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Bodybuilding Steroids: All You Need To Know About Steroids As A Bodybuilder



Synopsis

All you need to know about steroids as a bodybuilder. This book covers almost all steroids on the market in simple terms. Do not expect medical detailed references in this book. It is not for medical students. It is rather a collection of information found all around the world and relayed in a very simple language without littering the book with cross references. This book is more like gossip amongst steroid bodybuilders in a changing room.

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Customer Reviews

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As an avid pursuer of proper aesthetic results and a more capable physical ability, I purchased this book in the hopes that it could illuminate me on the varying aspects of steroids and their impact on my body's growth. From the beginning it was obvious that the author was an authority on the subject; his descriptions are well described and without complications or fluff. I thoroughly enjoyed the introductory writing and found the information on the negative feedback loop and side effect descriptions very enlightening. Also, the information on injections and syringes was indispensable.

Just reading those first few pages provided me elucidating information that has increased my knowledge on steroids exponentially. From there, the author breaks down the different types of steroids, hormones, and anabolics that are readily on the market. He succinctly describes the benefits, details, and possible downsides of each option in a way that provided me the exacting clarity that I needed in order to choose which product was best for me. The additional info on anti-estrogen items that are to be used was worth the price of the book alone: They let me know what I needed to utilize in tandem with my chosen steroid. From HCG and D-Bol all the way to insulin and the best products necessary for cutting weight, there is nothing left out of this all-inclusive guide. If you're looking to be fully informed about steroids and all the other products that coincide with it, you can't do better than this. I've no doubt that it is going to remain a reference in my personal library for a very long time to come.

Dollar per dollar, there is no better way to acquire all the vital information needed to use steroids safely and effectively. This book answers all the questions. It comprehensively covers all. It is a thorough reference guide. It was a brilliant idea to keep the book short, nice and simple. My advice to steroid users and the just curious is you will not find a cheaper and more comprehensive book on steroids. I wasted lots of money buying bad books but this one is great.

I bought this book for more knowledge and am pleased. The human body will turn natural foods and supplements into steroids on its own. Not all listed here in this book will occur naturally, but once you know more about steroids and how the human body makes its own, you will discover ways to boost your own. Testosterone for instance is a natural one for men. Knowledge is power and for bodybuilders or just those looking to stay in shape, the more you know, the better it gets.

This book is very direct. Before I even got into the steroids reference part I learnt all about the whole theory and practice of steroids, for instance anabolic and androgenic effects, alcohol and steroids, negative feedback loop (particularly useful), estrogen levels, water retention, sexual overstimulation, intramuscular and intravenous, how to measure or dose, where to get your syringes, how to inject, and which ones are better. Then you get 27 detailed steroids and bodybuilding drugs described in a very efficient manner:- Positive effects,- How it works,- Pros and cons,- How to take it,- What dosage,- What frequency.

The information is not bad. The author states that he does not have first hand experience and it

shows in a few places. The book is a decent quick reference, but I don't consider it to be worth the \$10 and I would recommend a different publication over this one.

The rest of the book covered all the steroids and gave essential details about them. However not enough references. I would recommend to read Steroid Introduction and then use the rest as a reference book.

My younger brother is considering getting into bodybuilding so I got this book to educate myself about steroids and hopefully educate him later on or give him this book to read. It turned out to be a very informative and educational. It is well written and most importantly so easy to understand. It lays out pretty much all of the steroids on the market today and talks about them in ways anyone can comprehend. I certainly learned quite a bit from it and will definitely have my brother read this too.

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