farming only for mass quantity and not quality, soils are being depleted and our food contains less and less nutrients. We have to eat 3-4 apples just to get the same amount of nutrients as our great grandparents got with just one!

People don't eat enough iron today? In 1914 1 apple provided $\frac{1}{2}$ the daily dose. By 1992 1 apple only provided one-fiftieth the recommended amount.

Why buy organic fruit? Because it is closer to the 1914/1963 fruit than the commercially grown stuff (we are now over 10 years worse than 1992 by the way). It makes sense not just for your health but economically if you are getting many times the amount of nutrients in each item.

As Spartans we believe quality is more important than quantity every time!!!

But if that isn't practical to eat only organic, don't worry too much about it. Commercially produced fruit is an acceptable substitute. It may have lower levels of nutrients than in the past but it's still a good food. But wash the fruit before you eat it, you can even use a natural bristle brush to quickly scrub it in some warm soapy water.

A lot of people go on about the chemicals in fruit blah, blah, blah!. But these same people then go and drink a diet cola or something and swallow a ton of chemical crap!!! It's not a reason to avoid fruit. You can only do the best you can do. The benefits of fruit eating **far outweigh** the problems, believe me.

Forget all the confusion about acid and alkaline fruits. Eat any fruit you want in any combination you want. Apples, bananas, oranges, grapes and pears are some pretty standard ones.

But try and get a good variety such as kiwi, melons, pineapples, strawberries and avocados. That doesn't mean you need a variety in the one meal or day, just every so often change it around. It prevents boredom and gives you a variety of flavors and nutrients.

What I'm saying is be laid back about it! Enjoy!

If you love oranges then eat 1 or half a dozen for breakfast.

Now I want you to listen very carefully to these next 2 points because they can make the difference between success and failure;

1) Make sure you buy fresh top quality fruit! Why? Because it really sucks eating second rate fruit.

I hate when my family buys cheap fruit that turns out to be too soft, old, bruised or just terrible tasting. This has to make up a **big part of your diet** remember. You have to **enjoy** eating it. Fruit should be a real pleasure to eat, think about it, everyone naturally loves fruit because it's our natural food.

2) Make sure you always have enough fruit on hand when you need it!

Again a very simple thing but very important. When you wake up you have to have the fruit waiting and ready to eat. And you have to have enough to take to work etc.

If not you will be hungry and again be tempted to eat "Corn Flakes" or some other sh*t. This means you have to have the discipline to do regular shopping for fruit. **Do it!**

Here is a little example to inspire you:

When Dr.Weston A.Price was studying the **Indians of the Andes** he found they made an effort to travel literally *hundreds of miles* on foot to obtain certain foods for their people! They knew the right nutrition was *that important*. Today people are too lazy to drive to the local store to buy fresh food if there is none at home! Instead they will order pizza or some other home-delivery junk.

Have the discipline to keep a fresh supply. Remember, if you want to be exceptional you must be willing to do what the majority will not do!

What are some benefits of eating fruit?

- It tastes good. Think about it. I'm suggesting that you eat a diet made up from a large amount of a food that actually tastes good. In fact it's normally considered a desert.
- Very easy to prepare, just wash and eat. No cooking or other hassle's such as washing pots and pans is needed.
- You will require less sleep and wake up energized and fresh.
- It is very, very hard to be fat on a majority fruit diet. Your excess body fat will just melt off and you will become lean and healthy.

- Your fiber intake will be very large so you won't suffer from constipation. Constipation causes a lot of problems because the waste matter is not thrown out of the body as it should be. Thus it starts to pollute the blood-stream as the wastes rot and are absorbed back into the body. **This is bad.** Our bodies must be well run machines and waste should be expelled as fast as possible. Fruit provides a lot of soluble fiber which is much better than the horse-food-bran-stuff experts say to eat.
- It provides **maximum** usable energy from a **minimum** of digestive effort.
- The digestion of fruit creates no waste products in the body. The digestion of proteins and fats does create waste products that our organs have to deal with and eliminate. ***The less wear and tear on these vital organs the less rapidly you will age!*** This is one the best ways to keep looking and feeling youthful.
- Eating a majority fruit diet will allow your body to constantly detoxify itself. If you have already been eating a typical Western Diet for 20 or more years this is very important. Waste matter from too much cooked protein, bad fats, pasteurized dairy products, chemicals and preservatives does tend to accumulate in the body. This can cause problems as simple as poor eye-sight as you age (from the small arteries in the eyes becoming blocked) or eventually even cancer or heart-disease. This program is not strictly only about health so I wont go on, but it is about getting your body working at it's ultimate potential so take my word for it, having a **clean, detoxified body** is a huge benefit.

Your Endurance will Increase on a Majority Fruit Diet

After I switched to a diet of majority fruit and fresh fruit juice my ability to wrestle for longer periods sky-rocketed.

This becomes a win-win situation; because you have more energy and endurance you can train harder and longer, which means you will get fitter and have even more endurance.

Go back and read these last few paragraphs again so you completely understand it, because it is a **secret** that is worth the price of this entire program!

Are there any problems with eating a majority fruit diet?

Sometimes eating a lot of fruit can cause people some problems. What can happen in a few cases is your body can go through a '**Healing Crisis**', where it starts dumping accumulated wastes etc. into your bloodstream to be eliminated.

You can feel real lousy for a few days, get headaches, develop the symptoms of a mild cold etc. as your body starts cleaning itself big-time.

This is good, let it happen. The first time I did a **2 week only fruit diet** I got as sick-as-a-dog, it wasn't fun, but a few days later the sickness passed as quickly as it came.

Fruit has a very powerful cleaning effect on your insides, it can stir up a lot of junk in you. A friend of mine got a lot of gas for a week or so, (very embarrassing) but it was worth it because after that he was feeling great and had no problems.

Generally the worse you feel the more you needed the cleaning effect in the first place.

A tip:

Make sure you chew your fruit well. The more saliva that mixes with it the better it digests.

Again decide for yourself whether these ideas are for you, but eating a large part of your diet as fruit is an important part of the **Spartan Health Regime** and I would urge you to give it a try.

Summary

- How much of your diet should be made up of fruit? I haven't given an exact figure because nutrition is not an exact science. Some people eat 25%, others up to 75% of their diets as fruit. But a good general guide is to aim for 30-50% of the volume as fruit. I say volume because animal foods are more concentrated in energy than fruit. You may eat half your diet volume as fruit the other half as animal foods, but while the volume is equal the number of calories may be a lot greater from the animal source food. That's no problem.

- The important thing is to eat more fruit and experiment, let your body tell you what is right for you.
- It may also change with the seasons. For example during summer I eat a minimum of 50% fruit if not more. But during winter I cut back and eat more of other **Spartan** foods that I will describe further on.
- But my personal rule and I find this the easiest way to eat enough fruit is to make my breakfast entirely of fruit and then graze on fruit till lunch or longer.

Dried Fruit

Dried fruit is fine to add to your diet. It's best used as a snack or travel food rather than as a main meal.

It must be **sun dried**. Don't buy any dried fruit that has been dried using sulfur gas or chemicals. Just take a look on the packet, if the fruit is sun dried they will advertise the fact. Also a lot of dried fruit has vegetable oil added to give it moisture, stay right away from anything like that.

Sun dried fruit doesn't look as good as the chemical version but it tastes just fine.

I eat a dried banana or two straight after a heavy strength training session for help boost recovery. Those sun dried bananas look ugly! But they are great.

Ultimate Quality: Any organically grown fresh fruits or biodynamic fruits. Even better if grown season and from a local area (so long storage isn't a problem).

Good Compromise: Any commercial fruit after it has been washed well by you. Frozen fruits. Sun-dried fruits.

Avoid: Canned fruits. Irradiated fruits. Toffee Apples and friends.

Spartan Diet Principle on Vegetables

Those primitive people who didn't eat much fruit, generally made up for this by eating vegetables. We can make use of vegetables as well.

Vegetables contain a lot of minerals and fiber which are not destroyed by cooking. The main problem comes when people boil vegetables then pour the water containing a heap of minerals down the sink. Because of this vegetable soups and lightly steaming or baking vegetables is a better method.

They are not as tasty and don't contain as much energy as fruit, but feel free to eat as much as you want. They are a great way to give you a break from fruit if you start to crave something a little different.

Do not however, feel you should be forced to eat huge quantities of boring vegetables to be healthy if it's not your thing.

I mainly benefit from vegetables in my soups, in the occasional salad or just through my vegetable juice.

A little known diet secret is you need a source of quality fat-soluble vitamins, from animal fats, to fully utilize the minerals in vegetables.

So feel free to add butter or sour cream to vegetable dishes. That'll make them a hell of a lot tastier as well.

Try to eat raw **green leafy vegetables** if possible in your salads. For example parsley, lettuce and spinach. These contain very beneficial nutrients. These types of green vegetables can be eaten along with meat meals just like the Chimpanzees do.

Eating big salads is a good way to enjoy raw vegetables in your diet. You can also cut up vegetables like carrots and celery for easy snacks.

Sprouts: I bet you think of sprouts as some kind of rabbit food that only hippie, new-age, vegetarians eat, right? That's the way I thought of them. But I'm about to show you the secret of how to use them to boost your intake of raw-food nutrients through the roof.

What is a sprout? It is a grain, nut, cereal or seed that has started to germinate. These foods are not suited to the human digestive system as they appear in nature.

But as soon as they start to sprout they change chemically to become one of the most nutritious of any foods that we can eat!!!

They are power-houses of vitamins, minerals, enzymes and nutrients just ready to eat. They are like a natural vitamin pill. So eat them. You can add them to salads easily. The best part is they are dirt cheap.

For those of you that have been reading this whole manual and are in a state of shock because you never eat fruit or vegetables, sprouts are good news. Because they don't really have a strong taste at all. You can just discipline yourself to eat a handful before your lunch, and soon you will grow use to them.

Note on Fiber: Typical diets today are very low in fiber. Your **Spartan** diet should contain a lot of fiber. Eating a majority of fruit supplemented by vegetables and whole-grains will supply all your fiber needs.

Ultimate Quality: Fresh organic vegetables or biodynamic vegetables.

Good Compromise: Commercially grown vegetables. Frozen vegetables. Canned tomato products (no added extras).

Avoid: Canned vegetables. Irradiated vegetables.

Spartan Diet Principle on Fruit/Vegetable Juice

Fruit Juice

I use to advise the use of any kind of fresh juice as part of the program. I've changed my mind a little on this topic.

Although, freshly squeezed or juiced fruit and vegetables are a top way to **boost** your intake of essential vitamins, minerals, enzymes and micro-nutrients. I've found that too much juice without the added fiber can cause jumps in your blood sugar levels. This can affect some people just like eating processed sugar.

Because of this I don't drink fresh fruit juice as part of my regular diet. Unless it's a lower sugar fruit like watermelon or diluted with water such as the Spartan Sports Drink below. Or unless I'm on a juice fast.

Now I make Fruit Smoothies rather than juicing. This means I juice a few apples or oranges for example. Only a couple. Then I pour this juice into a blender and add some whole fruit such as banana, apple, strawberries, pear, kiwi, anything you have on hand really. I also add some coconut cream for it's added beneficial fat. Add icecubes in hot weather. Now blend and you have a much thicker drink with the benefits of raw fruit plus it's fiber. Add extra water if needed.

The most important secret about fruit/vegetable juice is it must be **FRESH**. That means juiced from whole fruit, preferably juiced by you then drunk as soon as possible.

You see, once fruit has been juiced the important nutrients start to break down very quickly. Refrigerating will make it last longer.

Do not drink Bottled Juice.

Juice that has been bottled to be sold commercially has been **heated-up** so it will last longer. This heating process kills all the enzymes and most of the goodness making this juice a very, very poor substitute. All that's left is the sugar.

Remember the Masi lesson of quality not quantity. Bottled juice is more convenient but it's a dead food, don't bother with it. Fresh juice on the other hand is alive with all the goodness and nutrients of fruit.

If I'm training at home I keep a fresh glass of **Spartan Sports Drink** or a glass of diluted fresh juice (½ juice ½ water) with me to sip on during the session. This gives me a constant supply of natural sugars and energy helping to get me through my workout! Try it, you'll be amazed.

Would you like some more proof? This is a very simple test that will convince you forever. Go buy a bottle of Orange Juice from the local store. Pour a glass. Now use a hand juicer to squeeze 2 fresh oranges, which should make about a glass. Take a drink from both glasses one at a time.

The bottled juice will taste acidic. The fresh juice will be sweet and taste much better. Trust your body and stick to the fresh stuff.

Vegetable Juice

From a personal point of view, and this may help you, I don't really like a lot of vegetables. Sure I enjoy them occasionally and in small quantities or in salads but they just don't compare to fruit.

So I try and drink a glass of mixed vegetable juice at night. In fact even if you do like vegetables, getting that boost of minerals etc. from vegetable juice is important and helpful to your body. Vegetables are a lot lower in sugar content, so juicing all you want is no problem.

Drink a Glass of Mixed Vegetable Juice as a Supplement

Get yourself a good juicer that will serve you well for a long time. I have a Champion Juicer which is the king of juicers and it pays for itself in health benefits.

You will find a **Spartan Juice Recipe** in the '**7 Secret Recipes from the Spartan Kitchen**' special report. If you don't have a copy contact the publisher **Spartan Health P/L**.

One of the secrets to good vegetable juice is have a base of ½ carrot, then a mix of whatever else and sweeten with a little apple!

Remember that vegetables need to be eaten with a quality source of animal fats for best absorption. This is why I drink the vegetable juice at night when I eat meals containing animal foods. I know of one famous health clinic that adds fresh cream to carrot juice for the same reason.

Spartan Sports Drink:

Squeeze ½ to 1 full lemon. Lemons are very high in minerals. Add an equal amount of quality real maple syrup or raw honey to the lemon. Mix and add water. You dilute it with quite a lot of water. Normally half a lemon will make a big glass, just experiment to get the taste right. This blows those expensive commercial sports drinks away.

Spartan Diet Principle on Sugar

This is to my thinking the worst thing you can eat. It was a close toss up between processed vegetable oils and processed sugar but sugar wins in the end.

I am a reformed "**Sugar-addict**" so I know what I am talking about.

That's right, sugar is an **addiction** and the big food manufacturers know it. Not only that but we get conditioned into thinking it is a reward by our parents and society;

"If you are good you can have a piece of chocolate".

I have seen a young mother give her young infant a bottle with Cola in it!!!!

Refined Sugar is White Death

The story of refined sugar is actually very interesting. It has a history of greed, evil and corruption behind it. For anyone interested (should be all of you) read a book called "**Sugar Blues**" by **William Duffy**.

I guarantee you will give up sugar as soon as you finish it.

Refined sugar has only been around for a few hundred years and today we eat more of it than ever before in the history of the world.

We were never meant to eat this amount of refined sugar. I honestly believe in a 100 years from now people will look back on us in horror at the fact we ate refined sugar at all. It will probably be a restricted substance. I like to hope so anyway.

Let's clear something up to stop all the confusion. Refined sugar is **Sucrose**.

It is not the same as fructose(fruit sugar) or galactose(milk sugar) or glucose(blood sugar). All these sugars are **easy** for the body to digest and of course are provided with nutrients and enzymes as found in fruit and raw milk.

Sucrose is *empty* calories.

It causes a strong reaction from the body as you fight to process and deal with this concentrated substance. Your blood sugar goes crazy and that's why you get a lift in energy then come crashing down to an energy low. This causes a lot of stress on the body, your organs and glands.

It is also easily converted into **body fat** and that's exactly what happens.

Eating sugar will make you fat and sick.

Next time you buy any "Low-fat" food take a good look at the ingredients label. I'll bet you it's full of sugar. So, no fat or fat-soluble nutrients, but plenty of sugar that contains no nutrients and will make you fat. Conventional Thinking.

That's the worst part. It contains no nutrients! So to process it takes more **out** from your body than you get in return.

One incredible example shown in **Sugar Blues** is of some shipwrecked sailors. They were transporting sugar as cargo and after their shipwreck all they had to eat was the sugar and water for several day.

When they were found they were in a **shocking** condition for only having been shipwrecked for such a short time. It was concluded *they would have been better off drinking only the water.*

They were losing nutrients from their bodies by eating the sugar and weren't replacing them.

Do you think sugar (and refined foods in general) only rots your teeth by being in your mouth? That's the conventional understanding.

No! Calcium gets **drawn from the teeth and bones** to help process the refined sugar you eat. They degenerate from the inside.

Refined sugar is bad news, it will only harm you. ***So will play no role in the Spartan Diet.*** Do the best you can to completely eliminate it from your diet and any foods made with it.

Spartan Diet Principle on Grains/Cereals

Cereals are Grains which come from the seeds of wild grasses. Humans cannot digest these seeds as they are found in nature.

The only creatures that can are **birds**.

It was only recently in mans history (10,000yrs or so ago) that grains such as these have been farmed and used as a main source of food.

To make grains digestible we must crush them and cook them. This opens the seed and kills the substances found in it that inhibit our digestion.

Cereals contain starch, which is a complex carbohydrate. This is the magic ingredient that everyone talks about.

"You must fill up on complex-carbs for more energy"

Get ready for a bombshell

Complex Carbohydrates (cereals/grains) aren't Necessary

Let's look at this logically, because I know this goes against conventional thinking;

- You can't eat them raw like fruit and vegetables or even meat. They have the same problems as other cooked foods.
- Humans survived for thousands and thousands of years without them.
- Most of the tribes studied were still living as Hunter/Fishermen/Gatherers, using no or little amounts of grain products. They were found to be stronger and healthier than those people who relied on grains for the main source of their food.

- You have heard that they break down slowly in the digestive tract. This is because they have **COMPLEX** molecules (hence - complex carbohydrate). So your body has to work overtime to break down this complex molecule into an easily usable sugar.

Why is this considered good!

It uses a lot of energy to break it down and it taxes the digestive organs to do so, it's hard work! Also a lot of waste is produced which is very acid producing in your body.

In fact people who live mainly on cereals such as rice have been found to have a Pancreas that is at least double the size, according to weight, of wild animals who never eat grains. Because the pancreas is forced to work hard to produce extra digestive juices it increases in size.

Have you ever eaten brown rice or spaghetti with no flavoring or sauce?

No! Could that be because it has **no taste** by itself?

We have to flavor grains and cereals because they are just not appealing by themselves. They are not part of our natural diet.

They produce a lot of acid in the body which can be a factor in causing arthritis. And they can be the cause of a lot of allergies.

The above points are to demonstrate grains are not what they have been made out to be, a super food for athletes. You could live without grains and cereals without any problems if you so choose.

Fruit and animal fat is a much better and compatible source of energy.

Having said all that, they are not all bad, such as refined sugar. And if you use them correctly they can play a roll in **supplementing** your Spartan Diet, if you so choose. They do not provide a complete amount of nutrients but do have some important ones such as Vit E.

They also provide extra fiber and calories if you can't eat enough fruit on a certain day.

Grains & Cereals should be used to Supplement your Diet. The Bulk of your Carbohydrates should come from Fruit and Vegetables.

They should not play a main role, although during winter I do increase the amount I eat but never to a majority of my diet.

Eat plenty of fruit and vegetables (which you are doing) to balance the acid and damaging effect grains have.

Of all the grains, whole/brown rice is best. This is the most neutral and easily digested of all the grains. I use this as the major source of cereal I eat (great with raw honey - forget any fatty sauce).

Brown Rice is Best of all Grains/Cereals

Here is what not to eat.

Any refined or heavily processed grain or cereal product. **This stuff is trash.** All the goodness has been removed to create a product that looks better and so sells better.

I can never understand people who eat white bread?

Do they think it's good because it is bleached white and white is the color of purity? Or is it because it says added vitamins on the packet (it wouldn't need any if it wasn't processed to start with).

Are we completely stupid? Bread shouldn't look, feel or taste like that. It's about the most un-natural food around.

When rats are fed only white bread they **die** pretty quick. Rats on wholemeal bread can live on for a long time. Not as long as rats fed only raw foods.

I can't believe we call natural grains '**Wholegrains**', instead of calling refined grains something like '**Unwholegrains**'. But that is the thinking of the society we live in. Accept it and then decide to be exceptional by only doing the best thing by your body.

**Only use Unprocessed, Wholegrain Cereals
that are prepared Properly.**

Why do you need to prepare Grains? And how do you do it?

Ancient and tribal people all used the practice of soaking and fermenting their grains before they used them.

Ancient people knew there was enormous benefit in this practice as it made the grains much easier to digest and be utilized by the body. Modern science has discovered that grains indeed cause digestion problems if they aren't prepared properly. This is because;

- 1) Grains contain **phytic acid** in their outer layer or bran. Phytic acid will block the absorption of calcium, phosphorus, iron and zinc in the body. Not good.
- 2) Grains also contain many enzyme inhibitors designed to make the grain last for a long time. In fact I heard that when the pyramids were first opened (plundered), jars of grains were found inside for the Pharaohs journey into the after life. Many of these grains still germinated when planted!
- 3) The proteins found in grains, especially gluten, are extremely hard to digest. We are after foods that are easy to digest, thus making the body many times more efficient. Eating high grain diets puts a big strain on the digestive system, a problem a lot of Vegetarians have.

So, how does the practice of soaking and fermenting help?

It neutralizes phytic acid in grains. It neutralizes enzyme inhibitors because the grain thinks it's time to start sprouting. This also makes the grain undergo a series of chemical changes making more vitamins available. And thirdly, during soaking and fermenting lactobacilli start to breakdown the protein in grains making it more readily useable.

None of this matters of course if you don't know how to make practical use of this knowledge, so here are some tips.

Brown Rice

Rice doesn't contain gluten but it does have phytic acid. Because of this it is best to cook rice for longer periods. After it has boiled for 10 minutes turn down the heat and let it cook for at least 1 hr and even longer.

Oats

Brown rice and oats are my two favorite grains and both are very easy to prepare. With oats you will need extra time. You have to soak them for at least 7 hrs and up to 24hrs. Forget all that "instant" garbage, that's for people who don't care enough about their health and bodies to take a little longer preparing food. Use steel-cut or whole rolled oats. You should also soak them in an acid base so you will need some yogurt.

1 cup rolled oats

add 1 cup water & 2 tablespoons yogurt

pinch of sea salt

Mix this together, cover and let sit at room temperature for 7+ hrs (overnight is good). Now bring another cup of water to the boil and add in the oats/water/yogurt mixture. Turn down the heat and it will be ready in only 5 minutes. Bingo - perfect oats that will supply heaps of useable nutrition. Serve with raw honey, maple syrup and butter or cream.

