



anabolic steroid . nutrition . fitness discussion

NUTRITION TIPS



HOW TO RAISE HDL

This month I wanted to talk about ways one can increase their HDL as many of the drugs bodybuilders use can wreak havoc on their HDL numbers. Much focus any times regarding cholesterol is placed on lowering LDL and total cholesterol numbers but it is very important to keep your HDL levels high. It's also important to look at your cholesterol number ratios, someone with high HDL numbers could have higher total cholesterol numbers due to the increased HDL at first glance it could seem like the person has high cholesterol but in reality they are perfectly healthy and its due to higher HDL numbers. HDL is short for high-density lipoprotein. Each bit of HDL cholesterol is a microscopic blob that consists of a rim of lipoprotein surrounding a cholesterol center. The HDL cholesterol particle is dense compared to other types of cholesterol particles, so it's called high-density. HDL cholesterol is the "good cholesterol", HDL is a scavenger cruises the bloodstream and removes harmful bad cholesterol from where it doesn't belong. High HDL levels reduce the risk for heart disease, but low levels increase the risk. HDL reduces, reuses, and recycles LDL cholesterol by transporting it to the liver where it can be reprocessed. Damage to the inner walls of our blood vessels is the first step in the process of atherosclerosis, which causes heart attacks and strokes and HDL scrubs the walls which cleans and keeps it healthy. Optimal HDL numbers would be above 60mg/dL and HDL below 40 mg/dL is considered low, which is bad. Below is a list of ways to increase your HDL

- Eating healthy year round and maintaining a lower bodyfat, many bodybuilders can slack in this category in their quest for mass
- Eat a diet rich in Omega 3's: wild caught fish, coconut oil, olive oil, avocados, nuts, free-range eggs, etc..
- Eating foods with a lower glycemic load/index
- Eliminate Trans Fat from your diet
- Supplement with Fish Oil, other beneficial supplements are Calcium, Vitamin D, Green Tea, and Niacin
- Regularly working out and implementing cardio workout as well, while we all workout regularly it is also important to not over-train as it can negatively impact HDL
- Leg workouts, studies showed a 19% increase in HDL when training legs twice a week
- Alcohol in moderation, moderate alcohol consumption can increase HDL
- Avoid tobacco
- Limit use on harder steroids, things such as tren and orals are going to negatively impact your HDL levels more

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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.

ANASCI MILESTONES

AnaSCI has reached it's one year point of its AnaSCI Newsletter. We would like to express our deepest thanks to all those that have contributed to making these great!

We hope that you have enjoyed reading these as much as we have enjoyed putting them together. Our wish is to continue putting these together for as long as there are those out there willing to read and share them. Once our time has come and gone our hope is that these newsletters continue to live on for the next generation to read and learn from and perhaps even keep them going.

Again, thank you to everyone who has contributed to them and all those that enjoy reading them.

Sincerely,

www.Anasci.org



DiscussWorldIssues
Socio-Economic Religion and Political Uncensored Debate



PAGE #2

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

[FALL PORK WITH APPLES & KALE]

I admit it right up front: I EAT my way through the fall, because all my favorite foods are available and fresh right off local farms. This recipe is one of my latest inventions...I've had it three times this week, and it's just as good each time. It is Fall eating the way God intended....Enjoy!

Ingredients

One VERY LARGE pan (a Wok is even better)

3 cups cubed Butternut Squash
 2 t Extra Virgin Olive Oil
 4 slices Bacon
 2 cups chopped Onions
 12 smashed & minced Garlic Cloves (yes, a whole bulb!)
 1½ pounds Pork Tenderloin
 8 cups chopped Kale (Usually one large bunch, any variety)
 2 chopped Granny smith (or other pie) Apples
 1 cup Apple Cider,
 1T Apple Cider Vinegar
 1t Black Pepper
 ¼ t salt

