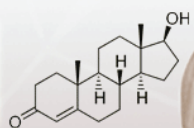


AnaSCI Newsletter



Anabolic Science

anabolic steroid . nutrition . fitness discussion

cyber-space protection

It's long been to seek the best possible and most secure ways of communications. The recent news on NSA wire tapping phones and encrypted emails have led some room for concern. Paid services such as silent text and others have been an issue as for a mobile device and communication between two parties because usually the provider is willing to purchase the services, but not always the consumer. On Android we've had communications that work with other android phones and with iphones, we've had apps to work with other iphones. But no free app existed that was cross platform. Now we finally a FREE app that is. WICKR has released a working beta android app that allows for encrypted communication between iPhones and android users. No phone numbers are recorded and users remain anonymous with only a username. Before we look at the features lets look at some recent questions to the founders of Wickr.

Several weeks ago there were reports that the NSA was particularly adept at decrypting secure communications. With what Wickr is doing, is this a cause for concern?

Nico: "No, it doesn't worry us. We're all a really paranoid group here. [laughs] We've already made the assumption that the NSA has broken all the math. I actually don't believe they have, but we operated on that assumption and built products that could withstand the breaking of the math. We're using all open-source encryption, but we bind each message to the device, so if the NSA or anyone else were to crack a message in 50 or 200 years, they wouldn't be able to read it.

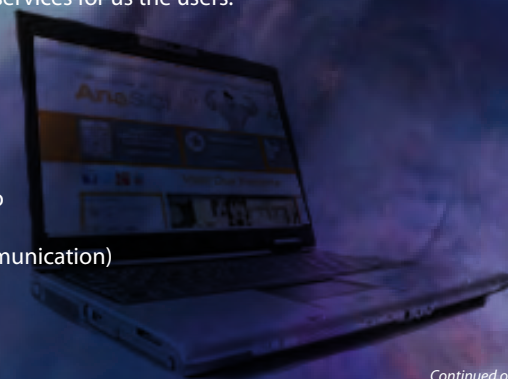
On top of that, we do something else that is really unique, which is make all of our users anonymous. We also use perfect forward secrecy, which to my amazement is in the mainstream press these days. Essentially, every message or piece of data has a different key. And since every user is anonymous and every piece of data has a different key, if someone wanted to get ahold of one conversation, they would have to break millions and millions of messages. We use the same technology that the NSA uses internally, which is NSA Suite B Compliance, the standard they use for top-secret communications. But, our encryption algorithms actually exceed what they do. And though no one has known the NSA to break that encryption algorithm, if they were to succeed at it, Wickr would still be okay."

I have also heard how can Wickr make money and stay in business? Wickr is close to becoming the "New" secure version of Skype and selling the top 5% of the services to larger companies for phone communications as well. They cut the costs lower then they are paying now with a more secure service. To quote the founder again on why they charge they top 5%: "We don't have any data on our servers—we're a zero-knowledge system. So we absolutely can't make money that way..." Obviously they are a company that needs to stay in business to provide the free services for us the users.

What we get from Wickr is:

Send and receive text, photos, videos, voice and pdfs that are::

- CONTROLLED - sender decides who sees what, where and for how long
- SECURE - military-grade encryption (AES256,ECDH521,RSA4096 TLS), we do not have the keys
- PRIVATE - not shared with strangers, deletes metadata (location, time, identification and edits)
- ANONYMOUS - we require no personal info from you, we collect nothing about you or what you do
- SHREDDER - Secure File Shredder forensically erases unwanted files you deleted from your device
- COMPLIANT - FIPS 140-2, HIPAA, exceeds NSA Suite B Compliancy (Compliance for Top Secret communication)
- INTEGRATED - send PDFs and images from Box, Dropbox, Google Drive
- TRUSTED - featured in BusinessWeek, CNET, Economist, Forbes, NPR and New York Times
- EASY - takes less than a minute to get started, easier than email
- FREE - save money on texting



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The AnaSCI Newsletter is dedicated to the "Guru" Dan Duchaine. It has been created in the image of his Dirty Dieting Newsletters. Without pioneers like Dan we would never had ventured as far as we have in the bodybuilding and anabolic science world. Respect and thanks must be given.

cyber-space protection

Continued from page 1

I have also stressed to local businesses to always and yes ALWAYS use a secure messaging system to communicate. There were several national news level busts made where the evidence the prosecution had was text messaging and phone calls between the business and the customer. With wicker being free, there is no excuse not to use this system. Since the beta release, we have tested it thru multiple devices and have not had any issues as of yet. If you are a business owner you should definitely consider this as a means of communication with your customers. Out of all the apps I have used on different platforms, I rate this to the best app yet by far and having it completely free have never had anyone refuse to install it and use it from communication. Its easy to use and better method of communicating any information between two parties.

If you haven't checked it out, make sure to download it and give it a shot, after all you can never be too safe and this is a Free service!



anasci motivation



Fk Your Excuses**





supplement review

SYNTHETEK SYNTERGINE

Synthergine is a liver detoxifier made by Synthetek industries based in Australia. I have used the product numerous times over the years. Every time I use it I simply feel healthier. I feel a general boost in energy and vitality, an increase in appetite and notice my eyes go bright white. I notice these things because in my experience I consider this the best liver tonic in the world. It really is an elixir for the bodybuilder and I completely recommend it. Synthergine can be used all year round for effective protection of the liver. Although if you can only take it at certain times I would especially recommend it for when using oral steroids, pro hormones or other toxic drugs. I am currently injured and using a few painkillers so this is another excellent time to utilize Synthergine's excellent detoxifying power.

