

YOUR GLADIATOR

\$10 A WEEK CHALLENGE

7



**HOW TO SPEND JUST \$10 A WEEK
AND GET LEAN AND STRONG**

D E R E K B O Y E R

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Finally, before attempting any new exercise routine, it is always best to check with your personal physician.



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ABOUT THE AUTHOR



My name is Derek Boyer and I am a passionate soul who is powered by a purpose and desire to find solutions to everyday problems that improve myself and others.

Last December as I was driving home from work, listening to the radio, I heard that there was more than 3,500 people living homeless on the streets of the Gold Coast where I live and 1,500 of them were children.

I was mortified at the hardship many people have to endure with living under bridges, in the back of cars and huddled up in bushes during cold nights during a time when most families and friends were coming together to celebrate Christmas with unlimited

resources. But what about the homeless, I thought, what was Christmas going to be like them?

As I thought more and more about the implications of being homeless, I challenged myself with the idea how would I manage if I had very little? Could I survive? Could I even excel on very little?

At the same time I wondered if I could in some small way contribute some benefit to the local people and families that had fallen through the cracks and were doing it tough.

I love a challenge, and the idea of creating "Your Gladiator \$10 a week challenge" was born. Next I did some research and found an amazing local charity called "Oz Harvest" who essentially collect discarded food from commercial businesses and raise corporate monies and donations to feed the homeless.

Logically, I would be the first to undergo the Gladiator \$10 a week Challenge and publish my entire journey in complete transparency through social media including my before and after Bio Scans to scrutinise and see the value and teachings this package could offer. On Sunday the 14th of December 2014 I took on the very first challenge and the results and response through Social Media were nothing short of amazing!

YOUR GLADIATOR

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Here are my statistics based on before and after Bio-scans taken the day I started the Challenge to the day after I finished the Challenge:

STARTING	FINISHING
Bodyweight. 117kg.	Bodyweight 114kg
Skeletal muscle mass. 58.1kg	Skeletal muscle mass 58.9kg
Body-fat % 12.6.	Body-fat % 12.6
Bodyweight 117kg.	Bodyweight 114kg
Body-fat 14.7kg	Body-fat 12.6kg

These statistics* are amazing considering I was on a very limited diet.

- *I lost 2.1kg of body fat,
- *I put on 800g of muscle
- *I retained my starting 12.6% body-fat percentage.

I believe anyone taking on this program / challenge will achieve similar amazing physical results and learn new skills that can be used indefinitely.



WHAT IS YOUR GLADIATOR \$10 A WEEK CHALLENGE

YOUR GLADIATOR \$10 A WEEK CHALLENGE IS SIMPLE.....

ANYONE, ANYWHERE IN THE WORLD PROVIDING THEY ARE HEALTHY AND UNDER SUPERVISION COULD TAKE UP THIS AWESOME CHALLENGE.

EQUIVALENT WORLD AMOUNTS:

Australia \$10

USA \$10

Europe 10 Euro

U.K. 10£

THERE ARE 5 EASY STEPS

- 1.** This E-book clearly states the simple conditions of the Gladiator \$10 a week challenge so read carefully and get a clearance from your GP or Doctor that you are healthy enough and physically able to successfully complete the challenge.
- 2.** Pledge through your preferred social media platform (Face-Book / Instagram) your normal weekly grocery spend and indicate to your friends your intention to take up the "Gladiator \$10 a week Challenge" in which you will only live on a \$10 grocery spend for one complete week and complete the exercise program.
- 3.** Implement your plan over the next 7 days and live solely on what you can purchase with \$10. Remember there are no handouts or shortcuts allowed.

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4. Each day schedule in a 5 kilometre hike wearing a 10 kilogram back pack PLUS complete a 60 minute gym circuit in your nearest Health club or gym. Complete this exercise schedule every day for the 7 day challenge.
5. After you have successfully completed the challenge as indicated above, inform a local reputable charity near you that provides care to the homeless like OzHarvest does in Australia and tell them you have been successful with the "Gladiator \$10 a week challenge" and Donate the monies that you have saved from your normal weekly grocery spend minus the \$20 for this E-book purchase and the \$10 you spent for the challenge.

Eg: I pledged \$150 on my normal weekly grocery spend minus \$20 Ebook minus \$10 for the challenge = \$120 donation to a local charity who supports the homeless.

In Australia, Oz Harvest is my choice. Check out what charities exist near you!

And remember this challenge will not leave you out of pocket! You will be making a very important investment by giving back to your local community, so go for it!

All details on the creator of the Gladiator \$10 a week challenge and Bio of Derek Boyer can be found at: www.derekboyer.com

Contact Derek at: dboyer@derekboyer.com

1. Pledge what you normally spend on food in one week
2. Buy this E-Book (\$20)
 - i. live on just a \$10 spend for 1 week.
 - ii. 5km walk every day with a 10kg back pack
 - iii. 60 minute full body Workout in your gym.
3. When you succeed, Tell the World and donate the money you have saved to a local Charity near you that support the homeless.

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"LIVE LIKE A GLADIATOR FOR 7 DAYS" + FEED THE HOMELESS

WELCOME TO THE CHALLENGE!

THANK YOU FOR ACCEPTING YOUR \$10 A WEEK
GLADIATOR CHALLENGE



HOW GOOD ARE YOUR SURVIVAL SKILLS?

DO YOU THINK YOU COULD LIVE ON JUST A \$10 GROCERY SPEND
FOR AN ENTIRE WEEK?

DO YOU HAVE THE POTENTIAL TO BE A GLADIATOR TOO?

Your Gladiator \$10 a week Challenge is an awesome survival test as well as a great way to contribute both understanding and monies to the homeless people in your local area.

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Gladiators not only endure tough conditions they excel and thrive in tough environments.

The Gladiator Diet and Exercise Program is also designed as both a challenge and a stimulus for effective fat loss and muscle gain as well as a mechanism to expand conscious belief in what is possible and what can be created and achieved.

The fact is, comfort builds complacency! So deliberately and purposefully bringing on challenging hardship is vital to growth, and development of character.

You've heard the old saying "when the going gets tough, the tough get going" which is a great theme for Your Gladiator Diet and Exercise Program Challenge.

Commit yourself to this Challenge and do your best. I guarantee you will be transformed from one of the most rewarding experiences ever!

The way you look at food and connect with food will change forever.

You will be empowered by your ability to overcome hardship and excel.

You will lose unwanted fat.

Believe me when I say, you can also substantially increase muscle volume in just 7 days on a vegetarian diet.

PLUS it is the true mark of your character as to what your efforts are contributing to. Ultimately you will be freely giving monies that you have saved by doing this Gladiator Challenge to the less fortunate and homeless in your local communities via Oz Harvest.

IF YOU ARE CURRENTLY WORKING OUT IN A GYM OR HEALTH CLUB AND CONSUME A HIGH PROTEIN DIET FORTIFIED WITH LOTS OF SUPPLEMENTS HOW WOULD YOU GO LIVING ON A COMPLETELY VEGETARIAN DIET FOR 7 DAYS?

