WarriorFX

A bodybuilding and powerlifting guide :.

Read about anabolic steroids for building muscle

Warrior · Saturday, November 3rd, 2007

Bodybuilding is a journey of learning – identifying boundaries and how to break through them. For many, the choice to use anabolic-androgenic steroids for enhanced muscular development is clear and absolute. But impulsive moves and risky application can be avoided with a little prior research and planning. The following is a list of valuable sources of information for anyone considering, or currently using, anabolic steroids.

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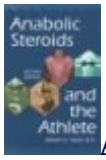
Anabolic Steroids In Sport And Exercise

By Charles E. Yesalis (2000)

Charles Yesalis is a professor of health policy, administration, exercise and sports science at Penn State. His book is a collection of articles that examine anabolic-androgenic steroids, their effects and long-term medical prognosis of use. This academic book will appeal to serious AAS researchers. Yesalis offers the research findings and opinions of steroid advocates and detractors in an unbiased scientific document. The book includes chapters on drug testing, analysis of performance, health implications and the legal aspects of steroid possession and distribution; as well as a comprehensive history of steroid use in sports and exercise.



Anabolic Steroids & The Athlete

By William N. Taylor (2002)

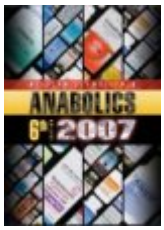
William Taylor carefully explores the chemistry and physiology of testosterone and its derivatives. This text is well researched and scientifically reliable. Read it once to gain

knowledge; read it twice with a highlighter.

Current concepts in anabolic-androgenic steroids

By Nick A. Evans (2004)

The muscle-building effects of anabolic-androgenic steroids have been questioned for decades. Nick Evans shows recent scientific investigations into supraphysiologic doses that supports the efficacy of these regimens. Testosterone has potent anabolic effects on the musculoskeletal system. For athletes requiring speed and strength and men desiring a cosmetic muscle makeover, illegal steroids are a powerful lure, despite the risk of subjective side effects. Recent clinical studies have discovered novel therapeutic uses for physiologic doses of AAS, without any significant adverse effects in the short term.



Anabolics 2007: Anabolic Steroids Reference Manual

By William Llewellyn (2007)

William Llewellyn, is a world-renowned authority on pharmaceutical ergogenics and their effects on muscular performance. He is an accomplished research scientist, author, publisher, inventor and columnist. Llewellyn's frequently updated AAS reference book is commonly regarded as a "must-have" by bodybuilders using performance enhancing drugs, or otherwise researching their use.

A league of their own: demographics, motivations and patterns of use of 1,955 male adult non-medical anabolic steroid users in the United States

By Jason Cohen, Rick Collins, Jack Darkes and Daniel Gwartney (2007)

A survey of 1,995 men provides a comprehensive profile of non-medical anabolic-androgenic steroid users around the United States. The typical user was a highly-educated and gainfully employed, earning an above-average income. He was not active in organized sports; use was motivated by increases in skeletal muscle mass, strength, and physical attractiveness. The survey breaks several myths about the typical steroid-user.

This entry was posted on Saturday, November 3rd, 2007 at 8:20 pm and is filed under Appendix

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