Synthergine is made up of a number of very interesting ingredients. I will go through them and explain some of the benefits they create for the bodybuilder. Arginine hydrochloride supports the liver by generating urea that is vital for the removal of ammonia and other toxic substances via urination. It is also essential for when the body makes creatine. creatine is a great tool for the bodybuilder as it enables more high intensity work and overall energy, enhances recovery, increases muscle volumization and provides better muscle contractions. The problem is creatine gets broken down into creatinine at a constant rate. However Arginine helps inhibit creatine breakdown and it also helps process nitrogen, a chemical needed for muscle growth.

Lysine Hydrochloride is added as it helps with overall healing in the body. It also provides a major role in the bodies production of hormones, enzymes and antibodies. This acid is excellent for helping the body fully absorb calcium as well as reducing the symptoms of herpes simplex infections (cold sores etc). Interestingly Lysine and Arginine have an antagonistic relationship with one another that results in lysine being able to reduce arginine's ability to help synthesize certain proteins. However lots of research has been completed that shows when combined they assist one another greatly when it comes to building muscle and spiking gh levels. The combination of Lysine and Arginine really interest me as I have seen many studies suggesting they are effective for numerous things. Smriga M et al. (2007) displayed how when combined they significantly reduced both trait anxiety and state anxiety induced by cognitive stress battery. Moreover they both lowered basal levels of salivary cortisol.



Di-isopropylamine Dichloroacetate (DADA) aids in the detoxification of metallic and chemical metabolites. It also increases cortical glucose uptake and oxygen utilization. There is increasing documentation on DADA's incredible liver conditioning abilities. Lu LG et al. (2005) looked into DADA's effects on nonalcoholic fatty liver diseases. Over a treatment period of 8 weeks, both high and low dosage groups showed dramatic improvements in clinical symptoms, serum lipids and liver alteration severity. Most patients had their ALT numbers normalize by the end of the 8 week treatment. Moreover in all dosage groups no severe drug reactions were found and only 2 cases (1.4%) experienced any negative reaction and that was dryness of the mouth.

Sodium glucuronate enables the body to metabolize all the drugs a bodybuilder will take. These along with other toxins we take in are a strain for the liver. Glucuronic acid will be linked to each in order to make them more water soluble so they can be eliminated through urination. When your taking in drugs such as oral steroids the liver is working overtime to process everything. Glucuronate supplementation helps the liver process everything and improves overall liver function.

Methionine hydrochloride helps with the overall function of the liver, reduces inflammation, can treat depression and help with certain muscle pains. It's good for depression as it plays a very important part during the creation and breakdown of brain chemicals such as dopamine and serotonin. Interestingly people with certain liver diseases always have deficiencies in sulphur containing amino acids such as methionine. That fact shows the importance of such amino acids in the overall functioning of a healthy liver. The sulphur provided by methionine is vital for body metabolism and growth. Furthermore without enough sulphur we can not make use of many antioxidants. I am a keen believer in the use of antioxidants for the bodybuilder so it is wise to ensure the ones we intake can be utilized effectively.

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DiscussWorldIssues
Socio-Economic Religion and Political Uncensored Debate



SCAMMER RECOGNITION



AnaSCI would like to take this time to recognize some of the scammers/rats of the industry. For a complete list of the various scammers/rats of the bodybuilding world check out www.ANASCI.org.

PLEASE NOTE: Sponsors are always offering SUBSTANTIAL rewards for more information on the person(s) residing at these addresses. If you have any info pertaining to any of the scammers/rats listed please contact us and we will place you in contact with the appropriate individual(s).

Brandon Picou
1330 WEST MCNEESE ST APT 3202
Lake Charles LA 70605
<http://www.facebook.com/b.town911>

Brandon Picou
1022 Kent Hill
Lake Charles, La. 70605
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BRYON LEFORT
115 Greenbank Ln
Youngsville, La 70592

BRYON LEFORT
845 SOUTH KADE LN
LAKE CHARLES, LA 70605
bryonlefort@yahoo.com

Stan Buskirk
5050 Fairways Circle e-201
Vero Beach, Florida 32967

PLEASE NOTED SPONSORS IF YOU HAVE ANY SCAMMERS/RATS YOU WOULD LIKE TO HAVE ADDED TO OUR RECOGNITION LIST PLEASE CONTACT US AT ANASCI SECURE@YAH.NET AND WE WILL BE SURE TO GIVE THEM THE CREDIT THEY DESERVE!

MilburnCreek owner of the restaurant, The Ceilidh House, takes us into his kitchen. In this issue MC will be preparing:

One Pan BBQ Chicken

OK, so its not like fat-dripping on the outdoor BBQ...but it is a healthy, easy, indoor substitute.

Minutes to Prepare: 5
Minutes to Cook: 15
Number of Servings: 2

Ingredients

2 large skinless, boneless Chicken Breasts
6 slices Turkey Bacon
1 minced Jalapeno Pepper

2 T. Ketchup
2 T. Brown Mustard
2 T. Worcestershire Sauce
2 T. Red Wine Vinegar
3 T. Maple Syrup
1 t. Onion powder
1 t. Garlic powder

Instructions

- 1) Line bottom of large frying pan with turkey bacon (use no oil) and cook over medium-low heat for 5 minutes.
- 2) Slice chicken breasts laterally ("butterfly" style), and place in pan on top of bacon. Sprinkle minced jalapeno on top. Cover, and cook over medium heat 5 minutes.
- 3) Mix remaining ingredients. Pour over chicken, turn chicken, and mixwell. Cover, and cook 10 more minutes or until done.

Tips

Make sure you use REAL maple syrup, and not maple-flavored corn syrup.
Jalapeno cooked this way will cause lip-tingling. Be prepared.