The answer is, very well!

Health and Fitness professionals are all very aware in our industry how important **Stimulus Change** is to overall growth!



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Every now and then creating "Shock Environments" is a great way to spark new and renewed stimulus for re-adaptation and muscle growth to occur.

If you have been existing on a high protein diet for some time, going vegetarian for 7 days will not hurt you at all. In fact giving your liver and kidneys a break from having to breakdown and metabolise large amounts of protein and animal fat on a daily basis is actually very healthy.

By making a few necessary adjustments to how you consume food and making some very important changes to how you exercise will spark new muscle volume and effectuate massive fat loss.

You may be surprised how much change can occur in just 7 days.

HOW CONNECTED ARE YOU TO THE TRUE VALUE OF FOOD AS A PRECIOUS GIFT?

HOW RESOURCEFUL ARE YOU IN NOT WASTING A SINGLE MORSEL OF ANY FOOD YOU POSSESS?



My bet is, you have a cupboard full of half used food items that have been sitting there for months. Your fridge is probably the same! And when you really look into it, you will find that you spend hundreds of dollars on produce and product that you don't really need and then waste most of it on a weekly basis.

The world we now live in, is driven by consumerism, disposable product and convenience!

What this all means is that we as a society have become very complacent and disconnected to the true value of food as a precious gift and resource.

We take the food we eat for granted because we see it as an endless, replenish-able resource that is easily acquired from any number of supermarkets and fast food outlets whenever we want it.

What if there was a major crisis tomorrow that restricted most of, or all of our available food stocks?

How would you survive?

How differently do you think you would look at any available food?

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Your Gladiator \$10 Challenge is a great opportunity to redefine the way you use and connect with food.

When you create an environment where you can only consume from a limited supply of rations, and you don't allow yourself anything else, the world suddenly becomes a very tough place/

The beauty of living under tough conditions is that you will be forced to use all your Intellect and ability to survive.

You will be forced to grow as a person and respect all food as a precious gift and resource that provides sustenance and the necessary energy to survive.

Food is a vital energy that transfers from one form to another. Our bodies take up food and transforms this energy into actions that shape the universe in which we live.

I can guarantee that once you have completed Your Gladiator \$10 a week Challenge, you will never look at food in the same way again.

"As a self-confessed Gym Junkie and health and strength fanatic I was completely amazed at the physical results I achieved in only 7 days on Your Gladiator \$10 a week Diet and Exercise Program"



WHAT IS A GLADIATOR?

Gladiators of the Roman Era were well trained fighters who entertained mass audiences in giant arenas with duels often fighting to the death.

Fights were often staged depictions of great Roman battles, and tributes to great emperors of the time. Gladiators were often pitted against wild Beasts and even fought in the arena on elaborate ships that sailed the oceans.

The Gladiators that fought were either slaves, or free men, who fought for prize monies and prestige.

A Gladiators life was simple and hard. Win fights, entertain the crowds and live, or fail to perform and die.

Gladiators lived in very simple shared dwellings adjoined to their fighting and practice areas(called *Ludi*) and the meals they ate were simple and basic. They were thought to have lived mostly on a vegetarian diet with "Gruel" as the main dish.

Anthropologists have found that the bones of Gladiators were particularly strong giving rise to popular ideas of heavy weight training combined with supplementation of a charcoal based drink taken regularly to increase calcium density in their bones for strength.

The training schedule was notoriously tough with hard sessions every day that made them both strong and able to withstand great pain and hardship.



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Today, the Roman Gladiator legacy and spirit lives on. There are those who live amongst us that thrive on the quest to battle whatever life throws at them! These souls look to push themselves every day in hard and challenging exercise schedules and choose to live on very simple disciplined diets that often engage deprivation to enhance performance outcomes.



These "Gladiator" souls live by the mantra "When the going gets tough, the tough gets going"

These same people look for worthy challenges to test both their mental and physical resolve.

ARE YOU SUCH A SOUL?



THE GREAT PROBLEM WE FACE

We live in an age where everything it seems is disposable with unlimited replacements. Consumable items saturate our consciousness and invite us to buy into slick multimedia commercials that are attuned to highly formulated psychological profiling that make viewers compulsive spenders! And we fall for these messages day after day spending money we don't have on things we don't need to impress people we don't like or sometimes even know.

We now make more money than we ever have before, but we are also spending far more money than ever before and the result is not good. Obesity, diabetes and illness are all spiralling out of control and there seems to be no way back to a majority of health again.

The consequence of having so much availability and convenience is that we have lost all respect for the food we buy and consume as well as the value of the money we acquire.

When I ask anyone for the first time how they think they would go taking up the Gladiator \$10 a week Challenge? Often their initial response is shock and a firm reply, "That's impossible, that's what I spend on just one meal"



My response is usually: If you are healthy and drank only water for the next 7 days you would survive! It would be a very unpleasant and uncomfortable experience but you would survive!

There are cultures around the world right now that do not spend a cent on food but manage to survive regardless. Research also teaches us that civilisations all through history were held up by a thread of meagre rations of very little food.

There have been many well documented societies who have overcome great hardship and famine to survive like the Irish of the 1840 Potato famine.

It is possible to do this!



DO YOU NEED TO BE HEALTHY TO COMPLETE THIS PROGRAM / CHALLENGE?



Yes you do! You need to get a full health clearance from your doctor before undergoing any strategy related to this Program/Challenge. Once you have obtained a full clearance, indicate to others around you of your intention to take up the challenge.....and if for any reason you begin to show undue stress or major discomfort then stop and consult your doctor!

This book contains certain information pertaining to medical topics; however, **no warranty** is made that any of the information provided herein are accurate. There is absolutely no assurance that any statement contained or cited in any part of this work touching on medical matters is true, correct, precise, or up-to-date. The overwhelming majority of such materials are written, in part or in whole, by nonprofessionals. Even if a statement made about medicine is accurate, it may not apply to you or your symptoms.

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Nothing herein should be construed as an attempt to offer or render a medical opinion or otherwise engage in the practice of medicine.

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THIS IS WHAT I LEARNT

I completed the Gladiator \$10 a week Challenge successfully and let me tell you it wasn't easy, but it was achievable!

I've learnt to appreciate every scrap of food I had acquired!

I've learnt to portion what I had, appropriately throughout each day and over the course of one week to survive.

I've learnt how to stretch small amounts of foods into substantial hearty broths that satisfied my hunger and they were absolutely delicious.

This challenge taught me to reconnect with the true value of all food as a precious gift and resource!

I've learnt you do not have to consume massive quantities of protein each week to put on muscle mass, and I'll explain more about this later. And in fact it is a very good thing to give your body a break from consuming large amounts of protein by going vegetarian for a week every now and then.

I've learnt the value of preparation! And the value of using the freezer effectively, as well as using Tupperware and a Thermos as great resources to provide my daily fuel.