**Don't Eat Processed, Refined Cereals/Grains,
especially Anything made with White Flour**

i.e.: white rice, white bread, white spaghetti, white flour, commercial breakfast cereals, pastries, doughnuts etc.

This processed junk acts like sugar. It leeches nutrients out of your body to help process it. Your bones and teeth will slowly weaken.

The more you eat of this, the less you can eat of natural foods containing enzymes, vitamins, minerals, fiber and micro-nutrients.

Important Note: If you are trying to lose fat then cut way back on all your grain consumption, even whole grains. Hey, when farmers want to fatten up cattle, they feed them grains. Even animals in the wild get fat after eating grain rich grasses. If you're happy with your bodyfat levels then you can add back some grain products to your diet.

Breads: Breads make up so much of our daily diet it's amazing. I make a big effort to cut my bread eating right down as low as I can. But there

are some OK breads that can be used to supplement your diet as a compromise food. Read every label. You want the ingredients to be very basic. Things like stone-ground whole wheat/rye flour, salt (sea salt best), water. Sour-dough is best. But don't eat anything that contains sugar, vegetable oils, soy or a lot of preservatives and chemicals.

Important: All grains are used as a supplement to your diet. They are not considered a vital part.

Ultimate Quality: Properly prepared oats and wholegrains. Brown rice. Wholegrain sour-dough breads without additives/veg oil/preservatives/soy/hydrolyzed proteins.

Just OK Compromise: Wholemeal bread. Wholegrain pasta.

Avoid: Any and all products made with white flour. Commercial breads. White rice.

Spartan Diet Principle on Seafood

Tribal people who lived close to the ocean and used it to provide a lot of their food, such as the Maori, had exceptional **health**, **strength** and **physiques**. In fact Dr. Price found that those who ate a lot of seafood had the best health and thicker bones and better skeletal structure than tribes who didn't use seafood.

Tribal people who lived far from the sea would make special efforts, whenever possible, to trade for dried seafood and sea salt.

The Roman legions when they marched out to conquer the ancient World took a fermented fish paste with them. They used this paste with their regular rations to provide the minerals from the sea needed to keep them healthy and strong.

The sea has a very special part in the cycle of nature. It is very rich in vital minerals and elements that animals and plants need. These macro and trace minerals are present in fish, shellfish and sea plants.

It's really very simple. Animals rely on the soil to provide the minerals they need. It's very easy for certain areas and soils to become depleted in minerals. But the ocean is a bath of these important minerals! Sea plants and fish can't miss out on these important nutrients. By our eating seafood we are ensured of not missing out on these invaluable nutrients.

And I bet you thought fish as only good because it was low in fat? Am I right? That's the general public's way of thinking. As a Spartan you have to look at the quality of food and whether or not it provides the kind of nutrient rich diet we are after. Seafood does.

Lock this into your mind.

**Seafood is a number one source of minerals,
protein and fat-soluble nutrients.**

It has been suggested that the **fats** in seafood are the reason that the Maori people had such good eyesight. These fats are also found in wild game such as kangaroos which could also explain the Aboriginal peoples amazing eyesight.

Fish and shellfish have **high levels** of beneficial fatty acids which have been proven to increase health. They also have high levels of fat-soluble nutrients and minerals which we as athletes and Spartans put a high value on.

Tribal people knew this and by eating a large amount of their animal source food as fish and shellfish they reaped the health and physique benefits.

The problem we have today is the high levels of pollution we pump and dump into the oceans. This can accumulate in the fish and come back to haunt us when we eat them. I'm sure you have all heard reports on the contamination found in fish caught in certain rivers and lakes. This stuff really makes me angry. We are poisoning ourselves.

So if you are worried about it, eat mostly deep-sea fish and shellfish from unpolluted waters. Australian and New Zealand waters are both very good. Deep sea fish actually have the best amount of fatty acids anyway. Salmon, tuna and swordfish are all good choices.

Once again remember the majority of your diet will be fruit and raw foods. Seafood is one of the choices for making up the quality animal source part of your food. If you like it eat it!

So just do the best you can, don't stress too much about pollution, the benefits to me just far outweigh any downside. Make sure the seafood is fresh and looks, smells and tastes O.K. The fresher the better. The eyes of fresh fish should be clear, not glazed or milky. The gills should be red.

I love seafood personally and eat a lot of fish, tuna, sardines and shellfish such as squid (calamari), prawns and crab (lobster too if someone else is paying). Along with raw goats milk this is my major source of protein and animal source nutrients. One of the best changes you can make to your diet is to make seafood a big part of it.

Sardines are great to eat as snacks because they not only are deep-sea fish but contain edible bones that provide calcium.

Spartan Seafood Secret: One of the best seafoods is **fish roe** or fish eggs. Those Russians really were on the ball with their love of caviar. But while caviar is expensive buying fish roe is cheap. As your local Fishmonger (that's the dude who runs a fish shop).

Ultimate Quality: Fresh deep sea fish. Fish from clean waters. Fresh shellfish. Fresh fish roe or caviar.

Good Compromise: Frozen fish. Canned fish/shellfish (e.g. tuna, salmon, sardines, oysters, crab) without additives packed in water or olive oil. Canned fish roe.

Avoid: Farmed fish. Any canned seafood containing additives like hydrolyzed proteins or packed in soy/vegetable oil other than olive oil. Processed fish or seafood.

Spartan Diet Principle on Dairy

In some native people dairy products formed an important part of their diet. People like the Masi got their superior strength and health from the raw milk and blood they drank from their cows and goats.

Firstly, let's get one thing straight, dairy products are not **needed** by people. We can do quite well without them. Once you have finished breast-feeding you never really need milk again. No other animal drinks milk after it has been weaned. I've gone up to year without any milk or yogurt and done just fine.

So if you are allergic to milk or have trouble digesting it then simply leave it out of your diet.

But the right kind of dairy products can be used as an excellent supply of animal source nutrients to supplement your diet. This is especially the case to do with calcium, as we do not eat many bones as our ancestors once did.

This chapter is very important and may surprise you with what will be revealed. Our ancestors and tribal people such as the Masi consumed only natural, raw milk and milk products such as yogurts, butter and cheeses made from healthy animals.

The dairy products found today on our supermarket shelves is a far cry from what the Masi used.

This is because;

- 1) The cows producing the milk are in such poor health. They are pumped full of chemicals and drugs just like the cattle used for eating. They are not even close to the physical condition of the Masi's cattle, they are just milk producing machines for profit.

- 2) Because of the poor quality milk and because dairy products must be kept for long periods of time they are '**pasteurized**'. This means the milk is **heated-up** to kill all the 'germs' for our health. It is similar to what happens to fruit juice when it is heated up. It also kills most of the beneficial enzymes and micro-nutrients contained in the milk. Not only that but the heat changes the chemical structure of the protein in the milk making it harder to digest and more likely to cause allergies. It also makes the minerals harder to use by our bodies, which is why people can still get osteoporosis drinking pasteurized milk.

3) It's a dead food!

There is an answer.

You must only use milk and milk products from healthy, organic, free-range animals and it should be **raw** (not pasteurized).

Drink only Raw Milk from Healthy Animals

So if you live on a farm you can drink milk straight from the cow just like you've probably heard your Grandparents talking about. I know what you're thinking; *"Great what about me, I live in the center of Sydney and there isn't a cow anywhere."*

Don't panic, there is an answer. I buy '**Certified Raw Goats Milk**' by the liter from my local health-food store. This is the answer to all your prayers if you are a milk freak like me.

Certified means it has been inspected for anyone who is worried.

Let me talk a little about goats because every time I tell someone I drink goats milk they screw up their faces and tell me I'm crazy.

Goats are not a dirty animal.

If anyone ever says this to you, ask them when was the last time they ever took a good look at a cow. A goat is a hell of a lot cleaner and healthier than the cows around today.

People are so use to buying their milk from a refrigerator they forget it actually comes from an animal. And in the case of modern cows, a very sick animal.

Goats milk is very close in make up to human milk.

A baby goat is born about the same weight as a human baby. A calf is many times the size of a human baby. Cows milk is designed to take a calf up to the size of a massive cow in a very short time, it has many properties not suited to our systems.

The fat in goats milk has a lot smaller particles and is easily digested.

Also I find the taste is pretty much the same. Some people can tell a difference, so if you don't like the taste mix in some raw honey.

A note on **Certified Raw Goats Milk**;

Not every health-food shop stocks it, so tell yours you'll go somewhere else if they can't help you. I have to pre-order a quantity because it's in high demand. It is expensive but worth it, normal milk is cheaper but then so is toxic waste, but you won't catch me drinking that. The more people who want this stuff the more it will be supplied.

When I was visiting California I could buy raw cows milk from certain health food stores. Unfortunately only a few states even in the USA allow the sale of raw milk.

It's important to note that although goats milk has some great health benefits the main reason I drink it is because I can get it raw. If I could only get quality cows milk raw, then I'd use that. In fact if I could only get good raw horse milk then I'd use that (just like the Mongol Hordes did in the past).

All milk is a good food. It's considered White Blood. Babies live and grow on only milk, it can be a complete food. But it must be raw. Or at least cultured/fermented as I'll discuss next.

Yogurt

Yogurt is a good food to use in your diet. If you can't get raw milk then a good quality yogurt is the next best thing.

This is also a good food if you don't have raw milk available but want to add dairy into your diet. Because of the added culture and fermentation a lot of nutrients and enzymes are put back into yogurt which are great for you, even if it's made from pasteurized milk. The milk proteins are broken down and made easier to digest.

But, it must be made from **whole milk** and it must not have **sugar** added. So what you are looking for is a plain natural yogurt. Check labels before you buy. If it's made from skim milk don't touch it. Calves don't grow if fed skim milk, they die. It's not a complete food. Try blending fresh fruit or raw honey into yogurt to add flavor.

Cream/Sour Cream/Butter

Time for some good news. Although pasteurization damages a lot of the nutrients in milk, the fat soluble vitamins do survive the process. So the use of cream, sour cream and butter is allowed as part of the Spartan Diet. Look for brands that do not have additives. But never use ultra-pasteurized cream. This is a totally ruined food.

You can use cream with a fruit salad, sour cream with seafood, butter on oatmeal or vegetables. Feel free for all of it. As I'll explain in the FAT section, the right fat soluble vitamins are critical.

Butter is best. Yes you can use butter in the Spartan diet. Raw butter is the ultimate, but it just isn't available in many places unless you own your own cow. Next best is cultured butter.

The process of culturing foods is a very ancient and healthful practice. Look through the supermarket section and buy an unsalted cultured butter. But normal butter is fine. Butter is very rich in vitamins and minerals, especially fat soluble ones which are vital to a hard training or growing body. It's also very stable for cooking.

Adding butter to soups, vegetables, grains etc. makes all the nutrients in those foods much more readily available.

Never, ever, ever, ever use margarine. Never, ever use margarine. It's processed, disease causing crap. Don't be brainwashed by all the advertising propoganda and anti-cholesterol hype. It's dangerous stuff.

Butter has kept people healthy for thousands of years, stick with it.

Here's a tip. When eating out at a restaurant or take away shop always ask if the food is prepared with butter or margarine. Now they generally won't tell you if they use margarine so say something like;

*"Excuse me I don't mean to be a pain but you do use butter right?
Because I'm really allergic to a lot of margarines."*

The good old "I'm allergic" line, works every time.

Cheese

If it's good enough for the Greeks it's good enough for us. If your digestion can handle cheese then go for it. Again it's a great source of the fat soluble nutrients we need just like cream. The best cheese is raw cheese. Many of the imported European cheeses are raw if it says on their labels "Milk" or "Fresh Milk". Otherwise it will say "Pasteurized Milk".

Don't use the heavily processed cheeses. And nothing that is low-fat! What's the point of eating cheese or milk in the first place if the valuable fat is removed? Don't look at me like that. Didn't you notice all the healthy tribal people earlier used a lot of quality animals fats. Look, just bear with me until I get to the FAT diet section and I'll explain.

Ultimate Quality: Raw milk from healthy animals, best if pasture fed. Whole milk yogurt with no added sugar. Raw cream. Butter. Raw cheese.

Good Compromise: Pasteurized cream and sour cream without additives. Small amounts of full-fat pasteurized milk in an emergency, preferably non-homogenized. Pasteurized whole milk cheese.

Avoid: All low fat dairy products. Powdered milk. Ultra-pasteurized milk or cream. Processed cheese products.

Spartan Diet Principle on Meat/Chicken/Eggs

An important part of your diet can be made up from these animal source foods, if you eat the right kind. (personally I prefer raw milk and seafood)

Meat

The best meat is organs from wild animals such as liver, brains, kidneys etc. These have the highest concentrations of nutrients. These are the parts of an animal that lions eat first because they are the best. Future reports will cover how to start adapting to this kind of food so even fussy eaters like me will be able to benefit from them.

Organ meat from healthy animals is better than just Muscle meat.

In nearly every primitive group around the world the number one most valued meat is the liver. Whether it is the liver from fish or animals, the liver was considered a **sacred food**. It contains the most valuable nutrition found in any animal food. It's truly a powerhouse of stored minerals and nutrients.

In the early part of this century (and for thousands of years before that) liver as eaten raw by warriors and strength athletes for it's health and strength benefits.

A famous doctor that use to treat and cure cancer patients who had been given up for dead, used fresh raw calves liver blended into a liquid form. The calves were organically raised and healthy.

If you just can't handle liver then read the supplement section and I'll give you a substitute.

Liver is a Sacred Food. Eat it as Rare as possible.

Next best is the muscle of wild game. This I do eat every so often and I have it cooked rare. What is wild game?

The best source in Australia is kangaroo, wild deer, goat, pig. Else where it could be rabbit, ostrich, buffalo, venison etc. I get my butcher to order me some once in a while.

Of course if you hunt or know a hunter you are even better off. I have a future ambition to go hunting once per month. Take one good animal then store the meat in my freezer. Should last my family about a month. Very cheap and very healthy.

**Organic, Free-Range Meat is Good.
Animals should be allowed to graze on grass.**

The next best is organs and meat from domestic stock that are brought up organically and are free-range. That means fed grass, not just grains. And free to roam around, not caged and immobile, also free from drugs and chemicals. Hard to find unless you live on a farm but not impossible. More and more places are starting to stock this kind of meat as the demand grows.

I use to recommend against commercial meat but I've changed my views. We live in the real world and we have to do the best we can do.

Whenever possible try and eat meat from the above sources. But commercial meat is an OK compromise food. After all an animal has a liver to detoxify itself and so do we. If your choice is between commercial steak and processed food . . . take the steak any day. It still contains good animal protein, fats and nutrients. Maybe of lesser quality than the free-range stuff but the benefits still far outweigh the downfalls.

Of course things such as bacon, processed sausages, corned beef and hot dogs are a total joke. This is highly processed, full of the wrong fats and just plain harmful.

DO NOT EAT THEM!!!

Chicken

Most chicken today is commercially produced on a mass scale. They never get any exercise and are also pumped full of hormones and drugs. This quality of food should only have a small part in your Spartan diet.

Eat commercial chicken as a last resort. They are OK, just, as a compromise food. Every so often I find myself out and stuck for a meal. A Bar-B-Que Chicken is a quick and easy meal in this kind of situation but I try not to make a habit of it. I have found the occasional take-away store that sells only Barbecue organic chickens, so keep you eyes open.

Try to only eat free-range, organic chicken. Same as for meat. Quality counts. Commercial chicken still has valuable fats, protein and nutrients but there are a heap of added chemicals and hormones I just don't trust.

Free-Range, Organically Raised Chickens are Best

Unlike the rest of the population, Spartans don't take the skin off their chickens. That's my favorite part. You don't need to be scared of animal fats. In fact you need them to properly use all the protein and minerals in meat. You can also eat the dark meat. Why do you think the dark meat and the skin taste so good. Because our bodies want the fat. Enjoy.

Eggs

Eggs are right up there with liver as one of the most important foods in the Spartan Diet. They can provide protein, vitamins, minerals and a stack of fat-soluble nutrients. The egg is a "growing" food. The yolk is densely packed with everything a few chicken cells need to grow into a fully developed baby chick. Very nutritious, very powerful stuff.

They are also very reasonably priced for such a quality source of protein and essential fats. Good on a budget.

Eggs were a part of a lot of tribal people's diets as well as making an easy snack of a chimpanzee.

Eggs are one of the Ultimate Foods

Eat eggs from free-range, organic chickens or birds. Aborigines only ate wild animal eggs, they would be shocked by the poor quality of the commercially produced eggs today. In fact you'd do better to take the eggs from a nest in your local tree than the eggs in a supermarket.

Did you just wince inside when I said that. In you did you may be suffering from **Civilization Sickness**. We like to think that our food just somehow magically appears in the food store. It doesn't. It comes from animals and plants and trees. Eating the egg of one bird isn't any different from eating the egg of another.

But there is a big temptation to believe the notion that an egg is an egg is an egg. In other words they are all the same. Wrong.

An egg is only as good as the chicken that produced it. Nature is funny that way. If the chicken is healthy and eats quality food, the egg is a quality food. If the chicken is unhealthy and fed crap, the egg reflects that poor quality.

Commercial battery produced eggs are OK as a compromise but it's so easy to get Free-range eggs now that you should never need to touch a commercial egg.

Guess which part of the egg is the best. Not the thin runny white that all so called health fanatics eat. It's the yolk. Spartans love yolks. If I'm in a rush I'll crack an egg over the sink. Tip out the white and eat the yolk raw. It taste's pretty good.

Raw eggs are best. Next are soft boiled eggs. Try and keep the yolks soft or runny and the valuable enzymes and nutrients will all survive. There is no limit on the number of eggs you can eat. I'll go through 1 or 2 dozen a week, more if I'm doing hard strength training.

Summary

Animal source products are only going to form about 25-50% of your diet (at the most) but they provide vital nutrients not only for good health but for maximum strength and physical excellence.

The strongest and most physically impressive people all included top-quality (wild animals or seafood) animal products as a vital supplement to their diets.

This type of food is more expensive than normally produced food but it's worth it.

Ultimate Quality: Game meat. Organically raised and pasture fed meat such as beef, lamb, chicken, turkey, pig, goat etc. Organs from organic, free-range animals. Free-range eggs.

Good Compromise: Lamb is generally raised in good conditions. Beef, duck and goose.

Just OK Compromise: Commercial eggs. Commercially raised Chicken, turkey and Pork.

Avoid: Highly processed meats containing additives and preservatives.

Spartan Diet Principle on Fats

I want to start this section with the use of some common sense and logic. We are told everyday that animal fats, saturated fats and cholesterol is all very BAD. That they will in fact, kill us.

OK, very interesting, lets take a closer look.

Every tribal group that Dr.Price studied used some kind of animal food as a very important part of their diet. In fact, the healthiest and most physically well developed of all used the most quality animal foods. It was a rarity for him to find ANY dental decay of their teeth. Heart disease and the rest of our modern lifestyle diseases such as cancer were virtually unknown.

Something doesn't make sense here?

We are thought to have evolved away from our relatives the other primates because we started to include meat and animals fats in our diet. Only the concentrated form of energy and nutrients found in animal food could have allowed our larger brains to develop. Hunter/gatherers ruled this planet for 200,000 years plus. All eating a heck of a lot of animal protein and fat.

"Houston, we have a problem. . . ."

Think of it this way. You are suddenly stranded on a desert Island. What do you eat? How do you survive? If there are any fruit trees you are in big luck because fruit is perfect for you. What else? You can't eat grains, you can't eat the so-called-good foods like soy and vegetable fats because they are all highly processed man made foods. The food that will keep you alive and healthy has to come from animals. From fish and from wild pigs, rabbits, deer, whatever you can catch. I have an SAS survival book and a whole chapter is devoted to how to catch, skin and butcher animals for food.

How can the food that will save your life also be bad for your health?

If you were to suddenly become a cannibal and eat me, you would be eating saturated fat and cholesterol. Why? Because that's what our bodies are made up of. How can eating the very fats we are composed of be bad for us?

How arrogant of us to think that nature and evolution must be wrong. To think the fats and foods our ancestors have used for thousands of year

are all wrong. To think only now, in the last 100 years have we discovered how to make foods that are healthy.

What a joke! Only, I'm not laughing. The vegetable oil and food processing companies make billions of dollars selling us these lies. Not to mention the billions made by drug companies for cholesterol lowering medication.

"Saturated fat and cholesterol in the diet are not the cause of coronary heart disease. That myth is the greatest scientific deception of this century. Perhaps of any century."

Dr. George V Mann

Before 1920 heart disease was so rare even in Western Countries like the USA that many doctors would be lucky to see a handful of cases in their careers. Since that time it's grown to be one of the leading causes of death. If saturated animal fats are the cause of heart disease then the use of animal fats in the diet should have increased during the same period, right? Wrong.

The use of animal fats dropped by over 20% during this period. And the consumption of butter dropped from an average of 18 pounds per year per person to 4 pounds per year. A huge drop.

How can heart disease be going up (as well as cancer, diabetes, arthritis etc.) when the use of animal fats has gone down? Here's the kicker. The use of refined vegetable oils increased by 400% during this same period and the consumption of sugar by 60%. I'm not Sherlock Holmes but I think I'm starting to see the problem.

One last example before I get on to the do's and don'ts of fat.

One of the biggest studies ever done to try and prove that saturated fat and cholesterol caused heart disease was called the "Framingham Heart Study". It began in 1948 and tracked the diets of over 6000 people. After 40 years this is what the director of the study said;

"In Framingham, the more saturated fat one ate, the more cholesterol one ate, the lower the persons serum cholesterol . . . we found that the people who ate the most cholesterol, ate the most saturated fat, ate the most calories, weighted the least and were the most physically active."

You don't hear much about this study in the press. I wonder why?

Quality animal foods are good foods. Animal fats, saturated fat and cholesterol is a non-issue. You do not have to be afraid of it. In fact you should try to eat more quality animal fats not less. Tribal people ate 10 time the fat soluble vitamins we do. So enjoy.

Here are the real BAD fats;

1) Hydrogenated/Partially Hydrogenated Fats

These are the "plastic fats" that the food industry uses. They take vegetable oils and then artificially saturate them. This makes the oil solid so it can be used in margarine and other foods. Of course they can shout, "NO CHOLESTEROL, made from VEGETABLE OIL". People are fooled into thinking they are healthy because of this. Read every label. This stuff is loaded in heaps of biscuits, cakes, baked goods etc.