Nutrition Facts

2 Servings

Amount Per Serving

Calories 526.4

Total Fat 13.9 g
Saturated Fat 4.7 g
Polyunsaturated Fat 3.5 g
Monounsaturated Fat 5.3 g

Cholesterol 191.3 mg
Sodium 973.9 mg
Potassium 677.5 mg

Total Carbohydrate 31.4 g
Dietary Fiber 0.6 g
Sugars 24.9 g

protein 60.6 g

Vitamin A 2.0 %
Vitamin b-12 14.9 %
Vitamin B-6 73.3 %
Vitamin C 11.7 %
Vitamin D 0.0 %
Vitamin E 1.7 %
Calcium 8.0 %
Copper 12.1 %
Folate 3.7 %
Iron 16.2 %
Magnesium 21.4 %
Manganese 53.6 %
Niacin 132.3 %
Pantothenic Acid 19.4 %
Phosphorus 57.5 %
Riboflavin 13.3 %
Selenium 62.8 %
Thiamin 13.3 %
Zinc 29.4 %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

IRON HISTORY

OUR ORIGINS-WHERE THE SPORT BEGAN part II

Last month we looked at iron sports and it's beginnings. We Concluded part 1 During the Sandow Saxon era . This brought us up to the turn of the century

Into the 1920's, strongmanism, like vaudeville, has already seen its best days come and go. The long ago strength feats of men like Louis Cyr, Eugen Sandow, and Arthur Saxon were by then stuff of legend and remembered fondly by older lifters. For the younger generation however, the real strength stars were of more recent vintage: men like Siegmund Klein, Henry Steinborn, Hermann Goerner, and others.

After assuming control of weightlifting in the US, the American Athletic Union established rules governing the performance of the power movements and dozens of other "odd" lifts. In Bob Hoffman's Weightlifting (1939), AAU definitions and rules for the deep knee bend, press on box and dead weight lift are given along with standards of performance. The AAU also exercised considerable influence over how strength shows were run there. With its mixed format structure, these events remained excellent venues for those wishing to exhibit their power lift prowess

By the early 1960's, grass roots support for the odd/power lift movement was rolling across the American strength landscape like an iron juggernaut! Accordingly, the AAU had no other choice but to officially sanction powerlifting's existence as a sport in December of 1964.

During the decades teens through 1940 bodybuilding was emerging Into the sport we know today. The emergence was slow and seemed to come in "phases" depending on mainstream publics enthusiasm or disdain for physical culture. The 20's saw a fitness craze in America with many studios of exercise opening in the states. A little history will give us a connection to those that came before us. Let us learn from the past that we shall not repeat it. In 1926 York Barbell Company produced the first commercially manufactured barbell set and the area of bodybuilding took off. For the first time the strength training was based on this barbell. From about the late 1920's to the late 1930's the Mecca of bodybuilding was York Pennsylvania, the home of York Barbell Company and Bob Hoffman the founder. Bob Hoffman the "Father of World Weightlifting," was the driving force for weightlifting and health for over 30 years combined with his monthly magazine Strength and Health later to be called Muscular Development Bob Hoffman single handedly created bodybuilding as we know it today!

John Grimek trained to be a strongman, not a poser. The story is that he really didn't like being around men who he thought strutted about and gazed in the mirrors too often. In fact, "I couldn't stand 'em," he was quoted as saying. Ironically, Grimek became the most well known physique competitor of his time. Yet his transition to bodybuilding actually made more sense than you might think. In addition to being amazingly powerful, he also possessed physical symmetry and was talked into entering an early bodybuilding competition, the 1940 Mr. America contest. Which he won. Then he won the title again the following year.

Much as in todays world of bodybuilding there was the more powerful appearing thick bodybuilders and the more asthetic symmetrical faction. Dan Lurie was of the later and Grimek the the thicker type physique. Both types had their own following.

The 1960's

For many Anasci readers the 60's were the beginning of the golden era of bodybuilding. Many people feel the golden years were 30's through 70's. Most life long vets really look at the 60-70's as the golden years.

This was a great time in the evolution of modern day bodybuilding.

Santa Monica – Venice beach were the hot spots for the hardcore bodybuilding crowd. The east coast though produced some formidable bodybuilders as well. The 60's saw Larry Scott win the inaugural Mr. Olympia. Harold Poole and others were at the forefront. The 1960's also saw the emergence of all time greats like Serge Nubret and Sergio Oliva.



Above: Dan Lurie, age 19



Above: John Grimek

Continued on page 6

NO PRESCRIPTION NEEDED
Sterile Syringes
.com





chemical conversions

GUMMY-DROL Gummy Bears with Teeth!

PLEASE NOTE: Anasci.org, its staff, its members or its newsletter contributors do not condone the possession, use, manufacture or sale of any illegal substances. These articles and interviews are intended for entertainments and informational purposes only! Anasci.org holds no responsibility for how the reader chooses to use this information.

The following recipe makes 30 "bears"

In glass 30 ml bottle

- * 1.5 gram oxymethelone (Anadrol powder)
- * 20ml of grain 150 proof alcohol / 40% or higher if you live in another country.
- * 8ml of vegetable glycerine
- * Mix all and dissolve together .

In small glass bowl:

- * 3 pks plain gelatin (Knox brand I used)
- * 2 tablespoons sugar free jello (I used raspberry)
- * 1 tablespoon if Kool aid to match jello (raspberry)
- * Mix dry all together

Slowly add 1/2 ice water to make liquid. (time is of the essence be quick)

Before doing anything this is step one!!!

Have any type of mold you want to use ready, preferably silicone, and sprayed with coconut or cooking spray. 30 pieces will be made so have 30 mold pockets (I had bears I got from neighbors kid)

- * Take a syringe only no needle and shake Drol bottle and withdraw 1cc x 30 times inserting 1cc per bear or creature.
- * Now take syringe and draw from jello liquid to fill each to level full mark. (Be speedy as I hope u timed this so jello does not set)
- * Let sit in refridgerator over nite. Note:: One a day should help a beginner at his workout session

******Please pct accordingly as always and keep out of reach of children! Thanks!**

I always have leftover jello I ma10 into plain jello shots for friends.



supplement review

Continued from page 1

SYNTHETEK SYNTHERGINE

Estrogen can be a big issue for the androgen using bodybuilder due to aromatization. Methionine can actually convert the stronger and carcinogenic estradiol into estriol. This is of great use for the aas using bodybuilder. Moreover since estrogen is cleared through the liver, an enhanced liver function will reduce the body's estrogen load.