Your Gladiator \$10 a Week Challenge taught me valuable lessons on the best method of consuming quality meals throughout the day, and the best way to train and exercise when consuming a low protein / high carb diet

I've learnt that I could not afford to waste anything nor should I ever - for any reason.

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KEEPING EMOTIONS BALANCED IS VITAL

Knowledge is power, which leads to emotional calm!

Emotional calm is like driving very strong steel pillars deep into the ground that hold you rock solid when faced with any storm, crisis or challenge.

We are all lead by our emotions, so having them balanced and in a good place is paramount to achieving great results as opposed to untethered and fluctuating mood swings that lead to panic, distress and crisis. Be resolute and purposeful with your endeavour and revel in the notion that you can control and survive even in the hardest of conditions.

If your emotions fluctuate too much, it will be easy to stray from the plan and cave into temptation, so bolster your emotions with a great plan that is implemented with great discipline each and every day.

Importantly recognise and celebrate each successfully executed day as a win! Stand each night outside in the fresh air with your arms held high in a victory stance with clenched fists and yell out "I have won this day" and "I look forward to the opportunity and challenge that tomorrow brings".

This diet and exercise plan will take lots of discipline and will-power to complete, but it will be worth the effort!

As with all great challenges it creates a great opportunity to see what we are truly made of?

When you come to understand the true value of Your Gladiator \$10 a week Challenge and its real significance, you will find the Challenge far less daunting and spiritually very uplifting!

- + this challenge will emphasise your ability to survive tough conditions as a true modern day Gladiator.
- + detoxify your body, reduce fat and build lots of muscle volume fast.
- + reconnect you to the immeasurable value of food as a precious gift.
- + provide an opportunity for you to give to the less fortunate and homeless (OZ HARVEST in Australia)



DEVELOPING A HOLISTIC, SPIRITUAL CONNECTION WITH FOOD AND EXERCISE

Ultimately it is important to connect each piece of the puzzle of diet and exercise and the process to create an effective synergy with the living Universe that we are all part of.

We can create a link to this higher consciousness through "Awareness" and being completely present in the moment and mindful of each action we choose to make.

Techniques that create Spiritual Connection

EATING EFFECTIVELY

- Use your hands and fingers to feel and touch the food you consume
- Say a Prayer of Gratitude and thanks before consuming a meal
- Deeply smell the unique aromas of the food you are about to consume
- Be Mindful and present when consuming a meal
- Physically, be in a restful state whilst consuming your meals
- Consume slowly and with purpose
- Pause after eating and reflect on the "Energy Exchange" that has taken place
- Thoroughly clean the plate or dish that has been used and store in a sacred place.



EXERCISING EFFECTIVELY

- Plan your Workout with Detail and Purpose
- Dress in neat clean an effective training apparel
- Always start with an effective Warmup
- Do not be distracted by anything
- Use Deep breathing Techniques



HOW TO LIVE FOR A WEEK ON JUST \$10 AND EXCEL



Strategies That Work

Your Gladiator \$10 a week Challenge is not easy, but it can be done. The fact is, you will have to use all your resources and intellect to survive!

Research, research and research some more all the available ways of acquiring cheap nutritious foods from your local environment. Talk to others about your 7 day Challenge and ask them their opinion on how best to find exceptional special deals locally.

Use the Internet effectively to research existing specials and utilise social media to broadcast your intention.

Use the Internet to research historically, how people throughout the ages survived in times of great hardship, and research how tribal communities around the world right now live successfully without spending a single cent.

The fact is, the more you research and ask others around you for support the more empowered you will become and the more fulfilling this challenge will be for you.



The greatest teacher is experience!



ACQUIRING AN EFFECTIVE \$10 SPEND

This is undoubtedly the most important part of the Challenge. Depending on your resources and local environment you will have to improvise and use some effective spending to deliver enough healthy nutrition for a 7 day period.

Living on a \$10 a week grocery spend will not be easy! But it can be done!

To extract maximum value from every dollar you have will be critical to your survival and comfort for the 7 day Gladiator Diet Challenge.

Start by researching every possible measure to acquiring cheap nutrition based on Staple Food Items - (Oats, Potato, Rice, Pasta, Bread and Onion) then as much variety as possible in mixed vegetable and fruit.

Every good grocery and food outlet has food specials and opportunities for cheap opportunistic specials throughout the week. Become aware of these specials and great deals by talking and communicating with the store managers and staff. Getting to know these people on a first name basis will help you greatly. The fact is when traders get to know you and they like you, they will be more forthright in telling you ahead of time of any great offers. This strategy will keep you ahead of the curve when specials are presented on offer to the general public.

A great example of this is when you get to know and find respect from the trader who then indicates to you what time of the day cheap specials will be released. These foods may be slightly tarnished or blemished but will be very usable. Of course you will be the first in line to pick from the best produce available.

Some good advice to you is: Smile and ask for what it is that you need! You will be amazed what you can achieve by just asking!

A good example of this is when you are at the local fruit and vegetable markets during the last 30 minutes of trade, you will find all the traders are desperately trying to get rid of as much perishable stock as possible. At this stage any sale is a good sale to most traders, so take the initiative and hold up a couple of bags of staple vegetables normally valued at more than \$10 and wave \$1 as an offer. You will be surprised what you end up with.

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A couple of things to keep in mind when you use this strategy is that the trader will be pressured by other customers to replicate the same discounts he gives you, so be tactful and discreet in asking for your discount.

If your offer is not taken up, don't be offended. Keep moving and assessing and approach other traders until you get what you need. Remember this is about your survival so be crystal clear about your goal and keep to the plan. Only spend what your budget allows and maximise your spend on quality staple food items.

There is a great potential to get lots of cheap nutritious foods during the closing moments of the markets with many different specials available depending on surplus stock, so you will have to think clearly on your feet and be extremely mindful of your budget and your needs.

Communicating and talking to traders will go a long way to finding success. Building relationships is vital to your survival. So get to know traders on a first name basis, use some humour and personality and don't be scared to let them know you are living on an extremely low budget. Your honesty will be appreciated and supported by good traders.

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The big supermarket chains like Woolworths and Coles in Australia have some new initiatives that are very useful.

I have found out from store managers that to reduce their Environmental Footprint the big chains in Australia have now launched protocols in which staff put aside any blemished or imperfect fruit or vegetable from the day's trade to a special rack from which any customer can fill a normal shopping bag to the brim and pay only a few dollars. Woolworths make this offer available for \$3 at the moment.

This is a great special that should be looked into and used, as most of the foods I have seen and felt are very useable, and provided they are cleaned and separated, can be frozen and eaten when desired.

My preferred staple of Oats (Quick Home-brand) because of its high protein content is cheap and also available in these stores. Each store has different specials so ring ahead and make sure you pick this staple up cheaply.

99c for a 750g packet of Quick Home-brand Oats is a good deal. Check around and you may find better!

My recommendation will be to stock up on several packets of Oats for the Gladiator \$10 a week Challenge because they are cheap, high in protein and non-offensive in flavour. The trick for most, is to add flavour to suit.