2) Trans-fats

These are fats which have a changed chemical structure because they have been heated. Every fat has a point to which it can tolerate heat. Once they pass this set temperature they are chemically changed into dangerous substances.

Some of the least heat stable oils are **Canola Oil** and **Soy Oil**. They are only stable to 49 C (120 F). **Safflower Oil** to about the 100 C. If they are heated past this point they are damaged. Here's the kicker. In the process of extracting these oils they are already heated past this point! So the oil you buy is loaded with dangerous, damaged Trans-fats. That's before you cook with it yourself. It's also why a lot of foods made from soy are no good.

By the way, never use **Cottonseed Oil**. Cotton is not a food, it's an industrial product.

3) Commercially produced Vegetable Oils

The oil from olives is easily extracted which is why people have been using it for over 2000 years. Oils from vegetable seeds can only be extracted by highly complicated and advanced methods. Our bodies are just not use to the large amounts of these unnatural oils now in our diets. They are so unstable they end up full of damaged trans-fats just from the extraction process. Polyunsaturated fats are not meant to be eaten in such large amount. They are only found in very small amounts in our natural foods.

Which oils and fats are good to use then?

Here is a list of fats that have been used for thousands of years to provide good health.

Butter/Ghee

Lard/ Beef Tallow

Coconut Oil

Extra Virgin Olive Oil

Sesame Oil

These fats are all very heat stable. So they are not damaged when they are produced and can be used in cooking. The absolute most stable fats are **Ghee** and **Coconut Oil**. I use both of these when cooking at home.

Ghee can be bought in health food stores or even your local supermarket. It's just 100% butterfat (normal butter still has milk proteins present). Coconut Oil has to be bought from a health food store, but make sure you get the oil used for eating not the cosmetic quality one. Both these oils are extremely stable and can actually be left out of the fridge for months without any problems.

The Secret Athlete Vitamin:

The most important thing I have discovered in the last 2 years was to increase my intake of fat. The right kind of fat as above. By increasing the use of quality sources of animal fats (egg yolks, butter, raw milk, cream, sour cream, cod liver oil) I boosted my intake of the fat soluble vitamins A & D. Just as the tribal diets were rich in these nutrients, so was mine. I still ate a lot of fruit of course. Well I'm right now at my all time strongest level ever. I felt the difference. I have improved way past my training partner and I've never felt stronger or healthier.

Vit A and D from animal sources (not veg.) are truly the Athlete vitamins.

What I have discovered is they are needed by the body to fully utilize minerals and protein. I hope you understand the impact of this statement.

The protein and minerals in your food need the presence of these fats to be digested, assimilated and put to use properly in the body. Eating low fat foods like non-fat milk is useless. You don't absorb the minerals or the protein well at all. When I worked as a pain & injury therapist I always use to wonder why the athletes on very low fat diets were always

sick and injured. Now I know their bodies just weren't getting the quality nutrients they need for full repair and recovery.

Cholesterol

Cholesterol is an alcohol that is present in every cell in our bodies. It's used to repair damage in the body and as an anti-oxidant.

Did you know the body produces, every day, more cholesterol than you can eat in your diet. It's a much needed substance in the body. When you eat more, your body just makes a little less. When you don't eat much your body produces more.

So when you kill yourself on a low fat, low cholesterol, low taste diet, your body just makes all the cholesterol it needs anyway.

The level of cholesterol in the blood is always changing. A high level of cholesterol isn't the danger in itself, but it may indicate you have other health problems. Your body produces more cholesterol to try and fix damaged tissue.

Cholesterol is a natural part of the quality animal foods we eat, it occurs naturally in our bodies and so is not factor in healthy diets.

There is one type of cholesterol that is very dangerous. Cholesterol that has been damaged or oxidized by very high heat. All powdered milks and protein powders are dried using high pressure and high heat methods. These produce damaged cholesterol and should be avoided.

Spartan Diet Principle on Soy Food

Soy is not a miracle health food. It is a rip-off and dangerous.

Don't believe the hype, soy is about BIG, BIG profits, not about your health. In traditional Asian cultures they do NOT use the kind of soy foods that are being promoted now. They only used fermented soy and in small amounts.

Guys, soy is a bean. Nothing more. To make soy food and soy milk it is highly processed. So it's a 100% man-made food and as usual such foods are junk.

The finished processed soy products have a lot wrong with them. They are even promoted on TV as increasing the female hormone levels for middle aged women. So even if you believe the advertising, do you really want to be eating something that has female hormone effects?

Here is a list of why soy is bad news;

- It contains high levels of phytic acid. These block the assimilation of minerals in the body. The phytic acid is not neutralized during the processing of soy foods. This is bad enough on it's own.
- Soy leads to deficiencies in calcium and Vit D due to it's mineral blocking actions.
- Soy interferes with normal protein digestion in the body due to it's trypsin inhibitors.
- The soy phytoestrogens (the so called good factors) disrupt your bodies endocrine functions and cause infertility. They are also anti-thyroid agents that can cause thyroid problems and potentially cancer. It's like taking female birth control pills. Do you really want a flood of a female hormone like substance in your body?
- Soy protein is full of damaged and denatured proteins from the complicated processing process.
- Soy contains high levels of aluminum.
- The use of soy milk instead of real milk or tofu instead of real meat means you are replacing nutrient dense foods with nutrient poor foods. Just like eating too much sugar or white flour this provides the body

with calories but very vitamins, minerals and other nutrients. A step away from the nutrient dense diet we need on the Spartan program.

Soy is going to be responsible for a lot of problems with peoples health in the future. Even now, I'm seeing certain doctors in the press speak out against soy. The real sad part is the amount of children being forced to eat this junk, the parents believing it's a healthy product.

Spartan Diet Principle on Nuts

My favorites are almonds and pecans, followed closely by walnuts and macadamias. All of which are very healthy and beneficial to you.

But they can be made better with some simple preparation methods. I sound like the **Six-Million Dollar Man**, yes, we can rebuild him.

This is a **soak & dry** method used by tribal people that will make your nuts much more digestible and nutritious. Why? Because nuts and seeds contain many enzyme inhibitors designed to keep them in good condition for long periods of time. Much like grains.

What we what to do is trick the nut into thinking it is time to sprout. This starts a reaction in the nut that decreases the inhibitors and increases the nutrients. Makes them much easier to digest and much better for you.

It is a very simple process. Buy the **raw** nuts from your health food store or supermarket. Then empty the packet into a bowl. You want to do them in bulk so you can store the finished product.

Fill the bowl with filtered water so that it covers all the nuts. I also like to add ½ to 1 teaspoon of sea salt. Stir it into the water.

Cover the bowl (with a dinner plate is easy) and let it sit for approx. 7hrs. I generally leave them overnight, which can mean 8-9 hrs. You can start them before you go to work or school. After this the nuts are ready to eat but they are better if you now dry them, they also store for long periods when dry. Ancient people use to dry them in the sun. We can use an oven.

Drain and spread the nuts out evenly on a metal oven tray. You may need more than one tray depending on the amount of nuts. Turn the oven onto a very low heat. I use my lowest setting. Feel with your hand, it should be warm, not very hot. Fan ovens are even better. Let them dry for 12-24hrs. See why it's good to do them in bulk! If you get a chance stir the nuts occasionally.

Now you can store them in air-tight containers for ages. Nuts ready to go when needed. Great snack.

Is it a lot of work. You bet! What, are you a Spartan or an average Joe slob. It's worth it, trust me.

Diet Extras

Coconut

Coconut can be one of your *secret* weapons as a Spartan. Everyone has the wrong idea about coconut. Tell a normal person you eat coconut and they'll look at you in horror, "*Isn't coconut all FAT!!!!*". Here's the real story.

Coconut is 60% fat, of which 80-90% is saturated. It's saturated because coconut comes from tropical regions. Plants in tropical regions need saturated fats because of the heat. This property also make coconut oil extremely stable as I have mentioned. Stable fats are good. Coconut and coconut oil has served tropical native tribes for thousands of years without causes heart problems.

The fat in coconut is made up mostly of short and medium chain fatty acids. The beauty of these types of fatty acids is that they are absorbed directly from the small intestine to the liver where they can be converted into quick energy. It is also high in calcium, iron, magnesium, phosphorus, potassium and B-vitamins.

Coconut is nature's best source of **Lauric Acid** (47% of it's fat) along with mother's milk. Lauric acid is an essential fatty acid that enhances the immune system. It actually protects against viruses, yeasts and parasites. In fact there are a few people experimenting with using coconut to enhance the immune system of AIDS patients.

Mother's milk contains lauric acid to help the newborn's immune system. By adding coconut to your diet you can also supply your body with lauric acid.

Here is a very interesting fact about coconut oil. Don't take my word for this, but the information is true. Years ago scientists did experiments feeding different oil to cattle to see which would fatten them up quickest. They stopped trying with coconut oil because the cattle were not gaining any weight, in fact they lost weight!

How can you add coconut to your diet?

You can of course buy a coconut, break it open and eat the meat (great snack). You can buy and use coconut oil for cooking. And, most conveniently, you can buy **coconut milk** and **coconut cream** in cans from your supermarket. Coconut is so stable that the canning process

shouldn't affect it much. This is what I use. Read the label and make sure there are no added ingredients (except water). You don't want any sugar or preservative.

Best way to use coconut milk and cream? Add it to fruit smoothies. I do this now every morning for breakfast. My smoothie (made for 2 people) will have the juice of 4-6 oranges, an apple, a banana, a kiwi, a pear, ice-cubes and a few spoons of coconut milk or cream. It tastes great. It adds extra energy and calories for the day. And the fat slows down the juice digestion a little. I haven't had any problems at all with this. I also add coconut milk or cream to my raw milk shakes.

Raw Honey

Regular honey bought in supermarkets has been heated and processed. It's Dead!

Buy raw honey from the health-food shop or a bee-keeper. It may look rougher and thicker but it's straight from the bee as nature intended. It also contains nutrients and enzymes that make it a real food.

Only use Raw Honey

Honey is a real blessing for you sugar addicts (me). It lets you add something sweet to your diet to replace the refined sugar products you shouldn't eat. I add it to brown rice for a delicious lunch, or more commonly to the **Spartan Milkshake** as seen in the '**7 Secrets Recipes from the Spartan Kitchen**' Special Report.

Honey is mostly made up of the sugars fructose and glucose both which are easily used by the human digestive system (fructose is the same as contained in fruit).

Raw Honey has been thought of as a miracle food for centuries. The Greeks used it as a food and as a medicine. For honey has an antibiotic effect. This is why if you leave raw honey on a shelf, mold won't grow on it. Do the same with processed jam and see what happens.

Raw honey can play an important part in your **Spartan Diet**.

Another natural sweetener you can use in moderation is natural Maple Syrup. It contains natural sugars/minerals and enzymes as well.

Olive Oil

Concentrated vegetable oils were *unknown* to tribal people and are best avoided.

An exception however can be Cold-Pressed Extra-Virgin Olive Oil. This is the type used by the Ancient Greeks. This oil is the least harmful and most beneficial of all the vegetable oils but only use in moderation as it tends to be stored as bodyfat easily.

Use only Cold-Pressed Extra-Virgin Olive Oil

Cold-Pressed means it is created without heat. Extra-Virgin means it is from the first crushing of the olives. Some products may not state Cold-Pressed but that's what it means if it says 100% Extra-Virgin on the label. Don't use Virgin or Pure they are not the same thing.

Sea Salt

I use to believe all the talk about salt being bad for you. It raises blood pressure blah, blah, blah. But that kind of advice never really made sense. One of the tastes man craves is salt (another is sweet, covered by fruit and honey). Meat, blood and milk, all good foods according to tribal wisdom are somewhat salty.

The truth is salt is critical for proper digestion and for the functioning of our nervous system. A lot of our food like fruits, vegetables, meat and milk does contain natural salt.

But to make your food and eating more enjoyable feel free to use Sea Salt. You can buy this kind of salt from any health food store. It isn't a pretty bleached white color, it's a natural light gray. Sea Salt is made from a natural slow drying process of sea water. So not only do you

get sodium chloride but you get all the important trace elements in sea water. A very valuable addition to your kitchen.

Do not use commercial salt. It's highly processed and can be dangerous due to high levels of aluminum.

Vinegar

Natural Vinegar without preservatives can be used as flavoring for salads etc. (good mixed with olive oil and/or lemon juice).

A good type is Apple-Cider Vinegar, which contains a lot of potassium.

Another good use is when making soup to add a tablespoon to help draw out the minerals from the meat, bones and vegetables.

Coffee & Tea

Both contain caffeine which as we all know is an addictive drug. Do not get into the habit of drinking it. Caffeine is a big drain on the body and mucks around with your energy levels and endocrine system.

Most people wake up feeling like a zombie from bad eating and lifestyles and need a caffeine boost to get them started. Then they are so tired from a processed, fatty or sugared up breakfast they need another coffee break mid-morning, and so it goes. What an existence!

You won't have this problem because the **Spartan Diet Principles** will keep you full of energy without artificial stimulants. Don't fall into the caffeine trap.

I use to drink a lot of Diet-Cola (in some countries they use this as a cleaning agent). I remember feeling tired and saying;

"God, I need a Diet Coke".

That's just what the people who make this stuff want you to think. So now I drink water or fresh juice.

Herbal Teas made with no Caffeine are an O.K. substitute.

Spartan Diet 90% Principle

Here's the Principle you have been waiting for.

What it means is you should stick to the **Spartan Diet Principles 90%** of the time.

There are a couple of reasons for this:

1) If you stick to the **Spartan Principles 90%** of the time you will become so healthy that the occasional lapse will not hurt your progress. Your body will be able to deal with the wrong foods easily because most of the time it is getting the right foods. Just makes sense.

2) We are all human and in the Western World we are constantly surrounded with foods that are junk. Sometimes it is hard to get the food we need. In which case you can compromise and make the next best choice.

3) On Special Occasions. An occasional drink with friends, a piece of cake at a Birthday Party etc. These should not be a major problem. The Spartan Diet isn't about feeling guilty all the time you're not on it.

This is not an excuse to Pig-Out or go on a sugar binge. In fact I would strongly recommend you always stay away from sugar.

Do not plan a "junk food" day or meal. You should not get into the thinking that the **Spartan Diet** is punishment, and then look forward to a reward of junk food.

That's not what I mean. Basically the **90% rule** is so if you have to break your way of eating or living you just can say to yourself;

"No big deal, I am still sticking to the Spartan Health Regime 90%, which means this slip wont effect me at all."

Even tribal peoples drank alcohol and smoked strangle plants every so often. Hell, even the Spartans got a little lax when they were away from their homeland once in a while.

Spartan Diet Principle on Supplements

An analysis of the typical hunter/fisherman/gatherer diet by **Dr. Price** reveals that they consumed up to 4 times the amount of water-soluble and up to 10 times the amount of fat-soluble vitamins than are provided by today's typical diet.

Not only are our modern-day diets lacking in essential vitamins, minerals, fiber, enzymes etc. but we eat a ton of processed foods that leach out nutrients from our bodies. It is no wonder we are poor specimens compared to tribal peoples.

Our soils are over farmed, our animals are raised un-naturally. Food is stored to long periods. Fruit is picked too early. The list goes on.

Eating according to the **Spartan Principles** will cut out all the processed harmful junk and at the same time start regularly flooding your system with the nutrients it needs.

This will get your body working and functioning the way it was designed to. But because of years of less than adequate eating you may wish to take supplements along with your diet as an added bonus.

Let me make one thing clear. I'm not anti-supplement I'm anti-bullsh#t supplement. There are so many rip-offs out there. Stick with the basics.

These are the basic supplements I take and you can do the same;

⇒ Vitamin C 500-1000mg daily. If you are eating a majority fruit diet plus sprouts and vegetables or vegetable juice you are going to be getting enough Vit C. But we live with a lot more pollution than tribal people so Vit C is an important antioxidant to help fight these toxins.

⇒ Vitamin E 200 units daily. Also an antioxidant which is very important. This is a large dose but again eating a diet high in processed foods for many years can lead to a Vit E deficiency.

- ⇒ **Calcium & Magnesium supplement.** Tribal people ate a lot more calcium than we do, from eating raw dairy products or a lot of fresh green vegetables or chewing on animal bones or using the bones in soups. If you do the same you will also get enough calcium. But if I get a bit sloppy with any of these foods I supplement my diet with a good quality Calcium & Magnesium product. Calcium supplements should be made from sources such as bones or eggshells. Don't take any that has just been made in a Lab.
- ⇒ **Kelp Tablets.** These supply iodine and other trace elements found in seafoods and sea plants (and sea salt). One of my friends on this diet hates seafood so he takes a couple of these a day to boost his intake. Failing to get enough iodine can cause your thyroid to function ab-normally and this will stuff up your metabolism.
- ⇒ **Cod Liver Oil.** *This is a **fantastic** supplement* and I take it nearly every day. Fish is an important food because of the type of fat it has, and liver is the best organ you can eat. This supplement combines the best of both. Back to your Grandparents for a minute; did they force you to take this stuff when you very little? Guess they knew better than we do today. If you hate the taste buy the capsules. Only take one capsule or spoon a day.

Saved the best for last.

=>**Desiccated Liver Tablets.** This is liver which has been freeze dried. Not as good as the real thing, but still OK. A lot of the nutrients are still present as are found in raw liver. I take a couple every day if I'm training. If I'm training super heavily with martial arts or in the gym I take a lot.

Vince Gironda, a famous American trainer, gets his students to take up to 10 every couple of hours to keep the blood flooded with protein and nutrients. You can get these in health-food stores.

Spartan Diet Guidelines

- The three worst foods you can eat are 1) refined sugar 2) white flour 3) Hydrogenated/partially hydrogenated oils & refined vegetable oils.
- Do not eat artificially produced low-fat foods.
- Do not eat soy products.
- Do not eat powdered milk or eggs or protein powder.
- Do not eat highly processed fake foods such as cookies, cakes, breads, pastries, pizza, soft drinks, etc. etc. etc.
- Eat fresh fruit. Make it organic whenever possible. Wash commercial fruit well before eating.
- Eat seafood. Any and all kinds of fish, shellfish and sea creature.
- Eat meat. Organs as well as muscle meat. Game animals are best. Pasture-fed and free-range are excellent. Includes beef, game meat, poultry, lamb, pig, etc.
- Animal fats are a valuable food. DO NOT FEAR ANIMAL FATS. Use butter, ghee, cream, sour cream, lard, beef fat, egg yolks etc.
- Eat vegetables. Green leafy vegetables are especially important.
- Properly prepare all grains and use only as a supplement to your diet.
- Properly prepare nuts before eating.
- Use sea salt, raw honey/real maple syrup, vinegar, natural herbs for flavoring.
- Try to eat some part of your animal food as raw. Eggs, milk, fish, very rare beef.
- Eat a good amount of raw food as part of your total diet. Includes fruits, vegetables and animal foods.

There are no set amounts of different types of food to eat. Try to eat at least 25-50% of your total volume as fruit. The rest can be made up of animal foods including as much animal fat as you like, nuts, vegetables and supplemented by the grains.

This kind of diet will not make you fat. It's the overeating of refined sugars and carbohydrates that packs on the bodyfat. You will start to lose fat and build muscle and health on the above Spartan diet.

Spartan Physical Training

Spartan Training Introduction

Spartan Training at it's absolute most basic level would be **Roadwork** 3-6 days a week supplemented by the right **Strength & Power** work 2-3 times a week, with some basic **Ab**, **forearm** and **neck** training thrown in.

A routine like the above can literally transform you into a superbly conditioned individual, with low body-fat and plenty of useful strength. You will stand out from the general population like a sore thumb.

The human body was built for movement. We were not designed to be sitting for long hours at a computer etc. day after day.

A good rule is to make sure you are getting about 1-2 hours a day of **vigorous physical activity**. That may seem like a lot in today's hectic lifestyle, but you owe it to yourself to give your body what it needs.

Move it or Lose it!!!

As people age they start to slow down. They move less and do less. So their bodies gradually weaken in muscle strength and bone density.

Strength and Power training play an important part of the Spartan Lifestyle. Training for Real-World strength will not only let you perform at your peak now, it will keep you performing for a long time. Muscle doesn't degenerate if it is being used.

The following training is **supplemental** in nature. That means you can use whatever parts of it will help you in your chosen sport or hobby.

But if you don't have an extra physical activity then it can provide you with your entire training regime.

Training constantly is important, but be relaxed about it. If you feel you need a break, take one. You wont be able to fit everything that follows into your individual training regime, so pick and choose and then change things around every so often.

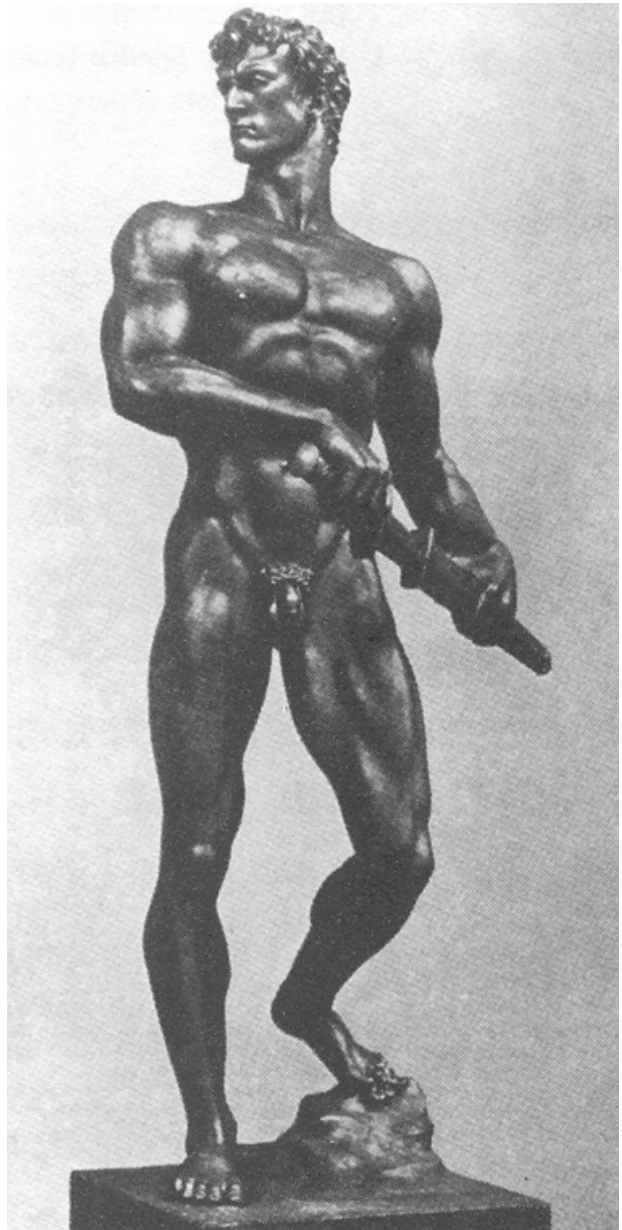
The ancient Spartans were constantly training.