Methionine is converted into s-adenosyl methionine (SAME) in the liver. In fact half of all methionine in the body is used in the liver to make SAME. This is done for a reason as SAME is the livers best friend and it even has special SAME enzymes just for regenerating tissue. SAME later transforms itself into glutathione. Glutathione is one of the most important things for health. It recharges other antioxidants, thus protecting our cells from free-radical-induced damage.

As you can see the liver has a tough job and we don't help. Synthergine with its clever list of ingredients will help you improve your general health and keep your liver working optimally. Our bodies are fascinating things and each day millions of processes go on inside us. I completely recommend adding in Synthergine to help your body work the best it can. Recently I see Synthetek have improved the refining process so Synthergine is now purer than it once was. It no longer contains any color or possible impurities of the manufacturing process. Thanks for your time and if you have any questions feel free to contact me on the forums.

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HowToDoInjections.com



**Uncensored
Hardcore
Bodybuilding**

IRON HISTORY OUR ORIGINS-WHERE THE SPORT BEGAN part II

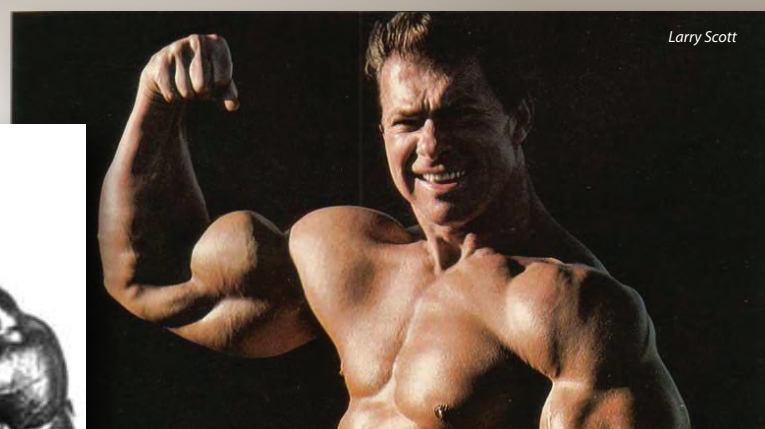
Continued from page 4



Sergio Oliva



Serge Nubret



Larry Scott



Harold Poole

Catch Part 3 of
OUR ORIGINS
in the next issue.



JOIN US

CYBER-SPACE PROTECTION

Rory

SUPPLEMENT REVIEW

Elvia 1023

SCAMMER RECOGNITION

AnaSCI Staff

ANASCI RECIPES

MilburnCreek

IRON HISTORY: ORIGIN OF OUR SPORT

turbousa

CHEMICAL CONVERSIONS

Ironbuilt

INTERVIEW-IFBB PRO BRAD DAVIS

AnaSCI staff

BUYERS GUIDE

Renegade

MY OLD SCHOOL GYM

thebrick

TRAINING TECHNIQUES

tri-terror

PROACTIVE



**INTERVIEW
WITH
IFBB PRO
BRAD DAVIS**

©AMIR MIRANDI

PROACTIVE

INTERVIEW WITH IFBB PRO BRAD DAVIS

This month Anasci talks with new IFBB pro Brad Davis. Brad won the the 40 heavy wt and overall + 40 classes the recent North American bodybuilding championships. The classes were very stacked..

Tip of the hat to AnaSCI's B-BOY!

Stats:

.Born in Ironton, Ohio

.Married with two kids, girls, one a freshman in college at Vanderbilt university, and one a freshman in highschool.

"Got into bodybuilding by just lifting weights in school for football and everyone thought I had a freaky looking back and should start bodybuilding, when I moved to Paducah, KY and joined a golds gym the guys there really talked me into getting onstage, but it wasn't until age 30 that I decided to do it.

Training methods when I was younger was heavy pyramid training, I would do sets of 8,6,4,2, then a set of negatives for almost every exercise except quads which I kept in a 12 reps range. Now a days I am more instinctive in my training and will usually keep a higher rep range for all body parts but try and hit everything from different angles.

Cardio is low intensity in the offseason, and when dieting it will depend on my carb intake, higher carbs and I will do a higher intensity cardio, lower carbs and I will do low intensity cardio."

Anasci Looking at this shot in the picture I'm blown away Congrats on a well deserved win! Brad thanks for taking time with us here at Anasci.

Brad: "No problem thanks for the interview invite."

Anasci Hey brad I listed your national level history but am curious about your debut into the world of competitive bodybuilding.

Brad: "Well that would be back in about 2003 A state level show in Kentucky. Placed 4th as a light heavy."

Anasci: Well you have along way my friend .

Brad: "Thanks I've enjoyed the journey and still do . I love to train Love the discipline and the challenge."

Anasci: Were you involved in any other sports in earlier years?

Brad: "Football in highschool and boxing. Nowadays it's full tilt bodybuilding as my pastime and activity. That's it . Family is the priority . Bodybuilding is my outlet and reward to self for being a focused family man. So it is pretty much family and bodybuilding."

Anasci: How many in your immediate family?

Brad I have two daughters that are my pride and joy. My beautiful wife Briggett is my lady. I'm blessed with a beautiful loving family.

Anasci: I know you are a very family oriented man Do you think family has hindered or helped your bodybuilding?

Brad: "In my case family has made it possible. They are very supportive and keep me grounded and focused. So without question my family has really helped my Career!"

