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Ori Hofmekler is a well-known political artist and health expert. The founder, editor, and publisher of the national health and fitness magazine Mind and Muscle Power, he is the author of The Anti-Estrogenic Diet and The Warrior Diet.

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--Marty Gallagher, Olympic lifting and powerlifting champion; coach of national and world championship teams; and author of The Purposeful Primitive "Ori Hofmekler's Maximum Muscle, Minimum Fat gets into the nitty gritty of the biological concepts that aid muscle gain and fat loss."

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Ori Hofmekler is a well-known political artist and health expert. The founder, editor, and publisher of the national health and fitness magazine Mind and Muscle Power, he is the author of The Anti-Estrogenic Diet and The Warrior Diet.