Both in their military exercises and their physical exercises to keep strong and fit. They trained hard.

But they weren't all emotionless robots enduring pain and constant punishment in miserable, tortured lives! They enjoyed training. They added a lot of humor and joke making into their training.

They also took pride in their physical appearance.

They believed in keeping lean, athletic, muscular and sun-tanned. They would laugh at other people who tried to look attractive by wearing fancy cloths. For they believed it was the physical vitality of a person that made them stand out not lavish dress.



Spartan Conditioning Principle on Running

Spartans run. I like to call the basic kind of running we do roadwork. Roadwork is a term that old time boxers used to describe the early morning jogging/running they did nearly everyday. They did this to build a solid foundation of endurance.

We should do the same.

Roadwork has kind of fallen out of vogue in recent years, but I still consider it one of the most basic of all exercises. The absolute most important basic conditioning factor in soldiers from ancient times to modern times is running.

In the tough **French Foreign Legion** you have to be able to be able to run 5 miles with a 26 pound backpack in less than 1 hour. You also have to be able to hike long distances with 50 pounds or more.

The **British and Australian SAS** troops have to be able to travel long distances on foot carrying everything they need for missions on their bodies, sometimes up to 150 pounds of weight for hikes of 40 miles (65 km) or more.

The elite **US Navy SEALs** and other special forces go through a series of timed training runs of 4 miles or more in addition to long forced hikes.

Running is a natural movement for man. Our bodies are built to long periods of running and walking unlike our distant relatives the chimps. Speaking of the chimps here's some interesting information to keep in mind.

One of the things which surprised me while studying the Chimps was they would walk up to 4 miles (6½ km) each day looking for food and patrolling their territory. How many people do you know who walk anywhere near this distance each day? The thing is, Chimps aren't even built like the walking machines we are. Chimps have short stumpy legs with feet shaped like a second pair of hands and long arms, they are hunched over and are quite at home swinging from tree to tree. We, on the other hand, have long legs with long feet built for running and walking. We stand upright and wouldn't last very long in a tree. Understand.



We as a species are much more suited to walking than our relatives the Chimps but they are doing more walking than most of us. No wonder we suck as physical specimens.

The Ancient Greeks of course invented the Olympic Games where many running events were contested. They had short sprints, middle distance and of course long distance runs. The most important race was held at the finish of the games and was a race in full armor.

It was the Greeks who inspired the modern Marathon race. After the Greeks fought a desperate battle on the field of Marathon they send a professional distance runner to take an urgent message back to Athens. He ran the 25 mile distance over rough terrain and actually died after he delivered his message. What most people don't know is the same runner had to deliver an urgent message to Sparta before the battle started. An agonizing run of 147 miles (which he did in a day and a half) and then back again! No wonder he dropped dead. It is still a great inspiration to build your own base of endurance.

Running should be done on grass or the beach if possible. Otherwise get yourself **the most** supportive running shoes you can. It is a worthwhile investment.

Listen to this next point, because not many people understand it and it goes against conventional thinking.

Because running is impact work done with the body working against gravity, it results in a build up of bone density and ligament/tendon strength. The very reason people will say running is bad news, that is too much stress on the legs, knees and ankles, is the very reason to be doing it! It's that very impact stress that forces the body to compensate and get stronger and tougher. Running isn't just about fitness, it's about strength too. Structural strength of the body.

Things like cycling and swimming wont give you the same benefits. They will give you a good cardio workout but they don't force the body to strengthen it's bones, ligaments and joins to the same degree as running.

Now, the kind of basic Roadwork I'm talking about is done at a slow/medium pace for 30-45 minutes. When you finish a morning run you should not be all red-faced, puffing and exhausted. You should be feeling great, refreshed and energized.

If you don't, you are probably running too fast and hard. This can also result in ankle & knee injuries etc. You *don't* have to *kill* yourself when doing Roadwork.

This can be a daily routine that you grow to love and can keep up for the rest of your life. The benefits are enormous! It will build your cardiovascular system, your endurance, your health, keep extra fat off and is a top discipline builder.

Go to bed an hour earlier if you have to (just don't watch as much trash on TV) so you can wake up in time for a morning roadwork session.

This is one of the best habits you can get into. As soon as you wake up, go for your run. **Don't think about it just do it!** Don't give yourself a chance to make excuses.

Basic

If you are only training for general fitness and you have a super busy life, then you should run every second day alternated with a strength workout (see Grinder Workout)

Advanced

The next step up is to do some Roadwork **5-6 days a week**. If you feel good, run everyday except, say, Sunday. But if you feel run down or tired take off Wednesday as well.

Remember, Roadwork is done at a steady pace, so it won't interfere with your workday or any other training you do during the day.

The best fat burning exercise is slow running for 45-60 minutes. This will cause your body to use body fat for fuel. You hear a lot of experts saying that walking is the best fat burner, much better than running. This is a case of, it may look good on paper, but in the real world believe me running kicks the arse of walking as a fat burner and body conditioner.

I've talked about some the most basic use of running, here are some variations you can use;

Marching

Don't panic, this doesn't have anything to do with marching in line on a parade ground.

If Roadwork is slow running then Marching is fast walking. Why don't I just call this kind of exercise walking?

Because the term "walking" conjures up images of a slow stroll without breaking into a sweat. This kind of walking is done at a fast pace. Not ridiculously fast, but it should feel like exercise and make you sweat and breath hard.

Marching on the other hand gives me an image of Warriors making a long journey on foot to fight a battle. As a Spartan Warrior you need all round conditioning and a base of endurance. Roadwork and Marching are the perfect way to build it.

Think of the famous general Hannibal who marched his army over the Alps to attack Rome. They marched for months carrying all their weapons and equipment with them. Marched on foot day after day. Then they crossed the Alps on foot while fighting off barbarian hordes every step of the way. Now that is real endurance!

When you are doing any fast walking, you should think of yourself as a Warrior marching to battle. Inspire yourself. Fast walking is great exercise. It can be done anywhere at any time.

I prefer running myself, but I know a lot of people who are the opposite. You can still build a good base of endurance with Marching, just increase the time you spend doing it.

Forty-five minutes is a minimum. Pick a shop that is say 30 minutes walk away. March to the shop, buy yourself a bottle of water then March back home. If you ever want to get serious about this sort of training, you can do long hikes from 1 day to 1 month all around the world.

Use the same schedule as for the Roadwork above.

The Long Run

This is a new feature to my training I've started and I love it. It is simply an extra long run once per week or every second week if running isn't a major part of your training. I started this after reading about the training routines of many elite runners. They said the extra long run should be a key element of any good running training.

If my normal basic training runs are 45mins-1hr, then the long run will be a good 90 minutes. So, unless you are training for running events specifically then 90 minutes is a the mark to aim for.

If you are only running 20 minutes now, then shoot for 45 minutes as your long run. You get the idea. Slowly try and build to the 90 minute mark.

This kind of running is at a steady pace. You should just be able to talk while your running. If you are too out of breath to make any conversation sense then slow-it-down.

It's not fancy, it's not easy, it's not all technical, it's not glamorous. It is totally Spartan, simple and tough and effective.

Doing this kind of long run week after week, then month after month and year after year builds truly awesome endurance and body conditioning. It will work to build the foundation to a great aerobic system. More importantly this kind of running will help keep you injury free when you start to try other more intense training because it helps to build that foundation of structural strength I was talking about.

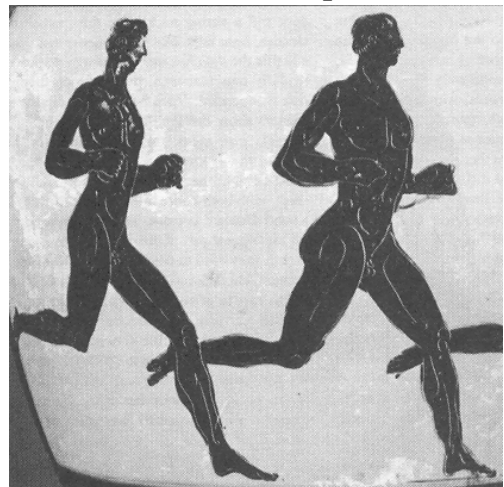
Another benefit of running in general that is emphasized in the long run is the building of new blood vessels and capillaries in the muscles of your body. You become more efficient at pumping blood to them. Your heart and lungs will increase in size and your body becomes more efficient at storing extra glycogen used for energy.

NOTE: If you are new to a lot of running or need to lose a lot of fat then stick with the above basic training and work up to the weekly/fortnight long run. Running is now a part of your life for ever. . . so there is no great rush. Give your body time to get fitter and structurally stronger.

The following sections are all good ways to boost your fitness and improve your conditioning further. Unlike Roadwork/Marching, the following should be trained at **high levels of intensity**. For this reason they should be trained only every few days and for short periods of time.

The best way to increase your fitness is to train **hard**, then **rest** and let your body **recover** and **adapt**.

If you try to train at a high level every day you will just run yourself down and end up injured or sick. That's why a lot of the Iron-Men/Triathletes who train hard, constantly always have a flu or cold (or maybe it's because they actually eat the sugary breakfast cereal junk they promote).



Speedplay

This is one of the best and brutally simple ways to increase your fitness and conditioning levels. It's tough but it can be very enjoyable as well. It is basically interval training where you sprint hard during a run then slow up to recover then sprint hard etc.

This kind of training is generally called **Fartlek** training, which is a Swedish word meaning speedplay. I hate the term fartlek, so to me, it's speedplay from now on.

Go for a slow run and add in short distances where you sprint hard. Pick an object ahead of you such as a lamppost then sprint to it.

After you reach the lamppost don't stop, keep running but slow up so you can recover. Once your breath normalizes then sprint again. I find sprinting up any oncoming hill a good way to add intensity.

This is one of the **fastest** ways to improve fitness levels.

This kind of training is so simple. But no one does it because it's just damn hard work. Well you're a Spartan Warrior now, so make sure you do this sort of thing regularly.

You don't have to do a constant series of sprints. Once you have recovered from the last sprint, keep running slowly until you feel ready for the next sprint. Keep an eye out for the next object to sprint to. The harder you work the faster you'll improve but it's up to you.

I like to add this kind of training at the end of a basic run. So I'll run at a steady pace for maybe 45 minutes then I'll finish with the last 15 minutes of the run doing Speedplay work.

There is only one rule I use during Speedplay. The rule is you don't stop running. I don't care how slow you have to jog after a sprint but you never actually stop or start to walk. Even if your shuffling along at a grandmothers pace that's OK, but no stopping or walking. Be tough. It's all about mental toughness.

Hill Sprints

Good old hill sprints. This is the bread and butter of Spartan Conditioning Training. You must respect the hill. You must love the hill. But you must defeat the hill.

This kind of work will build strength, stamina and an iron will. **Robert De Castella** the Australian runner was famous for his hill workouts. I always noticed that De Castella had much larger muscled legs than other long distance runners. He ran a hard hill session every Thursday for 15 years. He describes hill training as;

"Maybe the best overall training you can do. It makes you strong, helps you get faster and improves your running form."

If you don't do much Squatting then hill sprints and flat sprints are a secondary way to work your hip and leg muscles.

Everyone has a '**bastard**' of a hill or sandhill in their area somewhere. Find this bastard and name him. I use to live next to Old George the Bastard Hill from Hell, we battled many times.

"From hell's heart I stab at thee, Old George"

Seriously, hill sprinting and running is **THE** way to build your lower body power and total body conditioning levels.

These can be done 3 ways.

- 1) **Set Time:** Give yourself a set time of 10-15-20 minutes for the hill training. Start your watch and run up the hill. It is best to pick a longish hill for these (at least 50m). You are not sprinting up the hill, just a fast jog (pump your arms hard). Then walk back down and as soon as you get to the bottom, run back up. When you are fit enough, jog down the hill as well. Count how many times you make it in your set time.
- 2) **Set Number:** This is much like sprints above. Sprint up the hill 5-10 times. You are sprinting as hard as you can each time. Walk slowly down the hill using plenty of deep breathing, then when you hit the bottom, go again.
- 3) **Add Hills to your Runs:** Just like the Speedplay workouts, maybe even during a Speedplay session. Throw in a few hills of different lengths and steepness. Run the hills **HARD**. Then continue with so slower run until you recover for the next hill or speedplay sprint.

The last method is another of my favorites. I'll do a normal 45 minute basic training run then add some hill work at the end for 15 minutes. I sprint up the hill then jog down slowly and around until I recover, then back to the hill.

Advanced Hill Work: You can use hills for advanced Strength and Conditioning work. It basically involves running or walking up the hill with extra weights.

Fill a backpack with sand or a sandbag over your shoulders and do your hill training. Start light (20lbs or so) and slowly build up by a lb or 2 every session. In a few years you will be Hercules.

Sprint Training/Interval Training

Throwing in a hard sprinting session every so often is a great way to add variety to your conditioning regime. Take a look at the build of any top-class sprinter, pretty impressive.

That's because sprinting is an **explosive** activity, and when the muscles are worked explosively they grow larger, stronger and more powerful.

Always warm up well before a sprint session. Go for a light jog and get plenty of blood flowing. You should have a light sweat going before you start.

Pick a grass tract or a flat section of beach for your sprinting training.

The following is a very basic routine I have used off and on for many years. There are no specific distances given because it's hard to measure a set distance on a beach. But the approximate distances are given after in brackets.

Mark the distance with a stick or something similar. Run each sprint **HARD**. Then slowly walk back to the starting line and go again. Make sure you **breathe deeply** on the walk back to get as much recovery as possible.

Warm Up

5 sets of VERY SHORT (10m)

5 sets of SHORT (25m)

3 sets of MEDIUM (50-75m)

3 sets of LONG (100m)

2 sets of VERY LONG (150m)

That's it. If you run each sprint hard you will be completely stuffed after this workout. Try and workout with a partner so you can race each other and really push each other to the limit. Take turns saying;

"Ready, Set, GO!"

If you haven't done much sprinting in the past make sure you start slowly. Run the sprints at about 80% as a top speed. Your body will take a couple of weeks to adapt to this sort of training.

Let me give you an example of why we train for real world strength and conditioning and not just to be as pumped up as possible.

Two of the best bodybuilders of the 80's (they will be known only as Gary & Samir) were having an ongoing argument about who was the fastest (as well as who was the hugest, who had the best tan, who took the most drugs, who had the biggest ego etc.).

Anyway they resolved to actually have a race over a short distance to prove who was the better sprinter. It was big news in the magazines of the time and received a lot of coverage. The day of the big race came and both contestants lined up in their skimpy singlets while trading insults regarding bicep size.

BANG! The gun went off and both launched themselves down the track.

Only, no one finished the race. That's right, neither of them won. They both tore their hamstring muscles and ended up rolling around in pain on the ground clutching their respective injured legs.

Why? Because bodybuilders train only to look good on a stage. They try to get as big as possible but functional strength and athletic ability isn't a consideration. Now what if one of those two had to give chase to a thief or sprint to save a friend? Forget it! And what about if they had to run for a longer distance? HA! Don't make me laugh!

400m Torture

Did you think the sprints were painful. Hah! They pail in comparison to 400m running. Again the distance doesn't have to be exactly 400m. Go to your local park and pick a football field to run around.

Warm up well.

These are good to time on a stopwatch. That way you can try and beat your time as the sessions go by.

Run the 400m at about 90%. They are too hard to go 100% at.

Run one 400m distance then walk around the track breathing deeply to recover. As soon as you get back to the start, go again.

Do 3-5 runs and time each one, try not to let the time slip by too much. This is a real killer of a training session, but will really boost your conditioning.

Spartan Conditioning Principle on Rowing

As a general fitness exercise the rowing machine is unbeatable. It utilizes nearly every muscle in your body and gives your heart and lungs a real working. It's go effective I've given it a section to itself. You won't find me doing that with any treadmill or exercise bike.

I find it the best way to totally warm-up your body before a workout. Row for **3-5 minutes at a steady pace**, making sure to get a good range of motion on each stroke. This will get the blood flowing into all your major muscle groups and get you ready for your strength workout.

If you are training for say a 4 minute karate match then a good supplementary way to achieve fitness for it would be to row for 4 minutes. Row hard, to simulate the intensity of your match.

If you have to achieve a high level of general fitness, then row hard for a set period, approx. 2-3 minutes. Then alternate that with 1-2 minutes of easy rowing while you recover. Do this 3-5 times. This is a tough workout, you may feel like throwing up if you push yourself hard enough.

Yet another way to train on the rowing machine is to pick a set distance. 500 meters or 1000 meters is a good distance. Then every so often, to finish off a training session, row that distance and try and beat your past time!

As a fat burning exercise you should row at a comfortable, steady pace for 30-45 minutes. It works a lot of muscle groups so will burn a lot of fat.

If you want to make a great investment in you body buy a **Concept II Rowing** machine. It is expensive. It is the best in the world. I have one at home myself and I highly recommend them.

Spartan Combat Conditioning

Ancient Greeks and the Spartans practiced 3 different unarmed styles of combat. They were the original Martial Arts, older and more practical than a lot of fancy Asian styles. These 3 styles were all competed in at the Olympics games.

They were **Boxing**, **Wrestling** and the **Pancration**.

All of these styles are still in use today. They can provide you with very useful self defense skills. The beauty of them is they can also provide some great conditioning training. Even if you never compete in them, the training associated with each one can benefit your endurance, physical toughness and strength.

If you train in a different style of Martial Arts already that's fine. Don't start getting all defensive. I'm not interested in the politic of which style is better etc. Mt advice is that no matter which style you practice, do some cross-training in at least wrestling and boxing at some stage.

Only a few months training in each will boost and complement your fighting skills.

Wrestling

Wrestling is another natural form of exercise for man. It is many thousands of years old and is starting to be seen again as an effective form of self-defense.

The Greeks were heavily into wrestling and made it into an art-form. The Spartans were very keen about wrestling and their women were encouraged to participate just as the men were.

Spartans Love Wrestling

Wrestling as a conditioning and strength exercise and as a supplement to your defense skills can be added to any martial art.

If you have ever wrestled full-steam with someone you'll know just how physically demanding it is. It's another total body exercise, as well as being incredibly taxing on your cardiovascular system.

I remember the first grappling training (grappling is just another term for wrestling) session I ever did. The next day every muscle in my body from my neck to my calves was exhausted and sore.

I consider wrestling (all forms) to be the **ULTIMATE** exercise and I encourage you to try it at some stage.

Currently in the USA, Australia and Europe there is a growing trend in **Submission Grappling** training. Basically that means wrestling till your opponent gives up and submits. Unlike Olympic wrestling were you have to pin your opponents shoulders to the mat.

If you are considering taking up some kind of martial art training, give it a try. What attracted me was the fact that you can train full-ball and not get hurt or hurt others. You are not being punched in the head or kicked.

But at the same time the skills you learn (especially for women) are easily used in self-defense situations.

Look for any schools which teach Grappling, Ground-fighting, Brazilian JuJitsu, Submission Grappling, Wrestling or Shoot-fighting. (different terms but all good wrestling skills).

Boxing

I would advise each of you to take a couple of private lessons with a boxing coach at least once in your life. I did some very basic training at the Australian Institute of Sport when I was younger and the lessons and techniques have stayed with me.

Boxing is tough. Very tough. It's not for everyone. But everyone can incorporate different parts of boxing training into their workouts. Anyone can hit a bag or boxing mitts with a partner.

I think a Spartan should be fit enough to fight 3 one minute rounds at full pace. I think this is something that we can all aim for. Apart from the fitness it will develop, it will be totally useful conditioning that may come in handy at some time.

Aim for 3 one minute rounds of punching

Forget technique for the present. In a fight it's normally the most aggressive fighter who ends up wining. A lot of street-fights finish the

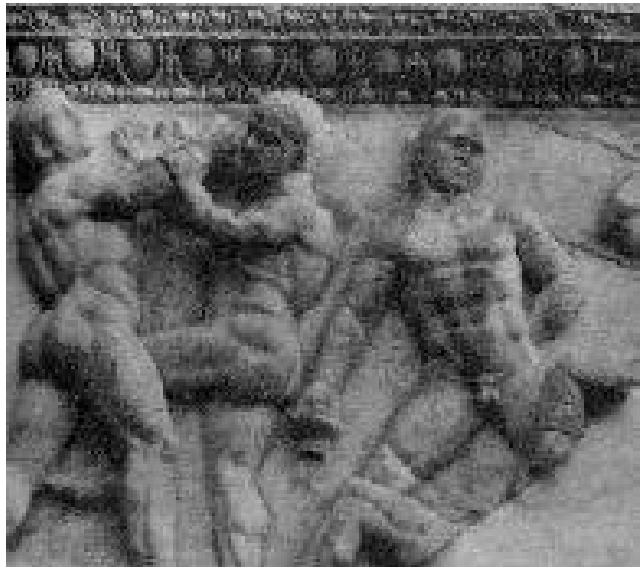
same way, the guy who attacks the most and who has the fitness to keep attacking will win.

Training is pretty simple. Hit a punching bag. Time one minute and go for it. Beat the hell out of the thing. Rest for one minute then go again. Do this 3 times. This kind of training sounds simple but is very tough, very painful. Of course if you aren't use to hitting a punching bag, build up slowly over time or you'll injure your hands.

This is a Spartan Challenge or Goal. You should be able to go hard for 3 by 1 minute rounds on a punching bag. This is a great aspect of all round conditioning.

Pancration

Wrestling developed into **Pancration**, seen as the ultimate test of skill and physical excellence. Pancration is a combination of wrestling and striking. The only things not allowed were biting and eye gouging. If you thought boxing was tough just think about this type of fighting. I can't give you much info. in written form about training for Pancration. But if you get real good at wrestling and boxing there are a lot of places where you can fight with a very similar style to the old Pancration fighters. Like real fight clubs. The most famous event of this type is the **Ultimate Fighting Championship** or **UFC**.