Continued on page 9



SYNTHETEK INDUSTRIES
Innovative BodyBuilding Products

APETITE STIMULATOR
VASODILATOR
SYNTHETROL

LIVER AIDS & B 12
HUMAN KYNOL
PURE WHI

PROACTIVE

INTERVIEW WITH IFBB PRO BRAD DAVIS

Continued from page 8

Anasci: Brad you are a working mans hero in the world of competitive bodybuilding. You start getting into competitions around 30 . You work full time in the chemical industry with reactor and lab duties. You have a daughter in a great university and another in high school. I had to take two breaths just to say all that. Somehow you found the energy and drive to ascend through the ranks to become an IFBB pro! How could the guys and gals that live the lifestyle while working not get excited seeing your success?

Brad : "Man thanks I really appreciate that. I'm just like the other guys that love training and striving better myself. I enjoy the challenges."

Anasci: Thanks for giving readers a better feel for who you are.

Brad : "No problem."

Anasci: You have been a national level guy for a while now. I noticed wt class changes and high placements lower placements. Then in 2013 you just lit it up! What changes put you over the top?

Brad: "Well some of the guys (anasci)will remember I was had targeted master nats for 13then I pulled back. My daughter was heading for college so I put my stuff on the back burner for a sec. I stayed fairly lean so as things settled in with the family I decided to do a warm up show 4 weeks Prior to the North americans. That was the Kentucky state. I overalled and put myself in get ready mode for the North Americans."

Anasci: That is incredible! What is on the horizon if you don't mind me asking.?

Brad "Oh not at all Pro debut will be the Chicago pro."

Anasci: Great I'll be there to see your debut. Looking forward to that. Oh yeah, meant to ask where you train?

Brad: "Oh sure two spots Energy fitness and Mega gym in Draffenville."

Anasci: Mind me asking about supps?

Brad: "No not at all."

Anasci: What does off season look like for you?

Brad: Itry to stay close to trt 100mg test 100mg tren enanthate weekly. Size is not really an issue so I go with the most with the least way of things.

Anasci: Pre-show?

Brad "Probably much less than some would think. I keep it fairly basic. Amts are stepped up and compounds changed. I used no Gh last year. Insulin is used intermittently Usually 4 day low carb then slin /carb upDays . I really like some of the peptides now. Ghrp-2 is a favorite. I have made gains no doubt with peptide involvement."

Anasci: Anyone you'd like to mention and recognize ?

Brad: Yes Phil Hernon has been a friend and huge help for years. Phil really knows his stuff. John Meadows. John is one focused knowledgeable guy. He has some great cutting edge training techniques, George Farah . George helped me a with prep help knowledge over the years . Great guy and knows his stuff. Brigett my wife. She has been key to my success. She is the best , incredible woman.

Anasci: Brad or Bboy to us here at Anasci congratulations on a great 2013 Competition year. You know you have a legion of fans at Anasci.

Brad : Thanks so much. I'm looking forward to 2014. I'll be bringing it up another notch. Thanks to Anasci staff and members for this interview.

Anasci. Thanks BBoy we are honored to have you as one of our own! To contact Brad Davis davisbj32@yahoo.com.

BRAD'S PARTIAL CONTEST LIST

2005 Npc junior nationals 2nd LHW.
 2006 Npc nationals 14th LHW
 2007Ifbb northAmerican championships. LHW 3rd.
 2008 Npc Nationals 3rd LHW.
 2009npc nationals 10th LHW
 2010 Npc junior nationals 9th.
 2010 Ifbb North American championships. LHW 8th
 2011 Ifbb North American Championships HW 2nd
 2012 Npc nationalsLHW 13th
 2013IFBB North American Championships
 + 40 HW1st +40 overall PROCARD!!

BUYERS GUIDE

WITH
THE
RENEGADE



BUYERS GUIDE TO STEROID SOURCES PART 2

Hey meatheads. Im back with this months part 2 of your buyers guide to choosing sources. Last month I did my little expose on international sources and I hope it helped you guys get a little insight on what to look for and look out for when choosing an international source. It can be tricky waters to navigate on the international circuit. There are so many scammers out there waiting to take your hard earned dollars and give you nothing in return. Its hard enough as bodybuilders trying to make ends meet. We aren't exactly known for being the top paid athletes of the sports world to begin with so losing precious dollars and cents to scammers or customs is a pitfall we must try to avoid at all costs. So the big question is "domestic better than international?" Well...the answer is not so cut and dried. Domestic for one, is generally safer. No worries about having to sweat importing your gear through customs. If you're a veteran of this game then no doubt you have already ordered international and had to play the customs waiting game. If you are a newbiw at this and have a chance to ask any vet about ordering international the one thing they will all tell you is how bad it is to sweat through your package clearing customs. There is no worse feeling than looking at your tracking number that your international source gave you and see that your package has an "exception" or hasnt moved from the "inbound into customs" update. If its been more than 4-5 days and you keep seeing this on your tracking screen all sorts of bad things begin to creep into your head. Visions of customs officers looking through your pack or SWAT knocking down your door proliferate your mind. Its nerve racking at its best. The unknown is worse than knowing. At least if you know your pack is snagged and the feds have turned thier eye on you, you can prepare yourself but its not knowing what has happened. Or even worse still... suddenly after a week or more your pack is delivered. What now? Is it rigged? Do you pick the pack up? Let it sit? Forget it altogether? Its enough to drive a bodybuilder into a catabolic state. Anybody who has been around the block has gone through this at least once and for some once is enough. If this is you or this sounds like something you want to avoid then you might be a prime candidate to order domestic.