EFFECTIVE DISTRIBUTION OF THE FOODS INTO A WEEKLY PLAN

Once you have purchased your \$10 weekly spend, lay all the foods out onto a clean table and inspect everything. Cut off any fungus or imperfection and wash everything that is perishable.

Separate into a weekly plan of balanced consumption. It is important to work out your strategy now! And once you have set the plan, keep to it.

Keep in mind, Improvisation, flexibility and keeping an open mind is important as you progress through the 7 days as you will more than likely have to adapt and overcome obstacles as you progress. This 7 day Diet Challenge will be different for everyone, with each person experiencing their own personal evolution and self-discovery.

Once the weekly plan has been set, use your freezer effectively! Freeze everything that is perishable. This is so important!

Now you are ready, organised and empowered to take on the next 7 days.

Consuming nutrition effectively each day

How you decide to split your daily food portions into meals is a personal decision you will have to experiment with.

Based on my own experience and journey I recommend splitting foods into at least 3 significant meals through the day with the night time meal being a very satisfying "Hot Pot" similar to what the Roman Gladiators lived on called "Gruel" (i.e. Cereal based Soup)

Snacking between meals is very beneficial to stabilising blood sugars and important to reducing negative hormonal responses that lead to cravings, tissue breakdown and fatigue. The fact is, the more you can snack on small quantities of produce between major meals the better, e.g. snacking on a couple of pieces of fruit or vegetables.

Secondly smaller portioned meals will mean your body will be better able to digest and convert the nutrients you consume into body tissue and the much needed energy that you will need to fulfil your exercise schedule.



3 Allowed condiments to the challenge

Oil / Pepper / Salt

The Romans and Greeks of the Ancient World regarded pepper as the most prized of all the spices and thought it to be as precious and expensive as gold.

Salt was also very important to all dishes for its flavour and medicinal qualities (Anti-microbial, Anti-Bacterial, Anti-Viral) and is thought to be sacred to many cultures.

Oil has been used to purify, protect and nourish the body so it is also added as an acceptable extra.

I've allowed these 3 condiments as standard cupboard staples to cook and season produce with. Use these extras with reverence respect and care.





CONCENTRATE ON STAPLE FOODS

The only way you will survive the Gladiator \$10 a week Diet and Exercise Program is to concentrate your spending on volumes of staple foods.

Research every available stockist of nutritious Staples like Oats, Potato and Onion.



I have chosen Oats as my Primary Staple because it is very cheap, nutritious and high in protein i.e. 10g - 15g Protein for every 100g of Oats. It also tastes good with just hot water and a pinch of salt for seasoning. Oats can be mixed with any type of vegetable or fruit to flavour or it can be used as the base to any Gladiator 'Gruel' Soup.

The Vikings of the Middle Ages plundered most of Europe eating a diet of mostly Oats. The ancient Greeks, Roman military and Gladiators lived on some form on vegetarian 'Gruel' Soup made from available grains like Oats. Modern

bodybuilders prefer oats as their main carbohydrate because of its Low Glycemic rating that stabilise blood sugar and as stated above it's very high in protein.

Potato is my next best friend as a staple because it is cheap, nutritious and tastes good in many different cooking options. Boiled, Roasted, Fried, Soup, Mashed!

So many options, you just need to add flavour.

Potato's were introduced to the Western Culture from South America and are now one of the most in-demand staples of the Western World. Australia consumes more potatoes than any other staple. The Irish lived on scant rations of just potato and almost nothing else for long periods of time. Of course there are many varieties of potato but the best ones are the cheapest that you can find.

Buy these in bulk and you will not go hungry.

YOUR GLADIATOR

\$10 A WEEK CHALLENGE



Onions are my third chosen staple because they are cheap and provide great nutrition and flavour to the potato and oats. Onions by themselves can be fried, roasted or turned into a beautiful hearty soup. Buy these in bulk and you won't be disappointed!

The other staples that can be considered are Rice, Pasta and Bread. There are so many world cultures that rely on these 3 particular staples and it's easy to see why when they are generally very cheap and abundant. The only down side is that they are very low in protein comparatively to Oats which I have chosen as my main staple. However if your environment made accessing cheap voluminous quantities of Rice, Pasta or Bread more available then go for it. It's after all just for 7 days.

The choice is yours.

The other staples I would look for personally include some type of stimulant that is both relaxing and stimulating that is cheap to buy like instant coffee or tea.

The rest of my groceries would be made up of as many different types of fruit and vegetables that I can gather with just a few dollars. For this I would be looking in super market bargain bins and opportunistic sales at the markets. This is a time to use all your intellect, personality and perseverance to gather a substantial nutritional basket of fresh vegetables and fruits to get you through the 7 day journey.



TEAM UP TO BUY MORE

One of the most effective strategies that you can use to increase your spending power is to team up with another person or a small group. You might take this Gladiator \$10 a week challenge as a team building initiative at your workplace or your sporting or social group. Even if you create a committed team of 50% of your workmates, not only will you build comradery with this group you will also get to know your co-workers better. PLUS have an opportunity to inspire and encourage each other as well as inspiring the others who chose not to participate.

By teaming up and becoming a partnership or tribe allows a couple of benefits:

- You can buy more complete produce which can be divided between members
- You can buy in bulk which reduces the price of each item purchased
- Your shared experiences add to the experience
- Bartering goods and service between tribal members can be very beneficial
- Broader awareness of great deals and specials is created by a broader hunting group.





HAVING A PLAN IS VITAL

Having a well thought plan is vital to your survival with the limited resource of just a \$10 spend on all your groceries for one week.

So the first objective is to study every available option within your local environment to maximise "Staple Volume" within your spend. Oats / Potato / Onions / Rice / Pasta / Bread / polenta come to mind as first options because they are highly nutritious, cheap to buy and plentiful in most places. If these staples are not available then you must research to find alternatives that will provide nourishment that will sustain you for the 7 day challenge.

Be determined in your acquisition of foods as your survival now depends on your ability to get the necessary nutrition you will need. My experiences have taught me that most people do not ask for what they need and conversely never end up with much at all. The point I make is simple! All foods have a use by period that the vendor must sell to make a profit and if he does not sell the item it ends up in the bin. Intrinsicly everything is valued at what the market or customers are willing to pay. Therefore everything is negotiable! So be daring and charming and ask for bargains where ever you can.

Once you have acquired all your foods, lay them out on a table and inspect each item to make sure there is no fungus or imperfections that may spread and damage the rest of the produce.

Cut any imperfection away and discard the rotten segments into the bin.

Now that you have all your food accounted for as total stock, it is time to make a provisional plan as to how much of each item would be utilised each day over a 7 day plan. Think carefully of the nutritional base of each food and the macro's they provide for a solid nutrition base.

Once you have decided on a well thought out plan prep each item carefully and place into appropriate storage for the coming week. Freeze all perishable produce separately so that each item can be identified and used as required.

All other items can be packaged securely in separate bags / Tupperware or Glass Jars as required.