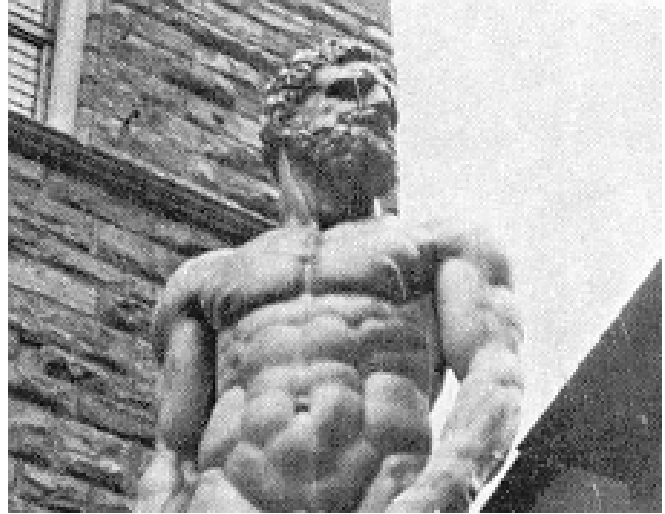


Spartan Strength & Power Training

Strength & Power training play a major role in the **Spartan Health Regime**.

By increasing your **Real World Strength & Power** you will also increase your muscle mass and hence give your body the shape you are after.

Real World means **functional** strength & power. That is strength you can use in your sport or in everyday life. The Ancient Spartans were warriors and the strength they built had to be usable.



So forget all the little-isolation-type-body-pumping exercises that the majority of people train with. The exercises that are used in the **Spartan Health Regime** are the essential ones that work. They will bring you results you can use and see in the shortest amount of time.

We are after a lean, muscular, strong & powerful body that can function at it's ultimate potential but don't confuse that with the bloated, pumped-up, steroid-munching bodybuilding physique that is so frequent now.

***The King of the Jungle is the Lion not the Elephant
The King of the Ocean is the Shark not the Whale***

Aim more for the classical Greek physique or a body like Bruce Lee or even Sylvester Stallone or even Tarzan (hey don't laugh, you try wrestling a guerrilla and swinging through trees all day). What muscle you carry will be totally functional and powerful.

Spartan Strength & Power Training is very simple. At it's most basic it is **2 exercises**. But the full version is 7 exercises that will bring you results like crazy.

First I will talk about the **Big 2**, these are the heart of Spartan Strength & Power Training.

Dips & Chins

These are the two exercises that the ancient Greeks used heavily to build strength and power in their upper bodies and they can do the same for you, if you do them right and if you use a little secret that most people never bother with.

You don't want to be spending all day in the gym doing a dozen exercises per body-part. Doing exercises that isolate different muscle groups is a total waste of time and that won't bring you the results you want. We want to build total, functional strength and power with as few exercises as possible.

So the more muscles an exercise works at the same time the better.

Dips and chin-ups work nearly every muscle in your upper body. Doing these two properly will give you more of a workout than a 100 sets of lateral raises or dumbbell flies ever will.

These two exercises are so effective because you are moving your own body through space. This requires the use of more muscles and stabilizers and nerve involvement. They are totally natural movements and the strength that is built is functional, that is easily utilized by your body for other movements, such as fighting, climbing, wrestling etc.

So what is the proper way to do them? First you must do your reps **explosively!**

That means for example in the Dip you lower yourself slowly from the top position till your upper arms are horizontal to the floor then you explode upwards as hard and fast as you can. This is the type of training that will build the power you are after, it will also stimulate the most muscle growth.

Now for the secret that I never see people doing.

Every time I see people doing dips and chin-ups (which is rare enough) they are always only using their own body-weight for resistance.

That just doesn't make sense. If you can do 10 chin-ups in a row then your body is already strong enough to do 10 chin-ups. Doing the same again and again won't increase your strength.

You must start **adding weight** as soon as possible!!

Buy a weight belt or if your gym doesn't have one hassle them into investing in one or just go elsewhere.

Then start tying extra weights around your waist while you're dipping and doing chin-ups. This is when the real benefits will start to show. Use small weights and as you get stronger slowly increase the amount you are using.

Little weights slowly add up to a BIG weight. And when you can do dips & chin-ups with a big weight you will have all the strength and power you could want.



Dips

Finding the right width bars is very important. Do not get talked into doing dips on wide bars to work your outer chest etc. this can result in shoulder injuries. We want our dips to work the whole upper body so the best is a **medium to narrow grip**.

Do not keep your body straight when dipping, lean your chest forward and bend at the knees. This will bring the most muscle groups into play and result in the greatest results.

Always do a lot of warming up before starting dips. If I'm training in the gym I will do lighter sets of bench press, some body weight dips and 5 minutes on the rowing machine to really get loose before I start using extra weight.

Lower slowly to the bottom position and then explode up while breathing out forcefully.



Chins

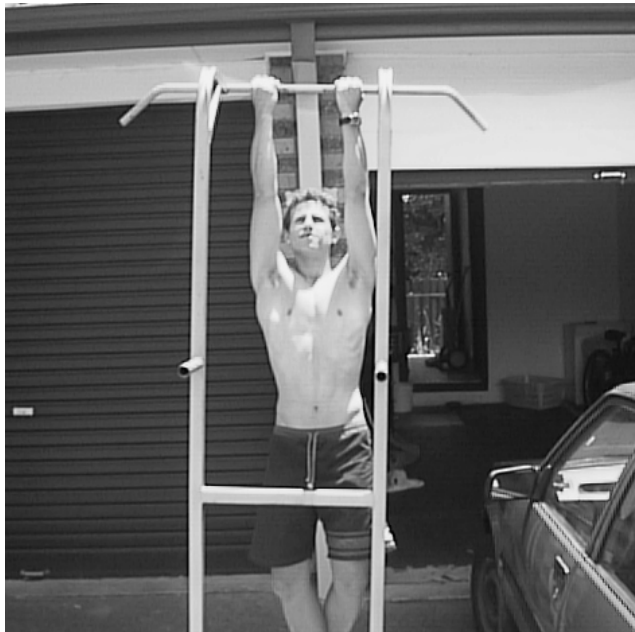
Chin-ups are worked with all the same principles as the Dip.

Most people don't like doing chin-ups (and dips) because they are plain **HARD-WORK**. People would rather do exercises that are more comfortable or easier.

Don't be fooled, if you want results stick to the hard stuff.

There are a number of different ways to do chins. The best way for overall development is an **under-hand shoulder width grip**.

You will not be able to use as much weight with chins but all the other principles apply as for dips.



The Most Basic Routine

If you are just starting this kind of training or if strength & power work isn't that important to you, then the following routine is all you need. You can also follow this routine when you are very short of training time and want just a quick workout.

You will work your upper-body with **dips & chins**. Your legs will get enough work from regular running with some sprints/hills added.

General Conditioning:

Do **3 sets of 10 reps** of both dips and chins using your body-weight. Rest about 2-3 minutes between sets to get full recovery. Train 3 times a week. When you can do all 3 sets easily move onto the strength & power below.

Strength & Power:

Do **5 sets of 5 reps**. Rest at least 3 minutes between sets for full recovery.

The first 2 sets are progressive warm-up sets.

The last 3 are with your top weight. Use the same weight for all 3 sets. Once you can do all 3 sets of 5 reps then add a little extra weight. This may mean you only get 3 reps out on the last sets in your next workout. That's O.K. Work hard and always try to get the full 5 reps on each of the last 3 sets.

Soon you will and then you add a little more weight. In this way you will be on the road to increasing the size, strength and power of your upper body. Train twice a week.

e.g. (from my training diary)

After warming up I tied a 20lb plate to the weight-belt and did 5 reps.

Rested

Then tied a 50lb plate to the belt and did 5 reps, feeling strong.

Rested

Tied two 50lb plates to the weight belt for the final 3 sets at 100lbs. Got all three sets for 5 reps (last was a hell of a struggle) so at my next workout I added 2½ lbs to the last 3 sets.

Next workout, I did my warm-up then the 2 progressive warm-up sets. For my first work set I got 5 reps at 102½lbs. Rested, then on my second work set I only managed to get 4 reps. Rested, then on my last set I worked like hell but only got 3 reps.

So at the next work out I will stay with 102½ lbs and try to get all 3 sets at 5 reps. I keep doing this until I do it, then add weight.

Using lower reps, such as 5, is best for strength and power.

That's why top sprinters who need speed and explosive power train with heavy weights and low reps. We should concentrate on the same because we are after functional strength and power. This is the fastest way to get it.

If you just can't do dips because of an injury etc. Bench Presses are a second choice.

Because of the heavier weights you will need more recovery time so only train dips and chin-ups in this manner about twice a week, e.g. **Mon & Fri**

Supplementary Upper-body Exercises

The following 2 exercises will be added to Dips & Chins to round out your upper-body workout.

Press

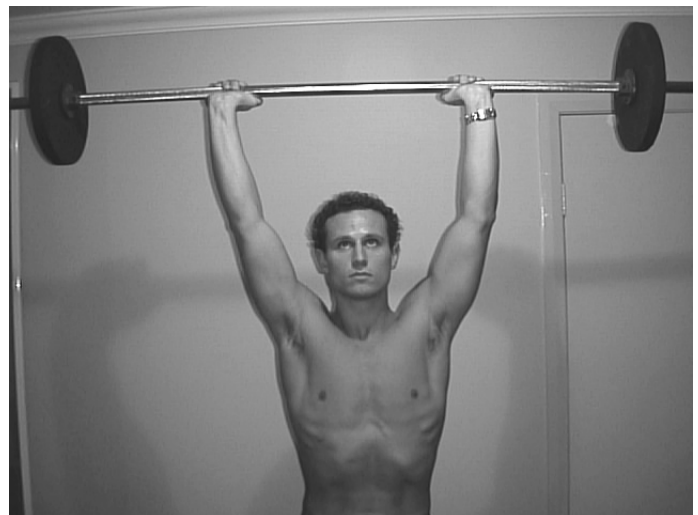
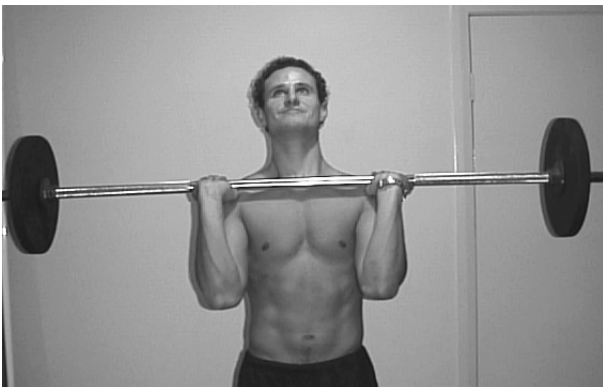
This is the old fashioned 'military press' that professional strongmen use to use when training. It will build strength & power into your entire shoulder-girdle area plus your triceps and upper back. The strength it builds is readily transferable to other sports.

Always, always do them in a standing position. Let the babies do the seated stuff. Standing will force you to balance your body while training and hence build more functional strength into all your stabilizer muscles and ligament.

Preferably use a bar set at shoulder height on a stand or power-rack. Take a shoulder width grip and keep your shoulders and elbows forward so you can support the bar.

As you breathe out forcefully explode the bar up. Arch your chest and a slight back bend is OK (but not if you feel any pain or tightness). You are trying to use all the shoulder girdle muscles remember. This is the perfect supplementary exercise to Dips & Chins to build all round strength & power into your upper-body.

Do them. Aim to be able to press your bodyweight for 5 reps and you will have some serious upper body muscle.



Curl

Because your triceps will get a hell of a workout from Dips and Pressing we will add the best bicep builder to your workout.

Everyone wants big biceps so we will finish off the workout with barbell curls. Done standing just like the presses.

Again, do them in the same way as the others. **Explosively**. Keep good form and make your arms do the work.

Lower-body Exercises

Now for the lower-body. But first a couple of important comments.

- 1) If you do a lot of running etc. and are not really interested in building the power and strength of your legs/hips and lower back (you should be) then stick to the above 4 exercises for building your upper-body. However I personally would recommend you do add in these next 2 exercises even if you only train them once every 2 weeks.
- 2) If you train in any contact sport or any activity that requires lower-body power then the following are very important. Your legs/hips/lower-back contain the **largest and most powerful muscles** in the body. By working them with progressively heavier weights in an explosive manner you will dramatically increase your total body power.
- 3) I feel that training the lower-body adds to your overall development and body strength. Think about it, if you are lifting something or wrestling with something or someone, having power & strength in the lower-back/legs and hips is vital. **These three areas are the powerhouse of the body.**
- 4) For all the women reading this, working your lower-body is the best way to shape up your legs and butt. Forget all the little cable and machine exercises and work the following hard.

Squats

Some people call this the KING of exercises. It works all the muscles in your lower body and most of the ones in your upper-body as well.

Like dips and chins it is a natural movement of your body through space. Do these only when you have a safety rack in a gym. Do not do them while elevating your heels on a block. This will cause knee problems.

I do a version called a Power-squat. I find it a lot safer as it lets me squat without using a block under my heels even though I have lousy flexibility.

Rest the bar much lower on your upper back, right across the back of my shoulders. I take a fairly wide stance, feet wider than shoulder width. Turn your feet out to a 35-45° angle, not straight ahead. When you squat down your back doesn't stay as upright as in normal squats.

Don't use one of those sissy pads on the bar! You're a Spartan god-damn-it not a weakling gym-bunny. Feel the bar, feel the pain. Oh yeah baby, nothing in the world like the pain of hard squatting.

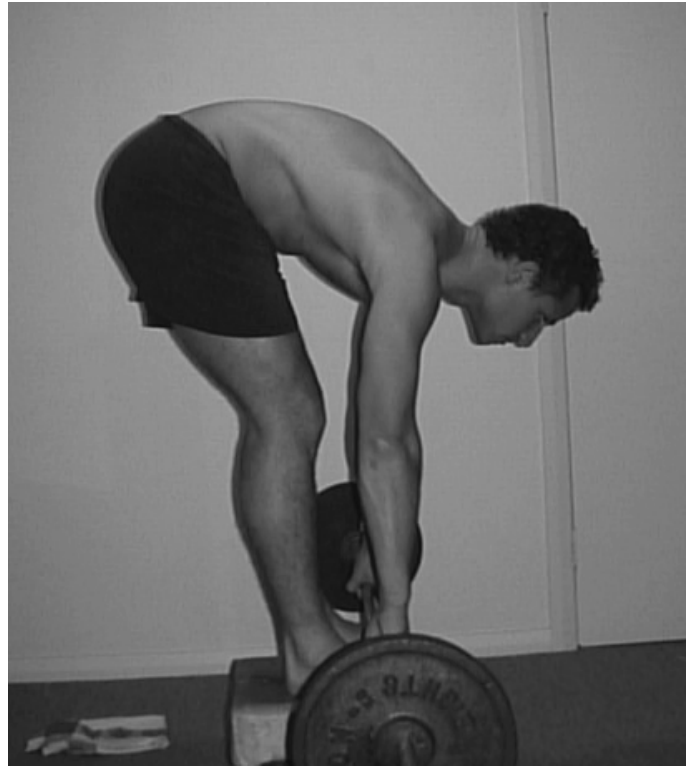
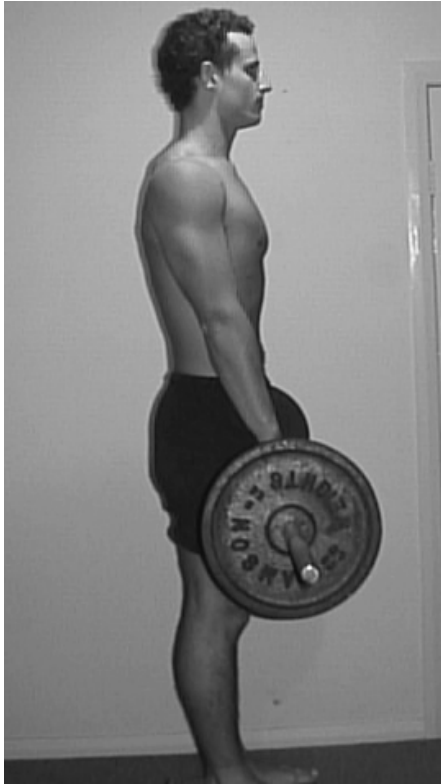
A secondary leg exercise if you can't do squats would be **Leg Press** on an incline Leg Press machine.

Stiff-legged Dead-lifts

Great for the lower back, in fact it works most of the muscles on the rear of your body from your heels to your neck.

Hold the bar with your palms facing backwards a little wider than your legs. As you lower the bar keep it close to your body at all times. They are called stiff-legged deadlifts but you can have a slight bend in the knee when doing them. Just unlock the knees a little then hold that same position. I normally do these standing on a block so I can touch the top of my feet with the bar.

Get instruction from your gym supervisor if you are not sure about them.



Start very light and work up. Don't be a hero if you don't already have a strong lower back.

Do these for sets of 8 reps or more, don't muck around with low reps. These are the only exercise you don't do explosively. Keep a smooth controlled movement through the set.

These will build spinae erector muscles (the ones that run either side of your spine) like thick steel cables.

These two can be worked once a week because your legs need good recovery time and they are already being worked via running etc.

Calf-Raises

In the 1st Edition of this program I included some calf exercises. I've since scrapped them. I don't do any individual calf training.

If you are a bodybuilder go ahead and add some in if you want, but I can't stand them, they are so pointless. I'll let you in on how Spartans train their calves.

They run Hills. Preferably while carrying extra weight.

These will work the hell out of your calf muscles as will all the other running. They will grow and become stronger. As an added benefit you are also building conditioning and whole body strength and power. Sure beats raising up and down on your toes.

If you think you need calf raises to build your calves, just take a look at your average cyclist. Most have bigger calves than bodybuilders. Calves don't need calf raises, they just need hard work.

And that's it.

Strength & Power Routines

These routines list the basic Strength & Power exercises, but you can add neck, ab and forearm work after them on your training day.

These routines give plenty of rest for full recovery between sessions. They also allow you to pursue other sports and physical activities because they are short and not too draining on any one day.

Basic Dip & Chin

<u>Monday</u>	<u>Wednesday</u>	<u>Friday</u>
Warm-up	Warm-up	Warm-up
Dips	Dips	Dips
3 sets of 10 reps - bodyweight rest 2-3 minutes between sets	3 sets of 10 reps - bodyweight rest 2-3 minutes between sets	3 sets of 10 reps - bodyweight rest 2-3 minutes between sets
Chins	Chins	Chins
3 sets of 10 reps - bodyweight rest 2-3 minutes between sets	3 sets of 10 reps - bodyweight rest 2-3 minutes between sets	3 sets of 10 reps - bodyweight rest 2-3 minutes between sets

Advanced Dip & Chin

<u>Monday</u>	<u>Wednesday</u>	<u>Friday</u>
Warm-up	Warm-up	Warm-up
Dips	Squats	Dips
2 sets of 5 (progressive warm-ups)	2 sets of 5 (prog. Warm-ups)	2 sets of 5 (progressive warm-ups)
3 sets of 3-5 reps	3 sets of 3-5reps	3 sets of 3-5 reps
Chins	Stiff-legged Deadlifts	Chins
2 sets of 5 (progressive warm-ups)	3 sets of 8 reps	2 sets of 5 (progressive warm-ups)
3 sets of 3-5 reps		3 sets of 3-5 reps

- Rest approx. 2-3 minutes between sets.

Strength & Power Level 1

<u>Monday</u> Routine A	<u>Wednesday</u> Routine B	<u>Friday</u> Routine A
<u>Monday</u> Routine B	<u>Wednesday</u> Routine A	<u>Friday</u> Routine B

- This is a 2 week cycle that gives plenty of recovery by working each exercise only 3 times in a 2 week period.
- If you want to do less leg work, then do Squats on one Wednesday and Stiff-legged Deadlifts on the next.

<p style="text-align: center;"><u>Routine A</u></p> <p style="text-align: center;">Warm-up</p> <p><u>Press</u></p> <p style="text-align: center;">2 sets of 5 (progressive warm-ups)</p> <p style="text-align: center;">3 sets of 3-5 reps</p> <p><u>Dips</u></p> <p style="text-align: center;">2 sets of 5 (progressive warm-ups)</p> <p style="text-align: center;">3 sets of 3-5 reps</p> <p><u>Squats</u></p> <p style="text-align: center;">2 sets of 5 (prog. Warm-ups)</p> <p style="text-align: center;">3 sets of 3-5reps</p>	<p style="text-align: center;"><u>Routine B</u></p> <p style="text-align: center;">Warm-up</p> <p><u>Chins</u></p> <p style="text-align: center;">2 sets of 5 (progressive warm-ups)</p> <p style="text-align: center;">3 sets of 3-5 reps</p> <p><u>Curl</u></p> <p style="text-align: center;">2 sets of 5 (progressive warm-ups)</p> <p style="text-align: center;">3 sets of 3-5reps</p> <p><u>Stiff-legged Deadlifts</u></p> <p style="text-align: center;">3 sets of 8 reps</p>
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- Rest 2-3 minutes between sets for full recovery.

Strength & Power Level 2

- Once your strength levels start to increase, switch to this routine for extra recovery. Every exercise is only worked once a week.
- It also allows you to train harder in each session as less overall exercises are done.

<u>Monday</u>	<u>Wednesday</u>	<u>Friday</u>
Warm-up	Warm-up	Warm-up
<u>Press</u>	<u>Squats</u>	<u>Chins</u>
2 sets of 5 (prog. warm-ups)	2 sets of 5 (prog. warm-ups)	2 sets of 5 (prog. warm-ups)
3 sets of 3-5 reps	3 sets of 3-5 reps	3 sets of 3-5 reps
<u>Dips</u>	<u>Stiff-legged Deadlifts</u>	<u>Curl</u>
2 sets of 5 (prog. warm-ups)	3 sets of 8 reps	2 sets of 5 (prog. warm-ups)
3 sets of 3-5 reps		3 sets of 3-5 reps

The Grinder

This is a good solid training program that incorporates the general training principle of the **Spartan Health Regime**.

I call it the Grinder because it's the kind of program that you can keep working away at week after week. It won't burn you out quickly. It will provide great steady progress in conditioning and strength over time. It's tough but not over the top.

This isn't set in stone. It's a framework that you can adapt to suit your own needs. Add one of the strength routines. Pick your favorite grip work.