With Domestic sources all that worrying about customs goes right out the window. They have the gear and they have it inside the USA. They do all that worrying for you. Sounds great doesn't it? It is...to a point. See, for all that worrying you dont have to do...the price of your gear generally goes up. Ever wonder why you get a domestic list and see test prop for \$35-40 per bottle? You are paying for convience my friend. Now with that said let me tell you this...it used to be back in the day , before the explosion of all the UG labs that most domestic sources had either Mexican or Human grade gear. That was it. There wasn't anything else. Getting the vet grade gear from Mexico was difficult enough but not so much that it couldn't be done on a regular basis. However, unlike today where generally UG prices are cheaper than human grade, back in the day vet gear was just as expensive as human grade. Ask an old timer in your gym how much he paid of an old bottle of Brovel t200 and you're gonna hear 75-150 per bottle for gym prices. Even back aroundn 2000 most domestick sources that carried vet gear from Mexico were selling them fr 40-50 per bottle. And this was considered cheap. By today's standards 50.00 for a little bottle of test would be outrageous. Boy have times really changed.

Even though the times may have changed ordering domestic is still domestic and that in itself has a few issues that need too be discussed. First and foremost is price. And we just discussed this. If you order domestic generally you will pay more than you do international. Not so much when it comes to UG gear because raw materials from our rice eating friends are so cheap, but if you want to order human grade domestic prepare to pay more. Simple as that. Second, since most domestic sources you come across are all over the internet forums, you must be careful on picking the right one. Sourcing today has become a very cut throat business. Sources are out for one thing and one thing only. The mighty buck...and most will do anything to get it. This is no place to discuss backdoor gossip but I have been around for quite a long time on these forums and I have seen alot of shady shit go down. Let me spell it out. Most domestic sources are greedy douche bags. Most end up turning scammer. Then lay low for a little and pop back up under a different name. Many are sloppy, drug addicted fools. Some are just plain stupid. Take this for example. There was a source back in the day, on a forum called "SSB". If you have been around long enough, you know which board SSB is and will probably know who I am referring to. He was a bigger source on that forum. he was eventually busted because he was driving "dirty" with expired license tags. Not exactly the smartest thing in the world to do. Another source that was busted during the huge crackdown of 2007's "Operation Raw Deal", was busted selling gear over facebook. FACEBOOK!!!! You wonder how somebody can be so stupid and careless yet there are stories like this everyday of domestic sources getting busted. Now....you will probably say " they dont go after users." and that is generally the case, but what if you are one o the buyers who buys 1000 or more from that source. You're no longer just the buyer. Once the feds get thier emails and they see how much you buy they very well may decide to come after you. This is one of the bigger pitfalls to ordering domestic. If you're source finally gets hit and decides to cooperate they will have the emails with your address on them. There are so many domestic sources popping up each and everyday all ove the net its impossible to know who is good and who is bad. This is why doing small test orders is always the best option. Remember my saying from last month "never send more than you can afford to lose?" Well that still holds true even for domestic sources. Yes the chance you will get your gear is 95% higher than with international, and yes if you use a domestic UG source your product selection will be larger and much more advanced. Yes...the gear ha already passed through customs so you do not have to worry about having to swaet it out, but domestic guys can still turn at any moment so always remember the golden rule to never send more than you can afford to lose.

Always remember that when choosing a domestic source, especially those from the forums, to read the feedback that other members have given them. Look to see how long they have been established. Look to see how they have resolved any issues in the past that have come up with thier service. Also read the source's posts. Does he sound like a smart guy? or a loose cannon? Does he sound desperate or over promote his or her products. Nothing wrong with promotion, but shamless over promotion is a sign that something may be up. Remember steroids sell themselves. If the product is good, other buyers will leave good feedback. 100 posts by the source bumping his own produt is never a good sign. 100 posts by 100 different members bumping the products is the sign you want to look for.

It can be tricky waters in the domestock scene. Just because the gear is already here doesnt mean you are out of the water. There are a number of very good sources that are here domestically. The ones you dont see on the net are generally the best. They have no need to adertise thier service because they have been around long enough and went private. Those are the best to choose from but those that still promote thier business still have great service. To find the best one you must still do your research. Even though the game is more wide open than ever, with more convenience than ever, never take for granted the ability to just point and click and get gear. You still must do your due diligence. Otherwise you might be one of the guys we read on the forums crying why they never got thier package.

Until next month guys, keep it safe and remember.. "NEVER SEND MORE THAN YOU CAN AFFORD TO LOSE!!!!" Adios muchacho's!!!

MY OLD SCHOOL GYM



It was a sunny fall day in 1985 when I pulled up to my new gym for the first time. I had just changed jobs and this iron-pit had just opened the month before just blocks away from my new office. I thought, "hot damn, this is perfect". As I pulled up, I could see the windows were open to the parking lot and I could already hear the iron hitting the racks and the music rockin'. I walked in and "Stan" introduced himself and broke down the membership fees for me. \$30 a month, no contract. Pay for 3 months upfront and you get a free t-shirt. Sounding good at \$30 a month and I already liked the vibe. I took a look around. It wasn't a huge gym, barely a month old too. It was a 24/7 gym. Get a pass card and train at 2:00 AM if you so inclined. The equipment was basic and hard-core. Concrete block walls with new paint. Kind of a warehouse vibe to it. There were hardly any machines other than a cable cross-over, cable-row, a lat pull-down machine, a leg press, hack squat and calf machine. Oh yeah, one smith machine. But, it had a shit load of iron plates... everywhere... all on trees and the dumbbells up to 200 pounds. 200 pounds? I thought at the time, who in the hell is going to use those? They had pre-loaded barbells up to 150 pounds. And it was ALL IRON, not those plastic covered weights everyone seems to use these days because they are quiet. There were plenty of bench and squat racks too. There was a power-lifting platform that was "homemade" out of several layers of 2x6's and plywood. The bucket of chalk was right there at the power rack when you needed it. There was no cardio equipment. You want to do cardio? Go outside and run. This place is for lifters only. Perfect. I signed up on the spot.