Instructions

- 1) Pre-heat oven to 400 degrees. Mix butternut squash and olive oil in a baking pan, and roast. Let it roast away while you're doing all the other steps. (PS - dont let butternut squash intimidate you. As hard as that skin looks, most potato peelers take it right off: peel it first, and then chop it up. When picking it out, the longer the 'neck' of the squash, the better.)
- 2) Cook 4 slices of bacon in your largest frying pan (a huge wok is even better.) Cook 5 minutes; remove bacon and put aside. Leave bacon drippings in pan.
- 3) Cook chopped onions, smashed/minced garlic cloves, and cubed pork in pan, covered, over medium heat for 10 minutes.
- 4) Add Kale, cover, cook 5 more minutes. (When preparing Kale, do not use the woody stem ends. Use about ⅓ of the leaf, and then pull the remaining leafy parts off the stems.) This will make your pan overflow, but it cooks down, so don't panic.
- 5) Mix it all up (carefully), add cider and cider vinegar, cover, and cook 5 more minutes.
- 6) Remember that squash in the oven? Take it out, and add the squash, apples, the bacon you set aside, and salt & pepper. Mix all ingredients thoroughly. Cook, covered, 10 minutes more.

I say it makes 3 servings, but I promise you'll eat 2 of them in one sitting.

Nutritional Value

Makes 3 servings; Amount Per Serving:

Calories 719.3

Total Fat 22.1g

Saturated Fat 5.5g

Polyunsaturated Fat 2.7g

Monounsaturated Fat 7.9g

Cholesterol 146.4mg

Sodium 380.4mg

Potassium 2,345.0mg

Total Carbohydrate 72.2g

Dietary Fiber 16.2g

Sugars 15.6g

protein 63.9g

Vitamin A 1,108.5% (yes, read that again!)

Vitamin b-12 17.8%

Vitamin B-6 81.4%

Vitamin C 280.3%

Vitamin D 0.0%

Vitamin E 16.2%

Calcium 42.0%

Copper 39.6%

Folate 26.2

Iron 38.4%

Magnesium 91.2%

Manganese 100.4%

Niacin 60.2%

Pantothenic Acid 22.2%

Phosphorus 64.7%

Riboflavin 56.2%

Selenium 126.3%

Thiamin 132.5%

Zinc 39.7%



“...It is Fall eating The Way God intended.”

FEATURED ATHLETE**INTERVIEW WITH IFBB PRO
EBONI WILSON**

This month Anasci spends time with pro bodybuilder Eboni Wilson.

Since we've featured Eboni in the ANASCI Newsletter, he's been quite busy. He's earned his pro card. He was kind enough to take a few minutes to catch up with us...

AnaSci: Well here we are a few months later Doc . You are now a IFBB pro.

EW: (laughing) Yeah last time we talked I was getting ready For the 2013 North Americans.

AnaSci: Must have been a great feeling getting through the amateurs and turning pro.

EW: Yes it is a favorite moment for me. I really prepped on very little funding/resources. Apparently it was enough and here we are.

Anasci Very cool . What is 2014 looking like for you?

EW: Well my my pro debut will be the AUSSIE PRO in March .

Then I will go onto do 4-6 other shows in 14.

AnaSci: Nice I would assume one goal would be to point in to the Olympia?

EW: You know that! The Olympia is a show that I want to compete in .

I'm planning to bring everything I have . But first things first.

That being my March show.

Anasci: Well you know you have a legion of fans here at Anasci.org.

EW: Thanks that is so nice to hear.

AnaSci: Here is to a great year coming! Thanks for taking time Doc.

GET MORE

Want more Eboni Wilson? Check out Issue #7 from July 2013 available at AnasCi.org

chemical conversions

WINNCICLE RACE POPS



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 entertainment and informational purposes only! Anasci.org holds no responsibility for how the reader chooses to use this information.

The following recipe makes 10 "WINNCICLES"

1/2 gram stanozolol micronized powder
3 ml ethyl alcohol
7 ml vegetable glycerine
100% grape juice / no water variety

1. Mix stanozolol, alcohol, glycerine in clean small glass cup.
2. Draw up the 10 ml of suspension and shake syringe before adding 1ml to each 10 popsicle molds.
3. Fill the rest of the way with 100% grape juice..
(always use 100% juice not the juice with apple juice blend to make it 100% juice)
4. Use a plastic drinking straw to stir each mold before inserting sticks or top with handle as per pictures noted.
5. Get your giddyup on with 50mg Winny per Winnicle ..