<p><u>Monday</u></p> <p>Roadwork 45 min</p> <p>Gym Work + Forearms/Grip</p>	<p><u>Tuesday</u></p> <p>Roadwork 45 min + Sprints 15 min</p> <p>Abs + Neck</p>	<p><u>Wednesday</u></p> <p>Gym Work (With Squats or Stiff- legged Deadlifts)</p> <p>+ Forearms/Grip</p>
<p><u>Thursday</u></p> <p>Roadwork/Fartlek 45 min</p> <p>Abs + Neck</p>	<p><u>Friday</u></p> <p>Roadwork 45 min</p> <p>Gym Work + Forearms/Grip</p>	<p><u>Saturday</u></p> <p>Roadwork 45 min + Hill Sprints 15 min</p> <p>Abs + Neck</p>

Abs of the Dragon

Abs of the Dragon is a reference to **Bruce Lee** who was a fanatic about training his abs. For some reason this term inspires me to want washboard abs just like Bruce. In fact I think Bruce was responsible for more people starting to train their abs than anyone in history.

Which brings me to a good point, there is no miracle way to develop rock-hard abs without effort, time and work. I will show you the best ways to isolate and work your abs but you still have to do it!

Accept that, do the regular training and as a Spartan follower you will be rewarded with a muscular 6-pack while others keep dreaming of some easy way out.

Having said that, let me just add something that will cheer you up. Once you have built up your abs to a good level, it is relatively easy to maintain them.

But abdominal training is not just for looking good on the beach. Bruce believed the stomach was a very open target and so for protection should be strong enough to withstand blows that may strike the area.

There are thousands of ways to train your abs but in **Spartan Training** we are only interested in the most effective exercises that are basic but will bring you results.

These exercises are most effective in that they isolate and really work the abs, basic because they are the ones easy to do on a regular basis.

Fancy movements and such generally don't get done. Don't be fooled, doing the following routines and exercises properly and regularly will make all your ab dreams come true.

A comment on all the stomach-training type machines and gadgets which are so popular. First, you don't need them. The most complicated equipment you will need is an overhead bar and a weight plate.

I'm going to explain to you a very little known secret that allows thousands of those machines to be sold. As a matter of interest, at the time of this writing there are literally dozens of TV commercials on every day selling these Ab-Roller type machines.

Most people who buy these things never use them more than a couple of times. The following is a true story.

One company who sold these things knew from testing that if a person worked out with it regularly, it would only last about 3 months. But they sold them with a **1 year guarantee**.

Here is the most amazing thing. They got only about 5% returned. Why? Because nobody uses them and the company knew it.

People only pay for the dream of a washboard stomach, they are not interested in the reality of it.

Don't buy things as a substitute for the work you need to put in.

Do some ab training at **least** 3 times a week. After waking up is a good time, just before a shower. Make it a **routine** so it is something you automatically do. Consistency is the key to ab training.

General Note: Ab training in general is some of the worst performed training around. People have a mentality of doing 40-50-100 reps and they rush through their sets to get it over and done with, they cheat as much as possible to make the exercise less painful.

That's not what you want. The harder the exercise, the more burn & pain it produces the more effective it is, as long as it is done correctly. I recommend sticking to 20-30 reps but doing them in the correct manner which will be described as follows.

Done in a controlled slow manner while concentrating on the movement will produce maximum results for the time worked. One set done this way is worth 3 done in a rushed, sloppy manner.

Abs of the Dragon Basic Routine

Through trial and error and having tried dozens of different exercises, I have found these **4** to be the best. They are grouped together to be worked one-after-the-other in a simple routine that can be done at home in the morning or evening. This will be the basic ab training that will serve you well for life.

No.1 Lower Ab Thrusts

This exercise will start your routine. It will work the lower abs strongly which is what you are after. Most people only ever train their upper abs via sit-ups or crunches. But you will achieve better results by first working your lower abs then finishing off with upper ab work.

Lie on some comfortable floor (on a towel or carpet). Place both hands under your hips as in the photo. This will support your lower back which should be flat during the exercise.

Now raise your head and shoulders slightly and bring your legs to the starting position as shown, keeping a slight bend in them.

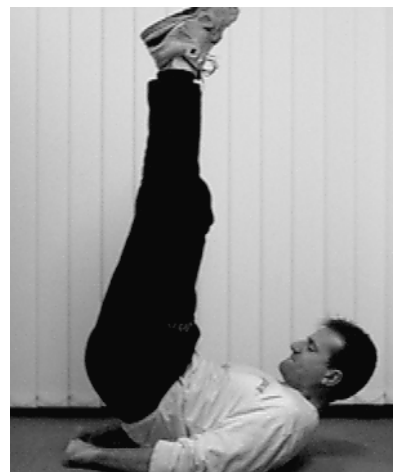
Note: you may find your neck becomes tired during the set. This is fine. As your neck strength increases you wont have any trouble.

Your stomach will be slightly tensed from lifting your head up. Raise your legs so your feet are pointing straight up and then thrust your feet towards the roof by lifting up the pelvis.

If you haven't done much lower ab training you will find this difficult. So remember, keep good form, don't rush or cheat. Keep the pace steady.

You can start with 10 reps but try and build up to 20 good solid reps in a few weeks.

Rest 10-20 seconds and then do exercise No.2



No.2 Lower Ab Roll-ups

This second exercise will truly work the already fatigued lower abs to their max.

Start in the same position as above i.e. lying on the floor with hands supporting under the hips.

Raise your head off the floor.

Keep your knees bent and roll them up towards your chest so that your pelvis comes off the floor. This will strongly contract the lower abs. However do not return your feet to the floor. Keep them just off during the entire set.

Aim for 20 controlled reps at a steady pace. If this is a problem then start with less and slowly build up.

Rest 10-20 seconds and then do exercise No.3



No.3 Frog Crunch

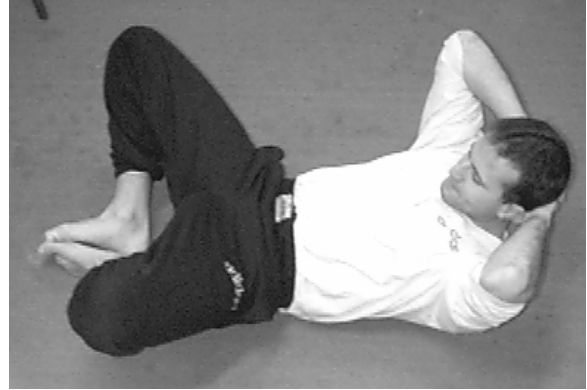
This is a slight variation on the normal crunch that will make it more effective. Exercise No.3 & 4 will work the upper abs more strongly.

While still lying on the floor, bring your legs into the traditional crunch position. Now for the twist. Put your feet together and let your knees fall to the sides as in the photo. Try and keep your heels close to your butt.

With hands behind your head, exhale and curl your shoulders towards your knees. The actual movement will not be much but you will feel it working the abs. Keep your elbows back, do not pull on your head with the elbows forward. By keeping the elbows back the exercise will actually be harder and more effective.

Do the reps with a slow to moderate pace and concentrate on the movement. Aim for 30 reps in good form. Again, build to this slowly.

Rest 10-20 seconds then do No.4



No.4 Bench Crunch

This is the finishing exercise for the abs.

Raise your lower legs on a bench or bed, this will keep your hips flexed so the abs are isolated. Place your fingers to the front of your head so you can't lift your head up and chin close to your chest. Concentrate on the stomach muscles as you exhale and curl your shoulders towards your knees.

The lower back does not come off the ground. Curl up as far as you can then hold for a second and lower down and breath in. The reps are done SLOWLY. This stops momentum and cheating and will isolate each section of your abs as you do a rep.



Do 20 reps then in the same position do 5 reps by twisting and bringing your left shoulder towards your right knee, then 5 reps by twisting and bringing your right shoulder towards your left knee.

This completes **1 cycle**.

Once this starts to get easy, rest for a minute then do another cycle. You can aim for a total of 3 cycles if you want to get advanced.

In-between each cycle do the following stretch to stretch the abdominal muscles.

Ab Stretch

Lie on your stomach on the floor. Then raise yourself onto your forearms. Arch your back, chest up and then suck in your stomach muscles and you will feel the stretch. Hold for a while then release.

Advanced Exercises

The following 2 exercises are what I call the Advanced routine. This doesn't mean you do these instead of the basics above. The basics are your base. The following 2 add to that base.

Only train these 1-2 times a week because you'll need extra recovery in between sessions.

Hanging Knee Raise

This is a killer exercise that works not only the lower abs but done properly the entire stomach area including the intercostals. Unfortunately this is also normally done in a very poor manner.

First thing is to grab hold of a chin-up bar or similar (another chance to work your grip) and raise your knees up to a parallel position, this is the starting position, don't let your knees drop below this line.

This will isolate the stomach away from the hip-flexor muscles. Now lift the knees towards your chest as far as you can while breathing out. Do this SLOWLY. Breathe in on the way down. Do 10-15 reps for 3-5 sets. Rest 1-2 minutes between sets.

This is hard work, plain and simple. That's what you want. Hard work will bring hard abs. If you have trouble doing 10 reps, then struggle to do as many as you can and hold the parallel position as long as possible at the end. You will soon improve.

Rest 1-2 minutes then do the following;

Bench Crunch with Weight

This is exactly the same as the Bench Crunch above, only you will hold extra weight behind your head while doing them.

It is the same concept as for Dips & Chins. By adding weight your will force the abs to grow. You don't have to keep adding weight indefinitely. Build up to 25-50lbs and then maintain that.



Spartan Grip & Forearm Training

The most useful strength training you can do is working on increasing your gripping and hand strength. This is one of the most important parts of **Spartan Supplemental Training**, we will be doing lots of hard training to develop our forearms, wrists, hands and fingers to their maximum strength and power potential.

Think about it. Imagine having a vice-like-grip. To be able to cause extreme pain just by squeezing a little during a handshake. Your hands and fingers can literally become lethal crushing weapons if you put in the effort needed to transform them.

Bruce Lee was fanatical about training his hands and forearms and would be constantly squeezing something during the day. Bruce believed that strong forearms increased his punching power as well. That's not the main goal of my training but it sure is a nice side-effect.

Also your forearms (and neck) are one of your bodyparts that are constantly on display. Even when you are wearing a shirt your forearms are showing, and it looks good to have them well developed.

Don't get me wrong we are not talking about body-building training. Their goal is to pump the forearms for maximum size using wrist curls and reverse curls.

The Spartan goal is to achieve strength and power that is functional, any size increase is an added bonus.

Remember a lot of people don't have the genetics for massive forearms (such as me) but you can slowly but surely increase your hand/grip/forearm strength to a level considered freaky by normal standards.

There is a huge variety of exercises to choose from when you train your grip/forearms so you can constantly be changing what you are working on to avoid boredom.

The forearm muscles themselves are a very dense muscle group so they can really take a lot of work if you are keen. It is possible to work them every day and still make good progress. But 2-3 times a week is plenty and a lot more than most other people will ever do.

Work hard at these exercises and within a few weeks you should notice an increase in strength and power.

Within a few months you can develop a killer handshake and forearms that feel like steel.

And within a year or two, if you want, you can develop steel-claws that will terrify any opponent you lay your hands on and impress the hell out of your friends.

I've personally had a lot of set backs with training my forearms and hands due to several wrist injuries and recently a broken arm. But I'm back into it now and determined to build massive strength and power.

I always visualize being strong enough to grab an opponent's wrist and being able to literally crush the bones in his forearms (not that I would actually do that). I am nowhere near this yet and I don't even know if it's humanly possible, but it's a good goal to have to keep inspired for training.

The best way to train your forearms, hands, grip, fingers and wrists is at the end of a weight training session. This is because your grip and wrists are normally worked fairly hard during the session itself.

For example; holding a bar while chinning, holding a bar while stiff-legged dead-lifting, supporting a bar while pressing, supporting your body while dipping etc. Then at the end of the session you can finish off on some specific exercises.

I remember when I was doing bodybuilding type training, I always used a pair of wrist-straps to tie my hands to the bar in any heavy movement for the back. I'd use them in lat-machine pulldowns, deadlifts, chins, dumbbell rows etc.

The theory was that your grip strength couldn't match your back strength so the straps took out the weak link. If you didn't have to worry about your grip failing you could train your back harder.

So for years my back got stronger but my hand strength stayed pathetic! It is far better to force your hands to hold the bar on their strength alone.

All the old time strongmen did this. At first it may limit the poundage's you can use, but your hands will adjust. **They will be forced to!** This way your grip gets a tough workout during your normal training session.

So, at the end of your weight training session you should add in some specific grip/hand etc. training.

So that means you'll be working your grip hard at least 3 times a week. You should use **1 heavy holding movement and 1 heavy gripping movement**, these are the bread and butter exercises for your grip, hands etc. On the third day you can do either one. Then you can add in a couple of extra exercises (one or two) per session.

Heavy Holding Movements

This involves holding a heavy weight for a set period of time or for as long as possible. Some of the best exercises are;

Hanging from a Chin-up bar

Holding a heavy bar in the Deadlift position

Holding a set of Heavy dumbbells

The Farmers Walk

All of the above are best done with a thick handle. I just got a thick handled barbell and trying to hang from it is a killer! So is using it for basic exercises like curls.



A normal bar measures just under 1 inch in diameter. The thick bar measures 2 inches and you can even get a 3 inch (if you are a freak). That extra inch means my hands don't fit completely around the bar while I'm holding it. This means I need to use a hell of a lot of gripping strength just to hold the sucker.

Probably the best of the above exercises is the;

Farmers Walk

This is one of the secret exercises that no one does. I sure didn't invent it but if I can I want to help spread the word about it.

It can be easily done at home using some containers filled with water or sand. It works the hell out of your grip (make sure you get containers

with thick handles), but it also is a great **total body strength and conditioner**.

You can buy the containers from any Army Disposal or Hardware store.

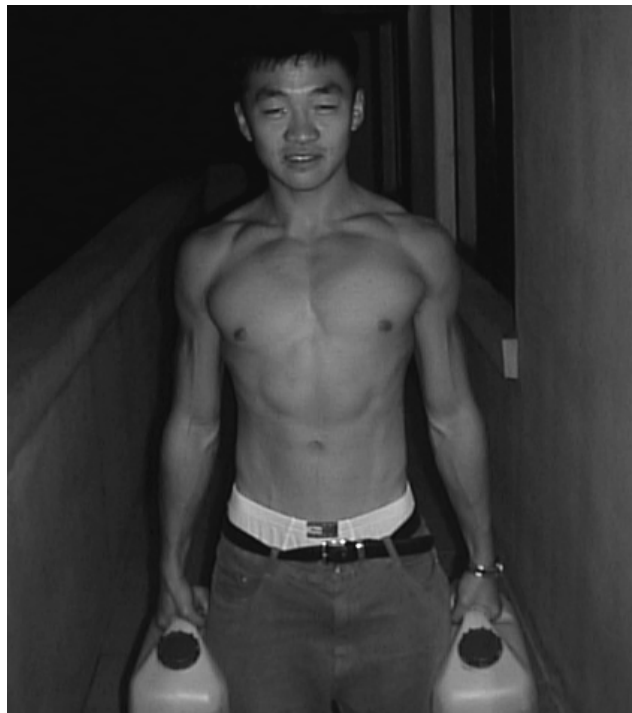
Pick a set distance, say 100 meters or so. Then pick up the containers and try to walk the distance without dropping them. Really try and crush the handles to dust! If you can't make it, drop the containers, rest a few seconds and then go again. Once you can make the entire distance, add some extra weight to both of the containers.

Simple yet brutal!

The best way to add extra weight to these containers is to start by filling them with water, a little extra each session. When they are completely full start to add sand or pebbles. Old fashioned but brutally effective.

You can even use dumbbells in the gym. Pick a heavy pair and go for a stroll. Pick two dumbbells with thick handles, the thicker the better. Be very careful with this. As soon as you feel them slipping lower them before they drop.

A falling dumbbell can injure you or get you thrown out of the gym (even worse!). Rest a minute then go again.



Bar Holding

Another easy to do exercise that is very effective (and hence painful). Grab onto a chin-up bar and hang for as long as possible. The absolute best way to do this is competing with a training partner. I did this with a training partner and the loser had to buy the other one the after training refreshments.

The secret is to imagine you are hanging from a building trying to save your life, and never show how much pain you are in, pretend you feel great. There, I just showed you a way to get a free meal!

The thicker the bar the better. Why? Because it makes the exercise harder. The harder the exercise the better and more effective it generally is. Spartans do things the hard way, because we know it's the most result producing way to train.

Another variation on bar holding is to deadlift a heavy weight and then hold onto the bar for as long as possible. Try and do this inside a safety rack.

Again thicker the better, heavier the better and the longer you can hold it the better.

Working up to being able to hold very heavy weights for long periods of time is the real way to start building a super grip and ultimate hand strength.

Heavy Gripping Movements

Gripping Machine

Gripping movements are the second essential movement for grip training. The best heavy gripping movement is with a Gripping Machine



This is that strange looking piece of equipment you may have seen in your gym (see photo).

Hardly anyone uses it so you should never have to wait in line to grab it. If your gym doesn't have one go and abuse the owner or better still go to another gym. Or better yet buy your own. Once you own one, you have use of it for life! It's a good investment.

Basically just take a good grip of the bars and squeeze together, make sure you keep good form, don't get sloppy. Start light and slowly add weight as you get stronger. There are 2 ways to do this exercise;

- 1) **Low Repetitions & Heavy weight** = 5-6 reps per set to build power and strength
- 2) **High Repetitions & Medium weight** = 20-30 reps per set for endurance and size

Just swap around the two methods each session for all-round development.

Hand Grippers

Another option for heavy gripping work is to use Hand Grippers.



The metal hand-gripper above on the left is a "**Captains of Crush**" gripper. They are a brand of hand-gripper made by **Iron-Mind Enterprises** in the USA. They come in 5 levels of difficulty and are a good solid training tool. They will give you a hard workout. I highly recommend them.

The plastic gripper next to it is one of the sports grippers you can buy from any sports store. It's a waste of time.

If you can close a gripper more than a dozen times in a row it's too easy.

If you can't get a **Captains of Crush** gripper keep your eyes open for anything similar that is strong enough to give you a workout.

The photo on the right is a piece of equipment called a "**Super-gripper**". It's been around since the 1960's in one form or another. It's handy because you can adjust the resistance by moving the springs.

Grab a quality gripper and then just squeeze these babies whenever you remember to, a couple of times a day.

Other Exercises

After training on a one of the basics as described above you can add in 1 or 2 of the following to finish off your grip. Mix these around so you never get bored, they all work great.

Newspaper Crumple

Spread the newspaper out flat on a table. Now grab 1 sheet with your fingers and crumple it up into a ball using just your fingers and thumb on the 1 hand.

Really compress it into as small a ball as you can. Throw the ball away and switch hands. Now finish the paper. When it gets too easy do 2 sheets at a time etc.

This will really work the fingers strongly and strengthen them through a full range of motion.

Newspaper Tearing

I do this twice a week with my local free community newspaper that gets delivered to my house.

After reading, take one sheet of the paper and lay it flat on a table. Then fold it in $\frac{1}{2}$ five times. It should look about the size of a deck of cards (don't worry it's not as thick).

Now tear that sucker in half, and then try for quarters. Feeling good? Well stop patting yourself on the back and finish the paper, that's right, do the same with every page.

Once that gets too easy fold and tear 2 sheets at a time. Once you can do 4 sheets you will have one hell of a lot of tearing power (try for a deck of cards and impress the hell out of your friends).

Work at tearing in different ways, with different grips. Be patient and keep regularly working at it.



Size after 5 folds



Tear that sucker

Pinch Gripping

This will build a different type of strength, concentrating on the thumbs and fingers.

Get 2 weight plates and place them together with the smooth surfaces facing out. Do this so you have a pair for each hand.

Now lift and hold for about **15 seconds**. Really fight to hold on, don't give in. If you can hold them for 15 seconds easily for all your sets, then next time use heavier plates.

Note: Dropping weights can result in angry gym managers!

Rest a minute or so and then lift again, do this 3-5 times. Once it gets to easy go for slightly heavier plates.

Rope Climbing

Another classic from our Ancient Greek friends.

I have only recently started experimenting with this, although I have been meaning to for a long time. I like it, it's tough and brutal, the kind of training only a Spartan would do.

Rope climbing will work most of the muscles in your upper body, but in particular your back and arms, it is a total strength & power exercise

that can bring you enormous benefit (when I talk rope climbing I mean without using your legs).

We will use this exercise to toughen our hands and strengthen our grip, wrists, fingers and thumbs. But remember it also works the whole upper body.

I will assume you don't have a long rope to climb so do what I do. Go back to your local hardware store and buy a length of the thickest rope they sell. Loop this over a solid branch, rafter etc. and take a good grip on both of the lengths. Now you can do chin-ups using the rope. If you can't do many, hang for as long as you can (**Note:** I've read that ancient ninjas use to hang from tree branches to develop upper body strength).

One thing you will find is the rope will cause your hands extreme pain to begin with! Put up with this and slowly over a number of workouts you will toughen your hands and develop some serious strength in your forearms, wrists and hands.

This is harder for heavier people, but if you are heavy and keep at it, imagine the strength you will have built.

Now if you do have a set-up where you can tie the rope to a higher object, you can actually climb to the top then down again.

Please use common sense and don't ever climb to a distance that could result in injury if you fall. Better to climb up and down a shorter length several times without resting.

Wire Cutting

A great exercise you can do at home that will build your explosive crushing power. Grab an old pair of wire cutters (preferably a little blunt) or buy yourself a pair, but if you buy them, make sure you get either a crappy pair or a fairly small set.

This is because you want the cutting to be difficult, not easy, if it's too easy there's no point!

Now buy yourself some wire from the local hardware store and make sure it's the sturdy type (they probably know you by name now).

Right, now grab yourself a bucket and start cutting the wire in centimeter lengths while watching TV at night (make sure they fall in the bucket - less mess).

Alternate hands and really work this. If it's too easy get a smaller pair of cutters or thicker wire. This will toughen your hands and build a lot of power. By the way, be careful of your eyes with the flying wire. Wear glasses if you have them or even get yourself a pair of cheap safety glasses.



Note-small pliers



Use different grips

Plier Gripping

Another exercise you can do at home. Get yourself a good pair of pliers (no I don't own a hardware store in case you are wondering). You will also need a bucket and an old belt or length of leather.

Fill the bucket with sand, not completely full, better to start light and slowly add weight. Loop the leather around the handle of the bucket then grip the ends with the pliers. Lift the bucket and hold as long as you can.

Now once it gets too easy throw in a few more handfuls of sand, this is a great way to slowly increase the resistance and hence your gripping strength.

You can also do chin ups using the pliers. Loop the straps over a chin-up bar. Grab the straps with the pliers and start doing chin-ups, or even just hang there. This takes real strength!