Importantly be disciplined and keep to the plan throughout the week. However, also be flexible as conditions and circumstances may change, so you will have to roll with whatever obstacles present.

Life is never perfect! So being flexible and creative to find solutions to problems as they occur will be an important skill to harness.

YOUR GLADIATOR

\$10 A WEEK CHALLENGE



Importantly dictate your nutrition around your exercise requirements throughout the week so that you have ample fuel to succeed. There is nothing worse than trying to drive a car with flat tyres and an empty tank. Your body is no different!

FREEZE EVERYTHING

For survival purposes if I had a choice between a fridge and a freezer I would definitely opt for the freezer. Why? Because fridges were designed more for convenience in having items chilled and on the ready at any given notice....the down side is that items go off and seem to stay hidden down the back of fridges for weeks and even months at a time.

Take a good look around your own fridge if you have one and see how many usable items exist and how many items are completely wasted?

Most perishable foods can be frozen for long periods and easily bought back to life after being gently thawed.

My best advice is to glad wrap each piece separately and itemise each one for a specific meal during the week to come.

Writing numbers and ID's on frozen wrapped items can be a great way of tracking each itemised food so that an inventory can be closely monitored and followed throughout the 7 day challenge.



USE TUPPERWARE / THERMOS



Let's face the fact that we have to go out into the world each day during the challenge and commit ourselves to a series of tasks and work commitments that takes us away from our kitchens and freezers.

Making hot meals and drinks mobile throughout the day whilst we are out is crucial to our survival and the reason why Tupperware and a good Thermos are so necessary.

YOUR GLADIATOR

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I personally like to drink a lot of coffee and have found that I can save bundles of cash by simply making a delicious Thermos of coffee before going out each morning rather than buying coffee's throughout the day at cafes etc.

Also the idea of pouring out a hot Gruel Soup from a thermos for lunch is very appetising and convenient. There seems to be something very hearty and satisfying about eating hot foods in the midst of daily battle and a great reason to prep hot meals before the day begins.

WASTE NOTHING!

The greatest lesson anyone who takes up this challenge will learn is that all food is a precious gift and that nothing should ever be wasted!

These days it seems so easy to get anything we want and easily replace it that we have lost all connection and respect for the food that is available.

Modern day society has become so diabolically wasteful whilst the majority of the world is starving throws a damning light on all of us as being extremely spoilt and having poor character.

Tribal communities around the world and through the ages who have experienced hardship do not waste anything because they understand the importance of any foods they have!

This 7 day challenge will teach you the significance of this fact by creating a greater importance to the Produce you acquire.





GIVE THANKS BEFORE EATING

The simple gesture of giving thanks before consuming any meal is significant!

The physical process of stopping and offering either a moments silence or verbalising gratitude towards the offering about to be consumed is an extremely important ritual that allows better appreciation and connection with the meal.

This process of awareness and acknowledgement of the true value and significance of the meal and the subsequent exchange of energy is spiritually uplifting and emotionally healing.

I personally believe the Physical significance of saying Grace and Giving Thanks before consuming a meal is that the body becomes more absorbent and available to taking up the nutrients and energy from the meal.

"The exchange of energy from a meal is heightened with gratitude, awareness and understanding"





FINDING FLAVOUR

"Once staples are accounted for, then flavours become important"

"Variety is the spice of life" and let's face it - the enjoyment of any meal is largely due to how good it tastes! It seems most human beings are drawn to great tasting food even if it lacks any significant nutritional content.

However let me make this very clear - When we have a very limited choice as to what we are able to resource to eat, it is vital that we prioritise what is really important with establishing a volumised base of staples like Oats / Potato / Rice / Onions etc. then find whatever cheap or free flavours are available to enhance the value of the meal.

When it comes to possible flavours that can be added to bland tasting staples, there is an inexhaustible amount to choose from.



The simple fact is, there is no bad spice or herb that can be added to enhance any dull or bland meal. An Indian Doctor of Aravedic Medicine once told me that all spices help to heal and protect the body and that generally from his experience, the poorer the district in India the more spices they use for its medicinal value.

Seasoning meals with salt and pepper electrifies any meal and takes the experience to another level. Garlic and Ginger are world renowned Super Foods with amazing nutritional

value as well as flavour. Spices like Chilli, Cumin and Cinnamon are amazing if you can source them.



EFFECTIVE RECIPES TO SUSTAIN YOU

What is Gruel?

"Gruel is a cereal based soup" that is added to with whatever vegetables you have available and flavoured with herbs and spices. This dish has been responsible for sustaining various cultures throughout history in its darkest days.

The Greeks and Roman Gladiators lived on a version of Gruel as its staple food.

I recommend basing your Daily Meal Plan on this dish to sustain yourself, just as the Gladiators did.

GLADIATOR GRUEL SOUP

Ingredients

2 litres Water
2 cups of Oats
1 onion
1 carrot
Assorted Vegetables
2 kafir lime leaf
Seasoned with Salt and lots of Pepper

Directions

Boil Water with left over stock from previous meals.

Add 2 cups of Oats and stir into a creamy consistency.

Add broad cut pieces of vegetables and add seasoning to taste.



YOUR GLADIATOR

\$10 A WEEK CHALLENGE



VEGETABLE BAKE

Ingredients

3 potatoes
1 onion
1 carrot
1 piece pumpkin
Assorted Vegetables
Seasoned with salt and lots of pepper

Directions

Broad / roughly cut pieces of vegetables and place evenly into oiled oven tray.

Bake on high heat 200c until golden in colour.



OATS - MADE RIGHT

Ingredients

Quick Oats
Half Banana / Cherries Seasoned with Salt and Pepper

Directions

Place Dry Instant Oats into container.

Add small amounts of hot (not boiling) water into the container then stir into a creamy paste. Keep adding small amounts of hot water into the mix until creamy and loose.

Add seasoning and pieces of fruit to flavour.



YOUR GLADIATOR

\$10 A WEEK CHALLENGE



ONION SOUP

Ingredients

1 Litre of Water
2 Onions
2 potatoes
Assorted Vegetables
1 kafir lime leaf
Seasoned with salt and lots of pepper

Directions

Add water to pot and bring to Boil. Add quartered Onion and other spare Vegetables to mix.

Add lots of seasoning especially Pepper.



FRESH VEGETABLES / FRUIT

Ingredients

2 apples
Or
1 banana
Or
2 Tomato
Or
1 Pear
Or
2 Oranges



Directions

Wash, Quarter and place fruit and raw vegetable pieces into serving bowl and season and garnish.

YOUR GLADIATOR

\$10 A WEEK CHALLENGE



Asian style "Congee"

Ingredients

Water

Rice

Spices

Seasoning

Directions

Pour 1.5 litres of Water into a Pot and bring to Boil. Add 2 cups of Rice and stir into a smooth creamy consistency.

Add Spices and Seasoning to serve.



