

All About Steroids

Steroids are usually "stacked", meaning the combining two kinds of steroids (anabolic and androgenic) in order to closely mimic, but enhance the effects of natural testosterone in the body. I've attached some commonly-used "stacks" above, and the suggested doses. I can't tell you where or how to get them, but many people shop safely on-line by googling the name of the steroids they want. The person selling them is breaking the law, but if you the buyer is only purchasing enough for personal use, you will not be prosecuted.

Steroids shut down your natural production of testosterone, and replace it completely with synthetic testosterone. So after you finish your course of steroids (usually between 8 and 12 weeks, depending on desired results), you have to help stimulate your own natural testosterone production with some medication; this is called Post Cycle Therapy (or PCT). There are a number of ways to do Post Cycle Therapy, and I have attached this information too. These medications are also available online, often from the same source you get your steroids from. (Most steroid dealers also sell these medications.)

The most upsetting side effect of steroids is Gynecomastia, the development of female breast tissue and fat underneath the nipples. If this occurs, you will feel a painful sensitivity when you touch or brush against your nipple, and tiny marble lumps will develop under the nipple. To stop Gynecomastia in its tracks, one would take 20 mg of Tamoxifen (also called Nolvadex) each day for the remainder of your course, or stop taking steroids immediately, remembering to take your Post Cycle Therapy. (Tamoxifen [or Nolvadex] also happens to be the medication used in Post Cycle Therapy).

You can do a key-word search on YouTube for "Safe Intramuscular Injection Technique" to watch demonstrations that teach you how to inject steroids, and any pharmacy participating in the Needle Exchange Scheme will provide you with free clean needles. The Boots at Piccadilly Circus has a pharmacy in the basement open till midnight seven days a week; if you ask for a "Yellow Pack", you will be provided discreetly with the correct needles for intramuscular injection. This pack also includes an incineration bin for your used needles which you may return in exchange for more clean needles.

Some commonly used steroid stacks/doses

400mg of Deca, and 250mg of Sustanon injected intra-muscularly each week, (Glute or thigh only) for 10 to 12 weeks. Followed by post cycle therapy.

400mg of Equipoise, and 400mg of Testosterone Enanthate, injected intra-muscularly (glute or thigh only) each week for 12 to 14 weeks. Followed by Post Cycle Therapy.

50mg of Winstrol for 6 weeks, injected every 2 days intra-muscularly (glute, thigh or deltoid only) for no more than 6 weeks.

Post Cycle Therapy

In order to ensure your testosterone levels return to normal after your course of steroids, you must do your POST CYCLE THERAPY. There are 3 ways to do this

1. The herbal way. If you have done a short course of a low dose, perhaps Winstrol, your testosterone levels will only need minor encouragement. Purchase TRIBULUS TERRESTRIS from GNC and take 1,000mg, twice a day (2,000mg daily) for 3 or 4 weeks. Add some Zinc daily to ensure best effect.
2. Tamoxifen/Nolvadex. If you've been on a course longer than 4 weeks, you should take one Tamoxifen/Nolvadex pill (20mg) each day for 4 weeks, beginning 10 days AFTER your last injection, to stimulate natural testosterone production. Tamoxifen/Nolvadex can be bought from most steroid dealers and on line.
(Tamoxifen/Nolvadex can also be taken DURING your course at the first sign of Gynecomastia, to prevent the problem from developing.)
3. HCG (Human Chorionic Gonadotropin) Three injections of HCG over 12 days can also stimulate testosterone production. 500 i/u (International Units) can be injected times 3 - subcutaneously OR intra-muscularly - beginning 10 days AFTER your last steroid injection. Inject 500 i/u, four days later inject another 500i/u, then 4 days later another 500i/u, and then you're done.

Human Growth Hormone

Large amounts of HGH for body-building purposes can be dangerous because it can not only cause MUSCLES to grow, but cancers, bones and organs as well. (Particularly the jaw bone, elbows and feet, and the intestines) A large dose for body-building purpose would be any more than 3 i/u (international Units) per day, always administered subcutaneously (under the skin)

A less harmful dose of one or two i/u every day or second day will not have the same body-building effects, but is commonly used for weight loss (particularly around the injection site) and for youthful effects such as mood and improved skin.

CLENBUTEROL

Clenbuterol can stimulate weight-loss by working on your thyroid and raising your body temperature by about one degree. Anything from 40mcg to 120mcg can be taken daily (though one pyramids UP to the required dose, ie; 20mcg for the first 2 days, 40 mcg for the 3rd and 4th days, 60mcg for the 5th and 6th days and so on until you reach the required dose (80 to 100mcg is an advisable and conservative dose) which you maintain for the duration of the 3 week period. This helps you adjust/develop a manageable tolerance to the side-effects of trembling, speediness and occasional sleeplessness.)

Clenbuterol can not be taken for more than 3 weeks and there are side effects of shakes, speediness and sleeplessness.

Taurine (available from Holland and Barrett) ought to be taken alongside it as Clenbuterol affects the production of bile needed for digestion transit.

WORKOUT TIPS

- Lift lighter weights, but improve form and concentration.
- 8 repetitions for size, 12 for strength (3 sets)
- Use free weights, not machines.
- CHANGE routine every few weeks.
- Personal Trainer/Induction.
- Interval training, for fat loss.
- Allow muscles to rest; don't over-train. 4 times a week max.
- Interactions of cardio to weight training.