Squeezing Things

Now is the time to actually get some use out of those cheap hand-grippers. This thing won't build much strength and power into your grip by itself but we can use it to build endurance and add some size.

If you don't have one, you can also use a rubber ball, just cut it in half and use one half to squeeze.

This is great as a supplementary exercise to your other gripping work. When watching TV start using it on every ad break. Put one in your car and use it at traffic jams or red lights (great to de-stress). Basically whenever you get a chance and think about it. There are heaps of different ways to work this.

Here is the best way to work this. When you get the chance start squeezing the gripper with one hand. Open and close the gripper as fast as you can. Keep going till the pain builds up too much. At that point, stop and shake your forearm for 3-5 seconds. Then straight away start squeezing the gripper again with the same hand. Do this 3-5 times, work till the pain is too much and your gripping speed slows down, then rest briefly and go again.

Now change hands and do the same thing.

After that, switch back to the first hand and do the same thing, but this time hold the grippers upside down. Then do the same thing with the second hand.

This is to finish off and fatigue your hands and forearms, which should now feel like balloons there will be so much blood pumped into them. By pumping the forearms like this it will help increase the size of the muscles.



Secret to Rapid Gain in Forearm Size

I have always been more concerned with strength than size in my forearms. But I was told of a routine that can be used to increase the size quite quickly. But it will only work if you are also training the 2 basic movements heavy at least once per week.

Work the Grip Machine and Farmers Walk with low reps/heavy weight 3 times a week e.g. Mon, Wed, Fri. Then add in a couple of the other exercises to fully work your grip.

Now on Tues, Thur and Sat you will do the **Squeezing Things** routine as described above. Do it 3 times a day, morning, lunch and night. Make sure you work as hard as you can on each of the sets.

Back up this extra training with extra nutrition such as Goats Milk and bananas or fish. Keep this up for a month or two and you will see some serious results.

Spartan Principle on Neck Training

A very overlooked area of the body. I don't know more than a handful of people that make a real effort to do any neck training.

For any one that does any contact sport be it football, boxing, wrestling, karate or just street-fighting (not really a sport - although some would disagree) having a strong neck is a tremendous advantage. It will protect you from injury, increase the power of your headbutts, and it's always exposed, so should be in good condition.

Have you seen the necks on Olympic Wrestlers, they are incredibly muscled and thick. You don't have to aim for that but you should do at least a minimum amount of work to start increasing your neck strength.

The neck responds pretty quickly to exercise which is good news. Once you have built up a degree of strength and muscle it is easy to maintain.

The following is a basic starting routine you can do 2-3 times a week. To avoid any injury it is better to build a good base on these exercises first.

Neck Resistance Work

This is the basic exercise you should be doing. And basics are best.

It may seem boring or simple but it's about the best thing you can do to really start building your neck. The main problem with this is people *just don't do it!* By regularly working this exercise you will start to get results that everyone else only wishes they could get.

Start by sitting on a bench with good posture, placing your palms on your forehead, apply resistance and start levering your head forwards and backwards. Get a good range of motion. Apply enough resistance so you can keep a steady pace (don't cheat, work as hard as you are able).

Do **8 repetitions** then change your hands to the back of your head and do the same.

Rest 30sec-45sec and then do another set.

Minimum is 3 sets but you can slowly work up to 5 if you're keen.

This doesn't take too long, so there are no excuses not to do it. In fact you can do it at home if you wish 2-3 times a week before going to bed. I would recommend sticking to this one exercise until you are having trouble applying enough resistance, then go to the following.

Plate Work

Do this after the Neck Resistance Work so that your neck is already fatigued, that way you won't need to use as much weight.

Lie face down on a bench and place a weight plate on the back of your head. Use a towel as a cushion, also keep hold of the weight to keep it steady. Now lever your head all the way down and all the way up for 8 reps.

Do the same for the front of your neck by laying face up and placing the weight on your forehead. Then for both sides by lying on your sides. Do 3-5 sets, start light and slowly use bigger weights if it starts to get too easy.

The above 2 are the basics. For variety you could add in the following.

Pulley Work

You'll need a headstrap for this. If your gym doesn't have one it's time to talk to the manager again, or you can buy your own from a sporting store. Attach the strap to a pulley machine and stand side-on to the machine. Lever your head to the side with a good range of motion for 8 reps, change sides and do the same.

Wrestlers Bridge

This is a very old exercise and a very good one. A favorite of the old time strong men. Very tough, very simple, very Spartan. There is a lot of bad press about it but you shouldn't have any problem as long as you;

- 1) Keep good form

- 2) **Do not** work this until you have built up a solid foundation on the above exercises.

You may decide you don't need any advanced neck work (wrestlers bridge is advanced), which is fine. In that case stick to the above about twice a week.

Fold up a towel on the floor and rest your head on it, you are facing up. Keep your legs well apart and use your hands for good balance. Slowly arch up as much as you can. Aim to balance on the front part of your head, not the top. Imagine yourself trying to touch your nose to the floor.

The key to this whole exercise is to really ARCH your body. When you do it right, it will work the heck out of your legs, lower back, spine and neck. It's more of a whole body exercise than just for the neck. And hard bloody work!

Now hold this position for as long as you can. Shoot for 2-3 minutes and keep arching, arching! Then take a break, stretch a little then go again.

Use your hands for balance but push with them to make things easy.

As a beginner start with 20-30 seconds and slowly build up.

Once you can hold this position for 3 minutes, give it a try without hand support.

You can also throw in some levering movements. Use your neck strength to lever yourself up and down. Get a good range of motion.



Do 10 reps for 3-5 sets with about 1-2 minutes rest in-between.

You will soon be able to start holding extra weight to your chest while doing these.

Neck Specialization Routine

This is an advanced routine that you can use if you want to really beef up your neck and trap area. As with any specialization routine you should concentrate on this for a while and ease off on other training for full recovery.

Do Dips / Chins / Press & Curls only once a week during this routine. Do Squats & Stiff-legged Deadlifts only once every 2 weeks.

Work this routine at least 2 times a week say Mon & Thu.

But if you are keen you can do it 3 times a week say Mon, Wed & Fri. If, however, you are training it 3 times a week make sure you get plenty of rest and quality food to aid recovery.

Warm-Up

Make sure to warm up the neck area with some light hand-resistance movements. Plus do a good general warm up.

1)Barbell Shrugs

Barbells are better than dumbbells when doing shrugs because you can use heavier weights. Most people who train with shrugs use too light a poundage. Stand in a power-rack so you can lift the bar from waist height. Use a reverse grip, one hand facing forward / the other facing back, and swap the grip between sets. Do the reps explosively and lift your shoulders straight up, don't do rotations.

Shrugs are a good basic movement and will beef up your trap muscles which add to your neck strength and appearance.

Do 2 warm-up sets by increasing the poundage then **3 sets of 12 reps**. Rest 2-3 minutes between sets. Work as heavy as you can and remember to explode up and keep power breathing.

Rest 2-3 minutes

2)Wrestlers Bridge & Plate Work

Both of these are done as described above. You will be doing supersets, which means after finishing a set of the Wrestlers Bridge exercise you immediately start doing the Plate Work with no rest in between them.

You will first do 10 reps with the Wrestlers Bridge then immediately go to a bench and do 10 reps with Plate Work to the front of your neck only (facing up with the plate on your forehead).

Do **3 super-sets of 10 reps** each altogether and rest 1-2 minutes between each super-set. Work hard.

Rest 2-3 minutes.

3)Pulley or Plate Work

Now you can either use a head-strap and do pulley work or if you don't have one, stick to Plate Work. You are going to work both sides of the neck. **3 sets of 10 reps** to each side.

Rest 2-3 minutes

4)Neck Resistance Work

As above. Working for **3-5 sets of 8 reps** using whatever resistance is needed to finish off your neck. Your whole neck area should feel pumped up and totally worked.

It may even be a good idea to lie down for a while during the day you train this routine to let the neck relax and recover.

Spartan Health Principles

A Secret Way to tell Instantly how Your Health is:

The condition of your teeth will tell you a lot about your health. In your body isn't getting enough quality nutrients your teeth will suffer.

Have you ever watched a movie or read an old book where slave merchants will check the teeth of new slaves. That's because the teeth will reveal the condition of the bones and the persons health.

I'm amazed at the number of people who have rows of black fillings in all their back teeth. That is not a normal situation. Dr Price found very, very little tooth decay in the healthiest tribal people he studied. And they never used a toothbrush. The quality of your diet determines the quality of your teeth and also your bones.

If you have a lot of fillings that means your diet was very lacking in the past. It doesn't have to have been a junk food diet. Just a diet lacking in enough vitamin and mineral density with enough fat-soluble vitamins to make sure the minerals are absorbed.

Change your diet now.

Cycle of Nature/Mother-Nature

Man, what a big topic to try and condense and explain very simply. Well, here goes, this is the way I think of nature and our part in it.

The first thing to accept is that we are part of the Cycle of Nature. We are not above it. We are not superior to nature because we can walk on the moon or map DNA.

Your body is made up of the same minerals and chemicals found in soil and sea water. When we are created we get to use some of these basic elements to walk around in for a while and once we die they go back into the cycle of nature ready for the next creature/organism/plant.

It doesn't matter what you believe about the spirit or soul. We are still living each day that we are alive in bodies provided by nature and those bodies must follow the Laws that nature dictates or suffer the results.

The Sun was the originator of what we know as nature. The Sun is a gigantic continuous nuclear reaction which transforms one basic element, hydrogen, into all the other known elements of the universe.

Our very planet was once part of the Sun. Hot gases were thrown off and when they cooled the planets were formed. During this cooling process all the minerals and elements that make up the earth were formed, about 92 in all. This process of cooling and forming new elements and minerals is continuing right now deep within the Earth.

These newly formed minerals rise up and spread through the soil and dissolve in the ocean in the form of mineral salts.

Life started in the oceans. In mineral rich seawater and the heat of the volcanic ocean floor the first proteins were created. Millions and millions of years of evolution later and we have a world full of different forms of life.

We, as land dwelling animals, still carry our own sea around inside us. The fluid in every one of our bodies cells has nearly the exact mineral content of the sea from which we came. Like a mini-ocean inside us, amazing. And the body will maintain this mineral makeup of it's cells fluids at all cost. Even sucking minerals from our bones and organs if the right amounts are not provided by our diets. Another reason to eat a mineral and vitamin rich diet, not empty processed white flour and sugar.

We, as humans, have evolved as the most intelligent animal but we all started from the same place, the sea and before that from the Sun. Our bodies are created from the same minerals and elements as other life in nature. Our bodies still need an intake of the same minerals and elements to work right. We are not above nature, we are right smack in the middle of it, just like every other life-form on planet Earth.

On with the Cycle. Sea plants absorb the basic minerals of the sea. They concentrate them in the right balance needed by animals such as fish. Little fish eat the plants. Big fish eat the little fish. So we can get our mineral needs from seafood. Just a quick reminder from the section on seafoods. One of the main benefits of seafoods is their richness in mineral density. Land animals and plants can be mineral deficient from poor soil. Not so with sea plants and fish, they are surrounded by an endless mineral rich solution.

In the soil bacteria ingest minerals and transform them into a useable form for plants. Plants absorb these minerals and transform them into a useable form for animals. Animals eat the plants and transform the minerals into the flesh and bones of their body. Other animals get their minerals from eating the plant munching animals.

So we can get our minerals from edible plants (fruit is perfectly designed for us) or from animals. Our bodies are in constant need of new minerals and elements for repair, growth, chemical processes etc.

This means that by following the natural Laws of Nature we are rewarded with a body and mind that function as nature intended. Nothing really new about that. If you follow the laws of Mother-Nature (e.g. eat natural whole foods such fruit, vegetables, raw milk, meat from healthy animals, get plenty of fresh air, sunshine and vigorous physical activity etc.) you will be rewarded with a sleek, athletic, healthy body and a clear, well-balanced mind.

Food processing removes the minerals we need! We strip food to provide white flour and sugar. Should you decide to eat a mineral poor diet. A diet that has plenty of energy but very little nutrition because of these processed foods or is low in fat soluble vitamins well then my friend, you are breaking the laws of nature.

Should you decide to eat foods your system wasn't designed to handle. Foods like processed vegetable oils, hydrogenated fats, soy food or any of a never ending range of new fake foods. Or if you decide to smoke or inject tons of steroids or hard drugs well once again, you are breaking nature's laws.

Should you decide not to keep your body active. That you would rather sit on your arse all day and the sofa all night. You don't have time to get fresh air or sunlight. That you don't like or need any exercise . . . again you break nature's laws.

"Who the hell is Nature to tell me what to do?", you yell.

I'll tell you who;

Mother-Nature is a hard bitch!

Yep, she is one tough lady. She reminds me a little of the Spartan women. Before their son's and husbands set off to war they would be told to come back with their shields or on them. The Spartan dead were carried home on their shields. So in other words, come back victorious or dead.

I totally respect Mother-Nature. I admire her toughness. She set up this system of nature and life and she says, go for it. It's up to you. Follow my Laws or don't. She is fair but tough.

She can also be cruel. In nature it really is survival of the fittest. The strong dominate the weak. Not very politically correct but that's the way it is.

A lot of people think Mother-Nature rewards you with good health or punishes you with bad health. I don't think like that. I have a different theory about how Mother-Nature works.

Before I tell you how it goes, I just want to let you know this wasn't an original idea. An old lecturer told me about this once and it immediately made a big impact on me.

Strangely, a lot of other people in the same lecture didn't really take it in.

I've found the same when I explain it to others. It makes a big impact on roughly half of the people, but not to the other half. So you can choose to absorb it into your mental data-banks or skip it. It goes roughly like this;

Mother-nature doesn't give a shit!!!

If you do not follow the natural Laws of Nature then you'll suffer the consequences and she will not lose one damn minute of sleep. It's no big deal to Nature.

If you get arthritis or diabetes from eating the wrong way for 20 years then you'll live in pain and die. If you eat processed carbs like a pig then you'll become fat, live in pain and die early. But it doesn't matter to Mother-Nature.

You are one tiny living organism in this massive planet, don't think you can somehow cheat your fate. Each of us thinks we are special and individual (and rightly so) but to Mother-Nature we are not.

She doesn't care if we follow her laws or not, that's our choice, she just watches the end results.

You can have health or disease. You can have a lean body or be a slob. But don't think you can have both at the same time, because that's trying to fool her and it just doesn't work my friend.

Note: This is one of the reasons I hate hippies. Maybe I don't really hate them, but I certainly have no time for them. They live in a fantasy spiritual world that doesn't exist. They are trying to put us on some kind of higher level of existence. Above the hard reality of nature. Some of them go so far as to suggest we can live on light, wheatgrass and love (good luck).

We don't live in a Disney-like dream world. We live in a real world where there is a food chain and part of that food chain involves eating the creature below you. I'm totally against animal cruelty. I think animals should be treated with respect. But animals have to die to provide us food. That's a part of nature that our society is forgetting. Our hunter/gatherer ancestors lived as a part of the cycle of nature. They hunted animals and gave thanks for the life given up so they could live on.

Do you want to see a perfect example of the reality of nature and her cruelty in action. Watch a spider trap and eat a fly. Now, that poor fly has it tough. Just be glad we are pretty much at the top of the food-chain.

Sunshine

There is a lot of controversy about the sun today. There seems to be a total panic about getting any sunlight at all just in case you get skin-cancer.

Sunlight is **vital** to our health. It's the overexposure to the sun that causes all the problems.

The Ancient Greeks were aware of the benefits of sunlight and built sun-gardens for their people to use. They made sure the sick or people recovering from injury got plenty of exposure to the sun to restore their health.

They were also proud of their sun tanned bodies. Spartans would ridicule as useless foreigners who had soft, white bodies from an easy life and sheltered living.

Be sensible. If you have very pale skin then your ancestors came from countries without strong sunlight. You can't expect to change your genetics and develop a deep tan. The good news is you need a lot less sun exposure to get beneficial effects. Dark skinned people came from countries where there was strong sunlight. You may be able to develop a better tan or stay in the sun longer but you need more sunlight to received it's health benefits. Which means if you are dark skinned and work in an office fulltime, don't get outside on the weekends then, your in trouble.

Exposing yourself to the sun in the correct way is important. Do it either in the early morning hours or late afternoon hours.

I run along my local beach for 45 minutes nearly every morning and I always run shirtless to get the greatest skin exposure I can to the sun. I'm not strictly after a tan. I'm after the health and energy benefits of being exposed to sunshine.

It is also important to note that we absorb the suns benefits not only through the skin but through our eyes.

Ultraviolet light is reflected into our eyes and benefits our endocrine system. However, glasses and contact lenses keep out most of the ultraviolet light. So when you are getting your exposure to natural sunlight, take off your glasses or sunglasses for the full benefit.

For the health benefits of sunlight, expose yourself when you can in the **early morning** or **late afternoon** for about a ½ hour or so. If you are

going to be exposed for longer or during the middle of the day go back to the protective measures such as sunscreen, hat, sunglasses etc.

Sunlight also stimulates the production of vitamin D in our bodies. Vitamin D is one of the vital fat soluble vitamins. Apart from this fact which most people know, other benefits of correct exposure to natural sunlight to our skin and eyes are; lowered blood fat levels, better circulation, lowered heart rate, improved blood chemistry, improved immune system, improved calcium metabolism, increased energy and endurance. Sounds pretty good, eh!

I feel that skin cancer doesn't result purely from over exposure to sunlight. But that damage to the skin from over exposure can be a trigger to cancer if you are unhealthy and your immune system is weak. **The condition of your health and immune system is a result of diet and lifestyle.**

Sleep/Rest

Living the Spartan Lifestyle doesn't mean training yourself into the ground 24hrs a day. Sleep and rest are a vital and natural part of your life as well. **Recovery only takes place during rest.** You train hard then rest so your body can *adapt, recover and grow.*

Sleeping is not a bad thing. You will find with a large part of your diet being made up of fruit that your need for sleep may be less than normal but it is still needed.

You should really jealously guard your sleeping time. A good, enjoyable, sound sleep every night is a key to a strong immune system and lasting health.

You spend 1/3 of your LIFE asleep! So, guess what is one of the best investments you can possibly make? That's right, a top quality, comfortable bed! Get a firm mattress. You should wake up every morning feeling **refreshed!** If you wake up with backpain or stiffness then throw your mattress away as fast as possible and get a new one.

When I was at boarding school a lot of us were getting back pain from the ancient, soft, worn out mattresses on the beds. One day, instead of buying new mattresses or new springs for the beds, every bed had a solid wooden board nailed between the mattress and the base. Bloody cheapskates! But it worked. It was a little more uncomfortable to start with but not more bad backs.

Give the futon style beds a go if you can. They are generally great.

If you have trouble falling asleep then that is the perfect time to use the **Spartan Mental Training** to relax you. **It works, if you do it!!!** You will get one of the best sleeps of your life.

Here are my rules for quality sleep, they sound simple but they work;

- 1) **You need a source of Fresh Air.** Keep a window slightly open (make sure no one can break in of course) in the bedroom. Allowing some kind of circulating air will stop the room from becoming stuffy and give you a deeper sleep.
- 2) **You need Darkness.** Have you ever gone camping? It's pitch black at night out in nature. We are suppose to work on a biological clock. When it gets dark, we sleep. Many people in the cities never see total darkness. Try to make your bedroom completely dark. I started to sleep much better when I blacked out my bedroom.
- 3) **You need a Medium to Hard surface to sleep on.** Not super soft.
- 4) **Use Clean Bedding.** I bet some of you (especially young guys) can't remember the last time you washed your bedding material. Dirt and oils accumulate in sheets and blankets etc. So clean it all regularly. Haven't you noticed you sleep better in clean sheets? So do it more often.
- 5) **Keep your sleep area as quiet as possible.**

Napping: Here is one of the best secrets for increasing recovery. Taking a short nap in the middle of the day (only when possible). Many cultures take an afternoon cesta to refuel the body. Finding a place to sleep for 20-30 minutes can be equal to several extra hours of sleep. This is incredibly useful when training heavily for a contest or in the gym. It will boost your recovery like nothing else.

Spartan Principle on Age

This is my theory on aging.

Scientist have come up with the theory that the human body should be able to live to 120yrs. I don't normally give much attention to scientists, but let's agree for now. To be safe let's take 100 as a good aim.

That means at 25 you are only $\frac{1}{4}$ of the way through your life.

At 50 you are only ½ and should be hitting your peak. Don't laugh, it is possible if you want it to be.

But you'll never age that way on a regular Western Diet. The body can function on sugar, processed foods and cooked foods; but it functions in **SPITE** of the diet not because of it.

The **Spartan Diet** and plenty of **vigorous physical activity** are both needed - as well as low stress and a happy mental outlook.

If you are going to in top physical shape into your mid-years then consider this; **There is no rush**. Use patience with your training and only slowly progress. You don't want to be injuring yourself unnecessarily. And if you ever are injured then take the right time to let it heal.

DO NOT TRAIN THROUGH INJURIES!!!

Why burn out while young? You have many years of health in you if you stick to the **Spartan Principles**. Personally, I want to die at 100yrs in a Wrestling Match! It's true age is in the mind. If you start to think of yourself as old or let others tell you that, you'll start to slow down and then you really will age.

You may want to consider the concept of keeping your age a mystery. Seriously, just never tell anyone. That way you can't be pre-judged by others and if you follow the **Spartan Lifestyle** you will be in a virtual age time warp - others around you will grow old while you remain the same.

Let's take a look at our relative the chimp for some advice.

Chimps are led by an Alpha male. Generally the biggest, toughest chimp in the group. They have to be tough because younger male Chimps are always ready to challenge for leadership. An Alpha male of a group might be 35yrs old.

In our culture athletes are considered over the hill after their early 20's and we live longer than the Chimps do. The 35 yr old Alpha would kick the crap out of a 20yr old Chimp.

So don't let others opinions make you feel older than you are. If you eat right and do regular physical exercise you can keep improving with age.

Obviously there comes a time when you start to slow down with age, after all we are not above nature, but it's a lot later than most of us think.

The ancient Spartans didn't even become full soldiers until they hit 30 and their leaders and Battle Kings who fought in battle were 50-60 yrs old!

Smoking

Do I really need to write about this?

We all know the dangers of smoking. When I was studying Health Sciences every 2nd disease had smoking as a factor.

Then half the class would go outside between lessons and smoke. I just don't understand it.

It kills your conditioning and you.

The Tabacco Industry is the closest thing to evil on this planet. Smoking is HIGHLY addictive and costs a fortune to support. I know people who spend up to \$70 a week from a \$300 pay packet on cigarettes.