Central American "Atole"

Ingredients

Water

Ground Maze

Chilli / spices

Seasoning

Directions

Pour 1.2.litres of Water into a Pot and bring to Boil. Add 2 cups of Maze and stir into a smooth creamy consistency.

Add Chilli / Spices and Seasoning to serve.

YOUR GLADIATOR

\$10 A WEEK CHALLENGE



Brazilian Angu

Ingredients

Corn meal / Polenta

Water

Seasoning

Directions

Pour 2 cups of Corn Meal or Polenta into 1 litre of boiling water and stir until creamy smooth paste consistency. Add seasoning and left over stock from previous dinners. Enjoy.

South African Mielie Pap

Ingredients

Maize Meal

Water

Seasoning

Directions

Pour 2 cups of Maize Meal into saucepan and slowly stir in hot water and mix until smooth creamy consistency. Add seasoning to taste and enjoy.



YOUR GLADIATOR

\$10 A WEEK CHALLENGE



7 DAY DIET PLAN

This is a suggested plan that will vary depending on resourced and available foods. This plan is centred on Oats because it is cheap, plentiful and high in protein for a cereal. The amounts of food I have outlined are quantified by the amount of product divided by the days I have to survive on. The amounts I have listed may even seem excessive to some!

Keep in mind that because there is shift work load of approximately 2 hours exercise per day for the 7 Day Challenge, lots of fuel is required.....so early up and be strong!



The most important nutrient for your survival is water!
Drink 2 litres on rising and continue to graze on water throughout the day

DAY 1:

Drink 2 Litres of Water

Breakfast: 200g Oats / Half Banana

Lunch: 200g Oats / Seasoning

Dinner: Gladiator Gruel

Snack: Piece of Fruit



YOUR GLADIATOR

\$10 A WEEK CHALLENGE



DAY 2:

Drink 2 Litres of Water
Breakfast: 200g Oats / Half Banana
Lunch: 200g Oats / Seasoning
Dinner: Gladiator Gruel
Snack: Piece of Fruit

DAY 3:

Drink 2 Litres of Water
Breakfast: 200g Oats / Half Banana
Lunch: 200g Oats / Seasoning
Dinner: Gladiator Gruel
Snack: Piece of Fruit

DAY 4:

Drink 2 Litres of Water
Breakfast: 200g Oats / Half Banana
Lunch: 200g Oats / Seasoning
Dinner: Gladiator Gruel
Snack: Piece of Fruit

DAY 5:

Drink 2 Litres of Water
Breakfast: 200g Oats / Half Banana
Lunch: 200g Oats / Seasoning
Dinner: Gladiator Gruel
Snack: Piece of Fruit

DAY 6:

Drink 2 Litres of Water
Breakfast: 200g Oats / Half Banana
Lunch: 200g Oats / Seasoning
Dinner: Gladiator Gruel
Snack: Piece of Fruit

DAY 7:

Drink 2 Litres of Water
Breakfast: 200g Oats / Half Banana
Lunch: 200g Oats / Seasoning
Dinner: Gladiator Gruel
Snack: Piece of Fruit

DOES VEGETARIAN WORK for MUSCLE GAIN?

Whatever type of diet you are on at the moment will not be adversely effected by this Vegetarian style Diet for a 7 day period.

Healthy Gym / Health Club Trainers who are currently on High Protein / Low Carb Style Diets year round will benefit greatly from abstaining from high Protein foods for a high Carb Vegetarian Diet for short intervals throughout the year.

YOUR GLADIATOR

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Why? Because it gives vital organs a break from constantly having to metabolise and break down Protein based foods every day.

Our bodies are also very responsive to new stimulus and environmental changes so going vegetarian for one week on the Gladiator Challenge will represent a great shock and growth stimulus to the body.

The Gladiator 7 day Challenge Diet which emphasises High Complex Carbs, moderate fat and low Protein macro's which will create a massive super compensation of Glycogen loading into the engorged muscle bellies to create a substantial increase into muscle volume.

During my first experience on the Gladiator challenge I put on 800g of muscle volume in the 7 day process. Which will be music to any Bodybuilder or Gym trainer trying to put on more size.

Keep in mind that this 7 day program of super glycogen loading results will plateau out quickly so my recommendation is to do this style of diet for only 7 days at a time once every couple of months.

From my own personal experience on the Gladiator Challenge I found I developed a fresher perspective, a clearer mind, clearer vision and I felt very energised through the experience.

My personal thoughts are, by doing this challenge 3 to 4 times per year for 7 day periods at a time would represent great stimulus to muscle growth and conversely give the vital organs of the body a good rest for rejuvenation and great health.

Note: Also keep in mind that even if you had to live on minimum food rations and particularly protein macros for a 7 day period because of this particular style of diet, whatever you lose will be quickly restored in the coming week, so don't stress or panic.

YOUR GLADIATOR

\$10 A WEEK CHALLENGE



7 DAY GLADIATOR EXERCISE PROGRAM TO GET LEAN AND HARD



There are two protocols to accomplish every day for the 7 day challenge:

1. Walk 5km everyday with a minimum 10kg Back Pack
2. Complete a 60 minute Gym Machine Circuit

1. THE WALK

The Walk / Hike is easy enough to explain: Simply strap on a back pack with a minimum 10kg weight inside and walk on either a treadmill in your local health centre or get out onto the road and walk 5km. The choice is yours as will the benefits to stripping fat fast. So go for it!



2. THE GYM / MACHINE CIRCUIT

Commit yourself to a 60 minute Workout that stresses every muscle in your body!

Remember that you are consuming a minimal protein diet so you will not have the same capacity to rebuild broken down tissue.

So do not train heavy!

YOUR GLADIATOR

\$10 A WEEK CHALLENGE



Instead focus on completing high volume pump sets with minimal weight whilst accentuating a deep breathing technique.

This technique will engorge the muscle bellies with lots of blood and glycogen from the high Carb Diet. This will give you an incredible pump.....so enjoy the endorphins that are released from this method and know that your Muscle volume will increase dramatically over the 7 day challenge.

Sets of 30 to 50 repetition is Ideal on every exercise. Complete each exercise then move straight to the next one as part of a circuit. If someone else is using the machine that you need....simply go to the next machine, complete the set then move back to the machine that is now vacant.

Enjoy theses pump sessions and know many great past body builders developed amazing physiques on similar style routines.

Exercising effectively each day

There is much to consider when strategising an effective exercise program over the Gladiator \$10 a week Challenge?

This 7 day period is designed not just as a time to survive but a time to excel with new found muscle growth, dropped body fat with a renewed body cleanse.

To achieve this I have created an environment of continual movement starting with a 5km walk every day. This should take approximately 50 to 60 minutes to complete and provide a great calorie burn.

The Vegetarian based Gladiator Diet will be high in Carbohydrates and low in Protein and Fats.

This fact will dictate the style of workouts you should perform within the 7 days.