DIET

Simply speaking, having a small, well balanced meal every couple of hours is a good guideline, for best performance results. Immediately after working out, a water-based protein shake with some good sugars (such as a banana) will fuel your needy muscles post-workout. At bed time, another protein shake, with milk at this time, will see your nutritional needs through till morning.

In order to build lean muscle mass you need to combine an adequate calorie intake with a solid muscle strengthening program. A large number of calories are needed to fuel both workouts and tissue building. While getting enough calories is important, it is also important to get the right kind of calories.

Carbohydrate

Carbohydrate is the predominant energy source for strength training. Stored as glycogen in the muscles, it is the fuel used to supply energy for short, intense bursts of power. The harder and longer you work out, the more glycogen your muscles require. Once these stores of glycogen are gone your energy level will drop and you will run out of fuel to power muscle contractions. For this reason, athletes doing strength training exercise in the hopes of building lean muscle need to have an adequate carbohydrates intake.

Experts recommend at least 500 to 600 grams of carbohydrate per day to keep your muscle glycogen stores high. You can base your personal requirement on the following formula:

$$3.6 \text{ gr carb} \times \text{body wt (lbs)} = \text{grams carb/day}$$

For a 140 pound person this is about 504 grams per day or about 2,000 carbohydrate calories and 720 grams or 2,900 carbohydrate calories for a 200- pound person.

Protein

Protein is the basic building material for muscle tissue, and strength trainers need to consume more than the non-exercisers. However, most strength athletes still overestimate their protein needs. Daily protein recommendations for serious strength athletes are about 0.6 to 0.8 grams per pound of body weight. That's about 90 to 115 grams of protein/day for the 140-pound athlete and 128 to 164 grams for those weighing 200 pounds.

Fat

After you've met your carbohydrate and protein needs there is room for fat. Fat is an essential nutrient, however, you require a small amount of it to remain healthy. Less than 30% of your total daily calories should come from unsaturated fat.

Water

In addition to the regular eight glasses of water every day, you need to drink to replace fluids that are lost during exercise. To be confident that you are well hydrated before workouts, drink 2 cups of fluid 2 hours before exercise. During your workout, drink 4 to 8 ounces every 15 to 20 minutes. After exercise, replace any further fluid losses with 16 ounces of water. If you want to be precise, you can weigh yourself before and after workouts. For each pound lost during exercise, you should be drink 16 ounces of fluid. Sports drinks

Energy bars and sports drinks may be helpful if exercise lasts longer than 1 hour. Carbohydrate supplements can be useful to help fit adequate carbohydrates into a busy day if you don't have time to eat a meal. Consuming a meal-replacement beverage just after muscle-building exercise is convenient but you can do the same thing with a tuna sandwich, a banana, a bagel or other real food snack. You should try to consume some protein and carbohydrate after your workout in order to fuel muscle growth and replenish glycogen stores for your next workout.

Supplements

Most supplements that are supposed to help build muscle don't work. But some, such as creatine, fluid and electrolyte replacers, carbohydrate supplements, and liquid meal replacers may offer some benefits to strength training athletes.

Creatine

When combined with a good diet and strength training program, creatine has the potential to produce slightly more power during workouts. Research has also found that loading creatine into the muscles may help speed up muscle gain. While many creatine supplements are available at a price, meat is the best dietary source of creatine. Typical dose for creatine loading is 5 grams of creatine monohydrate four times per day for 5 days. A maintenance dose of 2 grams per day can follow.

Taking more than the usual dosage of creatine offers no added benefit. Also, users should be aware that creatine and other popular supplements are subject to little government regulation, so there is no guarantee that they are pure.

Consult a registered nutritionist, physician or other health care provider for personal nutritional counselling. This information is not intended as a substitute for appropriate medical treatment.

SPORTS NUTRITION

- The best fuel for performance is a balanced diet that includes a variety of whole foods. There is no one “miracle food,” vitamin, nutritional supplement, or energy bar that can supply ALL of your nutritional needs.
- Ideal balance of nutrients:
 - Carbohydrates (60-70% of daily calories)
 - Protein (20% of daily calories)
 - Fat (10% of daily calories)
- Ideal balance of food groups:
 - 2 servings of dairy (milk, cheese, yogurt)
 - 2 servings of meat (fish, poultry, beans)
 - 4 servings of fruits and vegetables
 - 4 servings of grains or cereal
 - Nutrition tips for building muscle strength

Eat more calories!

Young athletes trying to build strength should eat an extra 500 calories each day.

- These extra calories should come from carbohydrates and protein. Nutrition tips for building muscle strength

Eat more carbohydrates!

- The most important nutrient for building strength is carbohydrate

An athlete’s daily carbohydrate intake needs to be 3.5 - 4.5 grams per pound of body weight Eating carbohydrates during a workout builds strength

- A sports drink during a workout provides carbs

Eat more protein!

- Athletes building strength need more protein than athletes in endurance sports
 - 0.7 to 0.9 grams per pound of body weight per day
 - Eating more than this will not build additional muscle and will only harm your kidneys
- For optimal muscle growth and recovery, eat a snack that has BOTH protein and carbohydrate about 30-60 minutes after exercise.

Sources of protein

- Athletes can easily eat enough protein without using additional protein or amino acid supplements or switching to a high-protein diet.
- The protein found in food is of better quality and is absorbed better by the body than the protein found in supplements.
- Healthy protein sources include lean meat, poultry, fish, dairy products, eggs, low-fat cheese, nuts, and dried beans.

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