This was a place where a brotherhood came together and I quickly made new friends. A place where we could let go, have fun, share some friendly insults and good, hard laughs. A place where people from all types of jobs came together because iron was in their blood and iron was our bond. A gym where the AC/DC was cranking on the stereo. A gym where you heard shouts of encouragement, "Come-on! Big drive!", "Lock it out!", "Puss!" and then the sound of iron clanging. This was a gym where new personal record lifts were made and you were at that golden point when you grew like a weed. If you needed "supplements", you had to actually know someone and they knew you. This was the era before the net. The parking lot in the back of the building was private. What's in town this week? You get the picture.

It was just fine if you dripped sweat on the floor. But, you better re-rack your weights. The gym owner was a fanatic about that. Period. Give him any grief and you are out. Adios. That kind of gym. The heat was turned on only when it was really cold and the air conditioning was used only when the open windows refused to provide any relief from the humidity and heat. It was hardcore, no chrome in sight and sometimes not real clean. We loved it.

When you joined this gym, you joined a unique community of people. There was "Joe". Seems like every day when he would come in to train he was just about ready to explode every time he hit the front door. He was always bitchin' about something then 10 minutes later, after pushing some iron, he was like a smiling 250 lb. baby. There was a world-class powerlifter, an Olympic-style lifter and some guys that worked in LE (yes, they were juiced too). There was that huge guy that worked for the WWE. His traps were just unreal. There was the woman who would come in and load up the squat bar with way too much weight and proceeded to do 1/8 deep squats. I couldn't look. I'm thinking, if she goes 1 millimeter too deep, she's crashing to the floor. There was the guy that always seemed to smell bad, "stinky" was his nickname. He claimed it was his diet. Nobody was buying that story. There were professionals and students from the nearby universities. Everyone got along. It was our iron mecca.

Of course, I think I may have added to all this craziness myself. Like that evening I was doing squats. The windows were open and the barbells was sweating with the heavy humidity. I had four 45# plates on each side, no collars. (I would learn that no collars that evening was a mistake.) I did my set up, came out of the squat rack with the bar slightly bent from the weight and one 45# plate slide off and hit the floor. The bar tilted to the other side and a couple more plates hit the floor off that side. All I could do was ride it all out... at the end of all the noise and commotion I was standing there with nothing but a bar on my shoulders. Lots of noise, but no casualties other than a big dent in the water fountain. And what about that time "Joe" was squatting and split his shorts wide open. So he proceeds to remove his shorts and finish the set in his undershorts. We laughed our ass off. He didn't care, nobody did.

After 15 years, times were changing. There were fewer iron-pits and more "fitness" clubs. The gym was looking a bit worn inside and the membership was dropping off. After a couple more years, the owner decided to close the doors. I was disappointed but nothing stays the same forever so I moved on too. I will always remember those days with a big smile, all the fun I had, good lifts, good friends made, and I appreciate how it helped me keep my sanity in some rough personal times in that day. Good times. I'm glad I was a part of it.

TRAINING TIPS

AND TECHNIQUES

Welcome back true believers. It's been a little bit since I've written a training article for The Newsletter. I've been wanting to write something important, something that will stick with people. Over the past year I've been getting back to my philosophical roots when it comes to training and I have to say... I think I've figured it all out. Well, actually, people much much smarter than me figured it out long ago, and I've just uncovered the path once again.

Bodybuilding is really pretty simple, but we as bodybuilders tend to overcomplicate things. One of these complications is how dogmatic we are when it comes to our beliefs on training. At some point in our lives we "learned" the best way to do something. Whether it was by trying things out or listening to a guru, pro bodybuilder or what have you. A lot of us get tunnel vision and cannot see the truth even though it is so close!

Dear reader let me ask you something. Do you believe in the science of medicine? Now, certainly western medicine has its share of problems (mostly in this authors opinion on prevention of disease), but if you get sick in the US you can get some pretty good care and have a good chance to get better. Well why is that? It's because medicine is a science based on the physiology of the human body. Think about that for a moment. The physiology of the human body... On a basic level we as humans are all pretty similar. Disregarding some genetic defects we all have the same number of chromosomes, ten fingers, ten toes, one heart, two lungs and all the associated plumbing is the same on all of us. That's why someone with coronary artery disease can get a stent placed via catheter. The doctors KNOW where to access the body to go and place that stent, and how to do it.

What in the hell does that possibly have to do with bodybuilding?! If we as humans are all basically the same physiologically and medicines and treatments work the same on all of us, doesn't it stand to reason that there is ONE way to train that would be best for all of us? That's right, I went and said it. One way. Now let's all calm down and take a breath... Obviously there are many ways of training that work. We all know plenty of guys who have gotten big using any number of training methodologies. I'm just here to tell you that there is one way that works best.

By now you may have figured out that I'm talking about High Intensity Training (HIT). There have been many advocates and just as many detractors over the years regarding HIT. People seem to either love it or hate it. I want to revisit it today and try and talk about it in a non confrontational way. Some really smart guys like Arthur Jones and Mike Mentzer alienated a lot of people because of how intense their mindset was when talking about HIT and training in general. Mentzer especially went a little off the deep end towards the end talking about training a muscle once in 14 days and things of that nature.

Here's the thing and it's really my core argument. What causes a muscle to grow? A stimulus does. As modern man most of our time is spent working, driving, being on electronic devices and in general things that are not very stimulating for our physiques. So we have gyms, health clubs, YMCA's etc. Those are our modern day hunting grounds where we artificially get our muscle stimulation. When you are in the gym and doing let's say a set of squats, and you do 7 repetitions, go down and... Awe crap, I don't know if I can get up for that eighth rep? But your buddy is yelling at you "one more rep! C'mon man crank it out, let's go!" and you somehow dig deep in your psyche and with all your primal maleness; you stand up with that fucking barbell one more time. You feel great, you just set a PR, and even though you are lying on the ground huffing and puffing trying not to pass out or puke, you feel like you won. Your body is going: "holy crap, what just happened? I think I almost died." So what is it going to do? Adapt, and get stronger. It doesn't know or care that it was just a barbell and that you had a spotter and safety pins in the power rack. Your body feels like it almost did not overcome something and it needs to change. That is your stimulus and you are now done.