Performing High Intensity Training workouts will not work for you as it did when you were consuming a high Protein Diet. H.I.T breaks down a lot of muscle tissue that you will not be able to rebuild with a low Protein Diet. The best way to build muscle is to perform many lighter weighted pump reps and sets that pump lots of blood through the muscle bellies to stimulate the capillaries to expand and grow.

I recommend a 60 minute Full Body Machine Circuit to be performed every day for 7 days. The routine is simple and can be performed by anyone. All good gyms have a machine circuit that will have specific machines that work different body parts. Try to have a go at all the machines provided.

YOUR GLADIATOR

\$10 A WEEK CHALLENGE



Start with a 10 minute warmup comprising stretches and some type of cardio to elevate your heart rate.

Start with light weights and perform 20 reps on each machine one after the other for a 40 minute period. Keep rest intervals short (30 seconds max) and keep focused and connected with the muscle pump.

I used this Diet and Training Method to put on 800g of lean skeletal muscle in one week and lose 2kg of fat. My Protein consumption was around 70g per day coming mostly from Oats.

It will work for you!



THE 60 MINUTE GYM / MACHINE CIRCUIT SCHEDULE

Remember every health club and gym will be different but they will all have a series of machines that will stress every muscle in the body. Try to complete as many different exercises as possible within the 40 minute time limit that you have. You can shuffle the order of exercises from one workout to the next to keep things interesting.

- Warm up for 10 minutes on a Cross Trainer or Bike.
- Complete as many exercises as possible using 30 repetitions on each set for a 40 minute time limit.

Here are some important suggested exercises!

LEG PRESS



Punch out 30 light reps with accentuated deep breathing.

YOUR GLADIATOR

\$10 A WEEK CHALLENGE



LEG EXTENSION



Squeeze out 30 light reps with continuous tension with controlled Breaths.

LYING LEG CURL



Squeeze out 30 quality light reps with continuous controlled breaths.

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SEATED BENCH PRESS



Punch out 30 light reps with forced deep breaths.

SEATED LAT PULL



Pull back with great control 30 light reps with forced breath.

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\$10 A WEEK CHALLENGE



CHIN UP



Use strength bands to assist with as many reps as possible in one set. Breathe deeply with purpose to complete one set. If you cannot complete this exercise then use the pull down Machine as a substitute.

DIP



Complete as many reps as possible using a strength band for support. Breathe deeply with purpose. If you cannot do this exercise then substitute with cable push downs.

YOUR GLADIATOR

\$10 A WEEK CHALLENGE



SEATED OVERHEAD PRESS



Push out 30 perfect reps to full lockout with forceful deep breaths.

BICEP CURL



Flex and Squeeze 30 controlled reps and breathe in with purpose.

YOUR GLADIATOR

\$10 A WEEK CHALLENGE



TRICEP PUSHDOWN



Punch out 30 solid reps and feel the triceps engorge in blood.

SEATED MACHINE CRUNCH



Crunch down 30 hard core reps and feel the burn.

YOUR GLADIATOR

\$10 A WEEK CHALLENGE



HANGING LEG RAISE



Flex and stretch 30 perfect reps and feel the burn.

SIT UP



Flex and starch each rep out and feel the tightness increase around your mid-section.

YOUR GLADIATOR

\$10 A WEEK CHALLENGE



GYM TRAINING Schedule

DAY 1:

5 km Walk with 10kg Back Pack. / 60 minute Gym / Machine Circuit

DAY 2:

5 km Walk with 10kg Back Pack. / 60 minute Gym / Machine Circuit

DAY 3:

5 km Walk with 10kg Back Pack. / 60 minute Gym / Machine Circuit

DAY 4:

5 km Walk with 10kg Back Pack. / 60 minute Gym / Machine Circuit

DAY 5:

5 km Walk with 10kg Back Pack. / 60 minute Gym / Machine Circuit

DAY 6:

5 km Walk with 10kg Back Pack. / 60 minute Gym / Machine Circuit

DAY 7:

5 km Walk with 10kg Back Pack. / 60 minute high Gym / Machine Circuit



CONCLUSION

SO HERE ARE THE BASIC STEPS! – AS A FINAL REMINDER

- 1.** Research Research Research every available local opportunity to acquire opportunistic sales and bargains! After all, your survival depends on it.
- 2.** Concentrate on acquiring volumized staples like Oats, Potato, Rice, and Onions as a solid nutrition base and build whatever flavours you can around this.
- 3.** After acquiring as many foods possible for your \$10 spend, place them all out on a table and make an itemised plan and strategy for the 7 day challenge.
- 4.** Once the plan has been set for the coming week, concentrate on fulfilling each day as it comes. Remember to celebrate each daily win and rejoice in the fact that you can overcome and control your environment even if there is a lack of resources and physical obstacles that have to be overcome to survive.
- 5.** Do your best to learn the lessons and teachings this great challenge offers!
- 6.** Importantly give the monies you have saved by doing this challenge to a charity in your area that provides for the homeless.

We recommend that you and your tribe complete this challenge four times per year. Spread your results and sense of achievement with your networks – locally, nationally and internationally via social media, email, YouTube, Facebook and Instagram and just talking about your results.

YOUR GLADIATOR

\$10 A WEEK CHALLENGE



Remember having joined the Gladiator Movement you are not only improving your own health, determination and fitness you are also helping those who are less fortunate than we are as well as minimising our environmental impact.

Best regards

Derek Boyer



PS. Be sure to share your wins with me on my public Facebook page: FB /Derek Boyer and instruct others to access the link provided to buy an E-book copy of "Your Gladiator \$10 a week challenge" to begin their own challenge experience and awakening.

Together we can really make a difference.



P.P.S. IF YOU WANT TO KNOW MORE ABOUT GLADIATORS – YOU MAY FIND THIS INTERESTING

Abstracts

The Gladiator Diet Volume 61 Number 6, November/December 2008

by Andrew Curry

How to eat, exercise, and die a violent death

A referee looks on as two distinct types of gladiators' battle to the death on this relief found in the gladiator graveyard at Ephesus. The man in the middle--a lumbering secutor--has lost his shield, leaving him vulnerable to the lightly armored retiarus at right. (Courtesy Karl Grossschmidt)

The Café Westend, just across the street from Vienna's main train station, is a city landmark. Its green felt-lined booths and weary waiters in wrinkled black suits have seen a lot over the years. But when he agreed to meet me here instead of in his lab on the edge of town, Karl Grossschmidt, a paleo-pathologist at the Medical University of Vienna, promised to show me something new even to this century-old coffeehouse. Pushing aside empty cappuccino cups and the remains of a dry croissant, Grossschmidt takes a quick look over his shoulder to see if our waiter is out of sight. Coast clear, he reaches into a plastic grocery bag and pulls out a white cardboard box. Inside, padded with crumpled paper towels, is a jawless skull. Grossschmidt lifts it gently and passes it to me. "Don't drop it--it's real," he says.