Then it costs us a fortune in taxes to pay the medical bills of these addicts when they get sick. If you are a smoker, the billionaires who control the Tabacco Industry are ***laughing*** at you right now!

Anyway, enough.

Don't smoke. If you got addicted when you were too young and stupid make it your No.1 priority to quit.

Spartan Mental Toughness

Mental Toughness

Being tough mentally is what being a Spartan is all about. We believe in being physically well conditioned and strong. But without mental strength, without developing discipline and an iron-will you are only half a Warrior.

You can have all the knowledge in the world but it won't do you any good if you don't use it. If you're too lazy to train hard and consistently or if you are too weak willed to resist the wrong foods then the knowledge you have is wasted.

Self-discipline, courage, iron-will, commitment, a strong mind, dedication, heart etc. All these values are grouped under the term **Mental Toughness**.

I believe these values should be trained mentally just like we train your physical bodies. You don't have to be born with these qualities, you can develop them. This section will give you some things to start doing and some important concepts to understand that will help you on your journey to becoming a mentally tough Spartan.

Two Roads in a Wood

**"Two roads diverged in a wood, and I . . . I took the one
less traveled by, and that has made all the difference."**

Robert Frost(1916)

I want you to imagine a road stretched out in front of you. It's a big road, like a main hiway. I always tend to picture it as an old Roman style road, you know, paved with stone.

And on this road is a never ending stream of people. It's the road of life and the majority of people are all heading in the one direction. They are following the crowd. They listen to what authority tells them without ever questioning. They don't want to make the effort to train hard. They want everything easier and faster without a thought to consequences. They believe all their problems can be solved with a magic pill.

Then to the side is another road branching away. It's a lot smaller. It's the Spartan road. As you head towards it someone says to you;

"Don't go that way. It's the harder way. It's tough. It's not as easy to travel down as this road we are following. You'll have to give up pleasures. You'll have to work hard. You'll have to make more effort with foods. You don't want to be a Spartan, be average, it's easier."

What that person doesn't understand is you don't want to be like the average person. You want to stand out physically. You want to have real health, not the illusion of health. You have the spirit of a Spartan inside you that scorns soft living and laziness.

You believe there is a price to be paid for the rewards you are seeking. And you are tough enough to pay that price because you know the rewards are worth it.

You are strong enough to see that the instant pleasures of the Western diet are a trap. That the momentary comfort of being lazy is a trap. Pleasure for a second and pain for a lifetime.

So you choose the Spartan road and you will be rewarded.

You Only Get One Life

You only got one life baby, ***make the most of it.***

If I get reincarnated after I die, I'll consider it a bonus!

If you aren't happy with your current level of health then do something about it now. NOW! Here is a quote that is very inspiring to me, read it then think about it for a minute. You do not want to be on your death bed and have this as your last thought;

***"O God, to have reached the point of death,
only to find I have never really lived at all."***

Considering none of us really know when we are going to die, doesn't it make sense to start living your dream or the life you want to live right now.

And from **Mushasi** (famous swordsman);

***"I want to dedicate myself to training and discipline.
I want to spend every moment of every day working to improve myself."***

Fasting

This section could have easily gone in the **Spartan Health** section because it will have a big impact on your health. But after considering it carefully I feel it is more appropriate here. You need mental toughness to fast and at the same time fasting is an exercise that will build your mental toughness.

Fasting played a very important part in the lives of the Ancient Greeks. They believed it was one of the best ways to assist the body to naturally heal itself.

By giving the body a rest from its constant job of digesting food, it could concentrate on healing, repairing, fighting disease or cleansing itself.

When animals get sick they will stop eating and start resting as much as possible because they instinctively know this is the fastest way to recover.

Just on this point, if you ever feel a cold or sore throat etc. coming on, the best thing to do is immediately go on a Juice-fast for 1 or 2 days and rest from all training.

You'll find you'll get over it very quickly. Trying to train through sickness can keep it hanging around for weeks.

I very rarely use a water only fast for more than one day. The kind of fasting we use as Spartans is called **Juice Fasting**.

A Juice-fast means only fresh fruit and vegetable juices and a lot of water. The juices will provide easily used energy and nutrients without taxing the body.

There are 2 ways to start following the **Spartan Health Regime**.

One is to gradually start eliminating the wrong foods while slowly increasing the right foods. This is the easiest way to do it. After a few months you will be fully converted to the Spartan Lifestyle.

The second is to read through the manual first, then the next day start a **5-Day Fruit Fast**.

Start the Spartan Program with a 5-Day Fruit Fast

This is for those you want to start straight into the Spartan Diet and go cold-turkey on their regular way of eating. This will be a way to cleanse your body and mind.

Physically it will allow your body to start detoxifying itself of any accumulated waste. And mentally it is a **Starting-Point** that will signify your commitment to living the **Spartan way of life**.

A fruit-fast means you only eat fresh fruit or drink fresh juice or water. Make sure you eat or drink enough so you don't go hungry. You can still keep up exercise during this period because you are not sick.

This is also a good way to start training your self-discipline. It takes commitment to stick to a fruit fast for 5 days if you are not use to a fruit diet.

But once you have finished the 5 days you will feel great and you will have proved to yourself that you can achieve things you set out to do.

Keep this in mind; people can live for years on only fruit and for weeks if they have to on only water. So there is no excuse not to finish the 5 day fruit fast.

Even if you get hungry from not eating enough fruit or if you start to get sugar addiction cravings, you must get mentally tough and resist. It will be worth it in the end. Drink a lot of water.

The good news is if you eat enough fruit you wont get hungry. You may mistake the light feeling you get as hunger but it isn't.

I have tried fasting on water only and with juice only and with fruit and juice. Going on a water-only fast is not the best way to do it. It still gives the body a rest but a lot of muscle tissue can get lost. Fresh juice supplies the body very easily with energy and so spares the body from having to burn up muscle tissue.

A few points to keep in mind. You may feel lousy the first few days on a fruit fast. Keep it up, remember your bloodstream will be filled with waste products as your body cleans itself. This will quickly pass and in the last few days you will start to feel great. Your body will feel light and energized and your mind will become clear.

Once you have finished the 5 days go straight onto eating a majority fruit diet by having fruit till lunch time. Gradually work into eating full time in the **Spartan Way**.

Below are the important yearly Rituals that you can schedule.

5-Day Fruit Fast to Start the New Year

This is a 5-day fruit fast I do every year from the 1ST of Jan to the 5TH. If you celebrate New Years Day with your family start on the 2nd.

This is a very important period for me. It is a way to start the New Year in a newly refreshed body and it is a test of discipline that proves you can accomplish what you aim for in the coming year.

During this same period I take time to set out goals and reflect back on the past year. I remind myself of my commitment to living a disciplined Spartan Lifestyle.

Fruit/Fruit Juice Fast 1 Day a Week/Month

This is a regular test of discipline and a rest for the body from any heavy digesting. This habit will bring great health and a longer life. Make no mistake it is a big commitment but if you put your mind to it you can do it. Sometimes I choose to do this day with only juice. For now eating fruit and drinking fresh juice will be fine for you.

Do the once a week schedule if you are older, need to lose fat quick, are sickly or your health is really lousy. Do the once per month schedule if you are still young and healthy or if you are doing heavy training such as serious strength work.

3 Day Fruit Fast Mid-Year

This is a mid-year time to reaffirm your beginning year goals and a chance to do a longer body cleanse.

Effort & Time

As a Spartan you are going to have to commit more effort and time to both food and training than normal, average people.

Finding better food and preparing it the right way is harder and takes longer than micro-waving a TV Dinner. The rewards will be worth it. But it will still take mental toughness on your part to keep committed. To put in the extra effort.

Doing a long run for 90 minutes is a lot more effort and time than a 5 minutes on the latest piece of miracle home-exercise machine. But while the dreamers stay fat and wonder why they can't get fit in 5 minutes a day, you'll be carved in stone. The rewards will be worth it.

Take Responsibility For Your Life

Do not place your life in the hands of others. It is easy to move with the crowd and blame others. It is much harder to take responsibility for yourself.

Do you eat sugar, white flour and processed vegetable oils in junk food? When you get sick and old in the future it's a result of your lifestyle. Take responsibility and change.

Do you hate your job or are you low on money? Don't blame your boss or society, take responsibility and start learning the skills to get the job you want or learn how to go into business for yourself.

Stop making excuses!

It's the sign of a very weak mind to be constantly blaming other people and other things for your situation. If you don't look or feel the way you want to then accept you are responsible for the problem and only you can change things, and do it.

Start to develop Independent Toughness.

This doesn't mean you have to take on a gang of bloodthirsty bikers all by yourself. Or having to live alone on a desert island.

What it means is developing an attitude of being tough enough to **rely on yourself**. If you know the right things to eat, you be the one responsible for getting and preparing them.

Relying too much on others will just give you an **excuse for failure**. Here are some simple examples you may find familiar;

1 - You blame your wife/partner/mother for not buying you enough fresh fruit when they did the shopping, so you have to eat some processed commercial cereal instead. It's not your fault is it? Guess what, that just doesn't cut it. Get tough! Make sure **YOU** buy the fruit you want and need.

2 - Your training partner fails to show up for a gym workout or for a run, so you decide to give it a miss today as well. It's not your fault after all, he was the one who didn't show up, right? **WRONG!**

Accept that you can't be responsible for other peoples actions but you are responsible for your own. Get in there and train by yourself.

Pretty simple really, but it can make a huge difference to your life.

Control Your Ego

This can be tough but you must become the Master of your Ego. I know a famous Martial Arts school with a big sign on the door saying;

"Leave your Ego outside"

I love that. If I ever open a gym that's exactly what I would put on my door.

Controlling your ego means you must accept the reality of your current physical abilities. It means you must control your pride and stubbornness so you can learn and progress. Some examples are needed.

I constantly see people in the gym uses way too much weight. They load the bar up and then use the most sloppy and dangerous techniques to lift it, all for the sake of their egos. I see people load up the bench press with a huge weight then start to bounce the bar off their chest or they get a friend to help them with every rep. What the hell? I see people load too much weight on a bar and do ¼ squats for the sake of looking strong.

That kind of thing is weak minded. Be tough enough to say, no, sorry I can't handle that weight just yet. I will be able to soon. But at the moment I'm going to make it lighter and do my training properly. I'm going to use a weight I can get at least 3 solid reps with in good form. Then I'm going to train my arse off to increase the reps to 5.

The beauty is guys, by controlling your ego and training right to start with, you'll progress a hell of a lot faster than the fools who are just trying to look good. Plus you'll stay injury free. Leave your ego outside the gym.

Another example is you must be willing to lose. Whether it be a martial arts, tennis, triathlon racing, a business project or a video game. Losing hurts your ego. But you must be willing to control that. Why?

You will learn 10 times as much from a loss (if you let yourself) than you will from a win! Also a lot of people will not enter a sporting contest or race if they think they can't win. I know a couple of people who don't enter any martial art tournaments because they don't want to lose. That's crazy. To get good enough to start winning you are going to have to start competing and probably losing.

When I first started classes in **Submission Grappling**, we would wrestle at the end of every training session. I would lose every time! And I mean I would **LOSE**, guys that weighed ½ of what I did would line up to take turns kicking my arse.

But I just kept trying to survive and learn as much as possible during each match. Soon I started to win the occasional match. That's how you progress. And as you improve you train or compete against anyone who is stronger/better/fitter than you. And you keep at it until you start to reach their level.

Mental Training Technique

This is the technique you can use to achieve a relaxed state or to train your subconscious mind. I was never really into relaxation or meditation until I read some little known articles by **John McCallum**, a training guru from the 1960s.

It is very simple but very effective and very powerful. If you master this you can achieve whatever you want for yourself in life.

It will take 1-2 months of dedicated effort but it will pay off big time if you can master this.

A lot of you have heard of top athletes working with Hypnotists to improve performance. Well this will let you achieve the same benefits with self-hypnosis.

Step 1 - Total Relaxation

First you must learn to achieve total relaxation. To get to a level of deep, deep relaxation with no stress or tension left in your entire body.

Do this before going to sleep at night, while lying in bed, as often as you can - every night till you first master it. Lie flat on your back and make sure you are comfortable.

Now flex your calves as tightly as you can, then let them relax. They should feel like they are sinking into the bed. Do it again, this time after flexing they should relax even more. Concentrate on getting them to totally let go of any tension.

Move onto your upper legs, do the same thing. Flex and relax twice. Now your stomach muscles, then chest, arms, hands and finally face. Scrunch your face up and then let it relax. You should be in a fairly relaxed state now with a lot of muscle tension gone.

Next keep your eyes fixed on an imaginary spot on the roof (I used one of those glow in the dark stickers on the roof to concentrate on when I first started).

Start telling yourself that your eyes are getting tired and very heavy. Keep looking at the spot and keep saying to yourself over and over your eyelids are getting heavy, they feel like heavy weights, very tired. The

exact words don't matter, you get the idea. Soon they will start to close and you should let them.

Back to your lower legs, concentrate on them and try to get them to relax even more. Don't flex them this time just make them relax. Make them sink into the bed. Go through your upper legs, stomach, chest, arms, hands and head. Keep telling yourself to relax e.g.

*"My arms are feeling very relaxed, very loose,
very heavy, they are sinking into the bed."*

This will have taken 5-10 minutes.

You will now be in an incredibly relaxed state, but we are going to go further. By the way, if you should fall asleep, don't worry. Try again the next night, it takes time to master.

Start to count to 25. Do it slowly with a lot of suggesting in between every number.

ONE; *"feeling very tired, very relaxed "*

TWO; *"very heavy, my body is dropping into the bed, very relaxed now"*

THREE; *"I am falling into a deep, deep sleep, very relaxed very heavy, sinking now, very heavy....."*

etc.

By the time you reach **25** you will be in a completely relaxed state. You will feel like your body is inside the bed and your mind is floating free. This is your aim. You may not reach this level the first few times but you will, keep at it.

In this state your sub-conscious mind is open to self-suggestion, but don't worry about that yet.

Now just let yourself drift off to sleep. Believe me you will have one of the deepest, best sleeps of your life.

Practice this for a few weeks or a month then go to Step 2.

Step 2 - Relaxed State at Will

It is time to learn how to achieve the relaxed state, from above, at will. We will do this by making it a '**conditioned reflex**'.

When you reach the completely relaxed state after reaching 25 as above, start the following.

Suggest to yourself that the **number 10** means total relaxation. Tell yourself that from now on whenever you count to **ten** you will reach total relaxation

e.g.

"In the future whenever I am still and count to ten I will achieve this totally relaxed state. On the count of ten I will be totally relaxed."

Keep saying this to yourself over and over for a few weeks.

From then on when you are practicing the relaxation, start by counting slowly to ten. If you don't reach the relaxed state on ten, continue with the longer method above and keep telling yourself you will achieve total relaxation on the count of ten.

Sooner or later you will be able to become totally relaxed by slowly counting to ten. In this totally relaxed state you are open to self-suggestion as I have said.

Once you master this move onto Step 3.

By the way, you can use this to get totally relaxed when you have time for a short nap. ***This rest will be like several hours of sleep.***

Step 3 - Self-Suggestion

You have reached the powerful stage where you can start to change your life for the better.

Pick a goal, aim or problem you want to work on or improve. It's best to work on one at a time. You can pick anything but I have listed a few examples below. Lets pick Dips as an example to work with, lets say you are stuck doing 4 repetitions with 50lbs tied to you.

At night when you have achieved total relaxation, it should be pretty quick now (but if you ever don't reach the totally relaxed state by counting to 10 then switch back to the longer method).

Start telling yourself you are going to do 5 reps with 50lbs. You have to totally believe it. You must **know** you will achieve it. If any doubt creeps into your mind push it out by repeating you will succeed in doing 5 reps.

"I feel powerful, I am stronger, I am going to get 5 reps in the dip with 50lbs, I will explode upwards, I know I will do it....."

Then you must picture the workout and see your success. Picture all the sights and sounds in the gym and see yourself get 5 reps over and over again. Soon you will start to feel an overwhelming confidence that you will get the 5 reps.

Then in the gym before your heavy set, find somewhere to sit down and get comfortable. Relax, close your eyes, breath deeply and count to 10 to get into a totally relaxed state. Start to visualize yourself doing the 5 reps. See yourself finish the set easily. Know and demand that you will do it. Now stay focused go to the dip bar and **do it!**

Are you starting to see the possibilities here!!!

Fear Control

Firstly the more confidence you have in your ability the less fear you will have. So hard training and conditioning will improve that confidence.

Secondly the more exposure you have to the fear the less it will become. Say you are intimidated by sparring or fighting or public speaking. The more you actually do it the less it will bother you.

That's why street-fighters won't hesitate to hit you, they are use to the violence.

Fear is a natural instinct of man. It is there to protect you by warning of danger. You can never really get rid of it but you can control it and use it.

"The coward and the hero both have the same feelings, the only difference between the two is that the hero handles the feelings and the coward does not "

Cus Damatio (legendary boxing trainer) on fear.

It is important to understand that there is a savage instinct in man, as in all animals, that can sense fear in others. This is the reason a bully picks on certain people but not on others. So you must learn to never **show** fear. This in itself will keep you out of a lot of trouble and worry the hell out of your opponent.

Inside you will be a massive release of adrenaline but don't panic, stay calm on the outside and be ready to unleash that build up if you need to fight.

You can use the self-suggestion routine to help you control fear. Tell yourself; I fear no man, I will never display fear, fear is just an emotion, I will control it, I am master of myself, fear will let me build up adrenaline to fight with, I fear no man, etc.

Killer Instinct

There are two levels of killer instinct;

- 1) The limited version - this is the aggression you can summon when sparing, competing, training.
- 2) The unlimited version - this is what you use when you are in a life threatening situation (hopeful never) and it is kill or be killed

Use the self-suggestion routine to master your natural killer instinct. Tell yourself that whenever you give the command '**kill**' you will become a mean, fighting machine who will ignore pain and have animal aggression. Repeat it over and over. When I tell myself 'kill' I will become a mean fighting machine, I will dump adrenaline into my body for a super boost, no fear, controlled fury. Become confident you have the killer instinct.

Then get a punching bag and relax as before the dips. Tell yourself you have the killer instinct and see yourself as an unbeatable aggressive machine. Then go to the bag and repeat 'kill' to yourself and focus on

releasing your natural killer instinct on the bag. Have no mercy, destroy the bag. Practice getting an adrenaline rush as soon as you command 'kill'.

Television

There are 2 ways to look at the issue of television;

- 1) It can be a good way to relax.
- 2) It can be a massive waste of time!

There is nothing wrong with watching your favorite shows if you really enjoy them. It is a great way to relax and unwind after a hard day. Also TV can keep you up to date and informed etc.

I am also a great believer in the power of laughter to do good things for the body. So watching "The Simpsons" etc. and having a good laugh is great.

But, there is a **trap** with TV. You can easily find yourself just becoming a vegetable every night watching whatever garbage is on. The hours will slip by fast, and that is the real loss. The time you have wasted, because time is the most valuable asset you have!

Imagine, if instead of watching 2 hours of crap every night, which you probably don't even like, you could use that time to study a new hobby. Or to learn how to use a computer. Or to write a book (just like I did). Or to do some extra training or take the dog for a walk. After a short while those hours would add up and you would be fitter, better educated, better skilled etc.

Time is one of the most valuable things you have. Don't let yourself waste it being a vegetable in front of the TV.

Wasting night after night in front of the TV is just a habit that many of us get into. Try to really cut back on the wasted time you spend watching it. This will free up more time than you can imagine and will make the shows or movies you do watch or the more special.

Cold-Water

Have you ever dived into the ocean on a cold day? It hits you like a hammer! **POW!** Every cell in you body feels shocked into life. That's a feeling we can use to make us mentally tougher and once again train our self-discipline.

At least once a month and preferably every week (or day) I dive into the ocean where I live and swim a few laps of freestyle. This is very refreshing during summer but as winter gets closer and closer is when my discipline really starts to get tested.

Standing on the edge of the rock pool in the freezing wind ordering my hesitant body to move forward, not backwards, and dive in, all the time passers by thinking I'm some crazy nut.

Then the shock of cold water wakes up every part of me and I really feel alive! After a few laps you get use to it. Every time I finish the swim I look around me at everyone who isn't there, and think,

"If I can do this I can do anything."

Use Cold-Water as a Test of Discipline.

If you don't live near the ocean, use a cold shower. Whenever you want to test yourself (do it at least once a week) have your normal shower in the morning then at the end turn off the hot water for 30 Seconds or so.

This is a real test of iron-discipline. However it's not doing it once that counts. Its the 10th, 20th, etc. time when your body knows the shock that's coming and your mind tries to make excuses but you shut that out, visualize yourself as a **Spartan Warrior** and turn the tap!

Now that is the ultimate training in discipline.

One thing to do is get warm after the cold water. You don't want to be getting sick. I always get dried and back into my car as soon as I can after a cold-water swim. You can turn back on the warm shower for a while then quickly get dressed into warm clothing.

Also skip this if you feel any type of cold or sickness coming on.

The Back Page

Nearly everyone who reads the **Spartan Health Regime** gets very excited and gives it a serious go. That's great news.

And of those who try it the vast majority feel great. Their energy increases, their health improves and their endurance/strength and fitness take off.

But within a few weeks or months they start to slip back into old habits and routines. (If this happens to you, re-read this manual to get fired up)

I don't expect everyone who gets the program to follow it as a total way of life (there are some who are doing that). I am happy if it only gets you to open your mind to a new way of thinking about topics such as nutrition, training and lifestyle.

It is a tough program because we are totally surrounded by temptations in our everyday lives. The temptation to eat what average people eat, the temptation to watch TV rather than exercise, the temptation to follow the crowd and grow old and sick like we are 'suppose' to.

The temptation to take the road traveled by everyone else. And with all this constant temptation it is easy to forget about the **Spartan Principles**. Life would certainly be a lot easier.

But there is one little problem. The Spartan Principles work!

Sometimes I wish they didn't. Then I could go and drink pasteurized milk. I could eat at McDonalds every day and have white bread sandwiches for lunch. I could take a magic pill and get lean, I could read about weight training and get strong.

But I can't do it. Sure I diverge from the Spartan principles every so often, I'm human. But I keep coming back to them. Why? Because they work! Because my body works better on them. I feel better and I perform better. I'm leaner and stronger. I think better and have more energy.

And this is the reward!!!

It is not an easy path to follow, it is certainly the road less traveled, but if you choose this path you will be rewarded with ageless health and a lean, strong body carved in Granite.

Dare to be a Spartan