You have set the physiologic stage for your body to start remodeling itself. But wait! Don't I have to do 4 sets of leg press, 4 sets of hack squats and 7 super light sets of leg extensions? I need to bring out them cuts! NO. The best thing you can do at this point is get out of your own way. Train another muscle, get out of the gym, eat, rest, GROW. Any more sets you do is simply going to cut into your recovery ability.

The key here is to go to the gym, give your muscles a stimulus and then get out so you can recover and do it again. There is much more to be gained in frequency than there is in bombing your body with volume. This is the part that is tricky, the recovery part. This is where we are different. I might be able to train chest every three or four days, but my buddy Bob may have a little worse recovery ability and maybe he can only do it once every 7 days. I'm going to show you how you can figure it out for yourself. At some point you will get very instinctual with this and not train every so many days, but instead you will wake up and just know that today you need to train back.

First part of setting up a routine is deciding on a body part split. I'm partial to three way splits because it breaks things up enough that I can feel I can give each muscle its fair shot, and it allows me to train up to two times per week if I go three on one off. You can do whatever you need to do though for your schedule. My favorite 3 way split is to do chest/back together, then legs, then arms. You get a huge pump training this way. When you do chest and back together your whole upper body is working. Same with legs, then on arm day your bi's tris, and delts get slammed with blood together as well. There is no arm training quite like doing bis and tris together.

Now that you have a split picked out you can decide on your exercises. I try to think like Bruce Lee and think of economy of motion. What exercise is going to give me the most bang for my buck. Generally speaking we are going to be looking at big multi joint movements. Also, anything that moves your body thru space is ideal. Think squats, chins, and dips. In fact if you focused on those three exercises and those alone, you would be a bad looking dude!

Volume. How much volume is enough? I believe that one working set per exercise is all you need. You have to carry it out to muscular failure though for it to count. I think for bigger muscles that three sometimes four exercises is all you should need. For smaller ones like arms, 1-2 should be good. You want to do enough of a warm up that your muscles are primed to performed, but not so much as to dig into your strength for your work sets. So generally what I do myself and recommend is to do 3-4 warm-up sets or feel sets for the first exercise, and then one or even none for each exercise after that. I usually like to do one set though just to get my body in the right frame of mind, kind of prime it to do that movement.

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How should the exercise be performed? Smoothly and with no momentum. When your form breaks down causing you to cheat, you are done. Now, cheat reps are an effective intensity modifier, but they should not be used every workout with every muscle. You want each rep to be smooth with kinks. A little slower on the negative than on the positive. You don't have to be all anal and count, just go slow enough so that at any point in the rep you could reverse direction. This is going to put all the tension on the muscles you are trying to work.

You have three phases of strength. Positive, negative, and static. 80-90% of the time we are training till positive failure. Every now and then you are going to want to do some negatives, and/or static holds to really up the intensity. This is really going to put a hurting on you though so use them sparingly.

Another good intensity multiplier I like to use is pre-exhaust. Especially for chest. My elbows are shot at my advanced age, but due to my strength level I cannot get a good workout in with less than 300lbs unless I'm doing a ton of reps. If I pre exhaust my pecs though with flies, and go right into my pressing, I can use much less weight and get as good if not better workout.

So I just mentioned reps. How many reps should you shoot for? Well, if you are young (20's) or if you are in good joint health then I recommend that your positive failure come at 6-9 reps. You will work out with a certain weight until you get it for 10 or more reps and then add weight to bring your reps back down. If you are older and/or have joint problems then I recommend a higher rep range. 12-15 is a good place to start, but if you have really bad knees, or elbows 15-20 reps might be a good number to target.

How about frequency? Most people can recover a muscle in 7 days. Many can do it in less, and some more. 7 is a good place to start and find out how your recovery is. Then start backing it down, to maybe five days, and then 3, see if you can train each muscle twice per week. If you start feeling run down, tired, or are not hitting your last reps/weights then your training frequency is too high. For example: if you did barbell rows last Wed. with 225lbs for 7 reps, and next Mon. you try to train again but can only get 5, you are not recovered enough. Now, eventually you will get close to your limits and adding weight and/or reps is not going to have anything to do with recovery but more likely your genetic limits. You will know your body well enough by that time to know that that is the culprit. In those instances it's best to swap exercises and try something new or use intensity multipliers like drop sets, or giant sets.

Finally I'd like to talk about a key point that comes up a lot when people are discussing HIT. That lifting heavy is dangerous, and/or hurtful to your body. People point to folks like Dorian Yates who has had injuries due to heavy training. My answer to these people is this: listen to your body. Take time off when you need it. 2 weeks, a month whatever you feel you need. I think each and every one of us would benefit from taking more time off than we do. Just stay out of the gym, do some walking, biking, etc to stay active but get out of the gym. Hell, do some yoga! Also, you don't have to keep pounding the heavy weights. If you feel like you are being beat up then change your rep ranges for a while. Keep training to failure, but bump that failure rep up to 12 or higher for a while. Start pre exhausting to use lighter weights on your work sets. Work smarter. So to sum up what I've been talking about: train each muscle with no more than 3-4 work sets. Take each work set to muscular failure. Allow enough time between sessions to fully recover the muscles worked. Take time off from the gym or deload when your body is telling you it needs a break.

Next month I'm going to talk about eating for recovery and muscle gain, as well as fat loss. We are thinking primal...

PARTING SHOTS