The three holes in this skull are evidence of death by trident for one Ephesus gladiator. A computer-generated image shows how the weapon would have entered the skull. (Courtesy Karl Grossschmidt)

Reaching out with both hands, I take the skull of a Roman gladiator who lived, fought, and died more than 1,800 years ago in Ephesus, in what is now western Turkey. Together with more than 60 of his young comrades, he was buried in a 200-square-foot plot along the road that led from the city center to the Temple of Artemis, one of the Seven Wonders of the Ancient World. The recent study of the bones from the world's only known gladiator graveyard is filling gaps in the literary sources and archaeological record concerning how gladiators died. But the biggest revelation to come out of the Ephesus cemetery is what kept the gladiators alive--a vegetarian diet rich in carbohydrates, with the occasional calcium supplement.

YOUR GLADIATOR

\$10 A WEEK CHALLENGE



Contemporary accounts of gladiator life sometimes refer to the warriors as *hordearii*--literally, "barley men." Grossschmidt and collaborator Fabian Kanz subjected bits of the bone to isotopic analysis, a technique that measures trace chemical elements such as calcium, strontium, and zinc, to see if they could find out why. They turned up some surprising results. Compared to the average inhabitant of Ephesus, gladiators ate more plants and very little animal protein. The vegetarian diet had nothing to do with poverty or animal rights. Gladiators, it seems, were fat. Consuming a lot of simple carbohydrates, such as barley, and legumes, like beans, was designed for survival in the arena. Packing in the carbs also packed on the pounds. "Gladiators needed subcutaneous fat," Grossschmidt explains. "A fat cushion protects you from cut wounds and shields nerves and blood vessels in a fight." Not only would a lean gladiator have been dead meat, he would have made for a bad show. Surface wounds "look more spectacular," says Grossschmidt. "If I get wounded but just in the fatty layer, I can fight on," he adds. "It doesn't hurt much, and it looks great for the spectators."

The existence of the four-pointed dagger (replica pictured here) was known from inscriptions, but its function was a mystery until this crippling quadruple knee wound was identified. (Courtesy Karl Grossschmidt)

But a diet of barley and vegetables would have left the fighters with a serious calcium deficit. To keep their bones strong, historical accounts say, they downed vile brews of charred wood or bone ash, both of which are rich in calcium. Whatever the exact formula, the stuff worked. Grossschmidt says that the calcium levels in the gladiator bones were "exorbitant" compared to the general population. "Many athletes today have to take calcium supplements," he says. "They knew that then, too."

That's not to say life--or death--as a gladiator was pleasant. Many of the men Grossschmidt's team studied died only after surviving multiple blows to the head. "The proportion of wounds to the skull was surprising, since all gladiatorial types but one wore helmets," says Harvard's Coleman. Gladiators usually fought one-on-one, with their armor and weaponry designed to give opposite advantages. For example, a nimble, lightly armored and helmetless *retarius* with a net and trident would be pitted against a plodding *murmillo* wearing a massive helmet with tiny eye slits and carrying a thick, long shield. Three of the Ephesus skulls had been punctured by tridents, weapons used only by gladiators. Ten had been bashed in with blunt objects, perhaps mercy blows with a hammer. Other injuries illustrate the gladiator's ideal death, finally accepting the *coup de grâce*. Cut marks on four of the men were evidence of a dramatic end. "When they lost and were lying on their stomachs, their opponent stabbed them through the shoulder blade into the heart," Grossschmidt says. "We also found vertebrae with cut marks. They would have been from a downward stabbing sword wound through the throat into the heart."



OVERCOMING FAMINE

Excerpt from www.naturalnews.com

(NaturalNews) As the saying goes: "Necessity is the mother of invention," and the need to continue eating for survival's sake during various historical famines has prompted people to come up with some interesting and innovative solutions for supplementing a meager diet.

C. Davis of AskaPrepper.com recently posted an article detailing some of the ingenious dishes created by survivors of several prolonged famine periods within the past few centuries.

Valuable lessons can be derived from reading about these survival strategies, particularly for those of us interested in preparing for a possible famine within our lifetimes -- one that could be triggered by anything from a natural cataclysm to a societal collapse.

An important point Davis makes before listing these historical emergency foods is that, if even one vitamin is missing from the human diet, malnutrition may result in the long run. This is a key fact to acknowledge when preparing a food stockpile designed for long-term survival.

The major famines and the emergency foods used to survive them include:

Norway Famine -- Norwegians and Finns used the inner bark of several types of trees such as elm, birch and pine to make a flour that could be added to regular flour to extend it, while adding nutritional value. Bark meal is actually higher in some nutrients than rye or wheat flour and also contains fiber. The main drawback to bark meal is its bitter taste.

Russian Famines -- During the Russian famines, citizens often used nettle and orache (also known as saltbush) to make soups and breads -- these wild-growing plants are rich in vitamin E. Native Americans also ate orache. Nettle tastes similar to spinach and can be cooked and used in the same manner -- soaking or cooking stinging nettles will remove the sting. During the siege of Leningrad, the city's populace also resorted to using machine oil -- the only oil left available -- to fry bread and cakes made from orache and bran, as well as seed hulls left over from the processing of oil from sunflowers, hemp and cotton.

WWI and WWII Famines -- In France, Germany and Belgium, rutabagas were commonly used to fend off starvation during the two great 20th century wars. Rutabagas are a root which can be prepared in several ways (typically they are boiled and used in soups or stews). The leaves are also edible.

YOUR GLADIATOR

\$10 A WEEK CHALLENGE



Irish Famine -- Also known widely as the Potato Famine, the Irish Famine pushed an entire population on the brink of utter starvation. Many died, and children sometimes went unfed so that their parents could eat to remain strong enough to keep working. People were forced to eat anything that was remotely edible -- everything from frogs and nettles to weeds and grass.

Eventually, the British government began supplying the citizenry with a nutritious dish called "stirabout," which was a porridge made from cornmeal and rice.

Mormon Famine -- The Mormons who relocated to the Western United States in the 19th century survived their early lean years partly by eating sego lily bulbs -- a food also eaten by Native Americans. The sego lily -- which happens to be the state flower of Utah -- was "roasted, boiled or made into porridge," according to C. Davis.

Dutch Famine -- During WWII, the Dutch weathered the scarcity of food by eating tulip bulbs which were stored at the many tulip farms scattered throughout the country. The outer skin and poisonous center of the bulb were removed, and the rest was dried and baked, then ground into a meal which could be fashioned into something resembling a meatloaf. The result was not very tasty but presumably saved many from outright starvation. Sugar beets were also eaten as an emergency food staple during the Dutch famine.

Ukrainian Famine -- During the Ukrainian famine (known as Holodomor) in the 1930s, people ate anything they could find -- many were even forced to resort to eating human flesh to keep from starving. Tragedies like this one are grim but important reminders of the necessity for preparing for the worst.

Davis also mentions the use of the grass pea during numerous famines. The grass pea is a reliable "insurance crop," due to its ability to be cultivated even when all other crops fail. The biggest drawback to the grass pea is the fact that it causes a disease that strikes one out 100 people who eat it and which causes paralysis, but only when consumed for prolonged periods.

Source:

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