****Please pct accordingly as always and
KEEP OUT OF REACH OF CHILDREN! Thanks!

WINNCICLES

*Bring out the thoroughbred in you!**



*Not ACTUAL WINNCICLES - Photo for demonstration purposes only!

STRONG WORDS

A CHAMPION IS SOMEONE WHO GETS UP WHEN HE CAN'T
ONE MAN PRACTICING SPORTSMANSHIP IS FAR BETTER
THAN 50 PREACHING IT.

IT'S NOT THE WILL TO WIN THAT MATTERS - EVERYONE HAS THAT.

IT'S THE WILL TO PREPARE TO WIN THAT MATTERS..

PERSISTENCE CAN CHANGE FAILURE INTO EXTRAORDINARY ACHIEVEMENT.

HowToDoInjections.com



SUPPLIER REVIEW

IPGEAR - TAIPAN GROUP



taipan Group

IP may have retired but IPGear is still going strong! IPG has their new company name taipan Group and it is just as good as ever. A good play on words with leaving the IP and G capitalized in their new name.

IPGear is one of the longest running sources on the net and have been through everything this game has had to offer. With a decade and a half in the industry IPG has shown that they know how to handle business and stay leaps and bounds above the rest.

IPG has always been the stand outs when it comes to taking care of the community and even now with all the scammers coming out of the woodwork, IPG has even cut their prices by almost 50% on many of their products so that people can get in on their great service and products!

Their new taipan product line is receiving great reviews already. Their vials are overfilled by at least 2ml and they state that quality exceeds the label claims. None that have used their products thus far have disputed this. They offer a full line up of 10ml and 20ml vials, as well as all of the orals and ancillaries they always have. After recently speaking with them there is even talk of them creating their own oral line down the road.

If you have used IPG's services in the past then you know full well that there are very few (if any) that can compete with them. If you have yet to use them, now is the time as they are still offering their Scammer Special sale.

They have always stated that they are not the cheapest in the industry but, there is no other source that has been more consistent in delivering a product and service to this community then they have, and that's true.

I would strongly suggest giving them a try if you have not. You will not be disappointed. You do not stay in this game for 15 years unless you are doing things right. IPGear/taipan Group receives two thumbs up in all categories. You can't do it better than they are doing it.



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RAW POWER

INTERVIEW WITH DEREK KENDALL

This interview is one to keep the strength guys/gals happy! I ran up on Derek at about 545 am on a friday. I could hear the unmistakable sound of someone moving some serious iron with authority in the next room. My favorite way to start a great day. So I mosey on over and I recognize Derek. The thing is I did not realize that it was the Derek that Anasci member **psych** had posted up squatting 937 raw .. In our power and strength thread.

Derek put up the following numbers at the UPA meet in Iowa last weekend.

Raw Squat 937, Bench 573, Dead 705. Total 2215. Those are big numbers friends! How big?

Raw 3rd all time squat 937 @shw..#2 Current Raw shw squat.

4th heaviest all time raw total@2215....

Anasci Hey how are you Derek?

Derek Kendall: Great! Feeling really good.

Anasci: Big numbers at your most recent meet. How does it feel to have your numbers right in the mix with the best in the world today?

DK: Good . Feels really good . I love to train and a great meet with some high numbers are the icing on the cake.

Anasci: well as far as that goes you won the Illinois state Bodybuilding title in 2011 correct?

DK: Yes . that was nice .Always feels good to set and reach goals .

2011 NPC Shw and overall champ Derek Kendall above...

Anasci: Very impressive resume .

DK: Thanks I'm planning on expanding it extensively.

Anasci: I have no doubt that you will. What's you day job ?

DK: Elementary school teacher... 7 yrs....

Anasci: Very nice . Any sponsors?

DK: No not yet . Laughing- I would welcome some sponsorship as it would ease some travel and training expenses.

Anasci: Well Derek thank you for taking time for the readers here at

Anasci.

DK No problem!. Thanks for having me!



SPONSOR SPOTLIGHT

LIGHTNING FAST ANABOLICS

I'M TALKING WITH ZEUSMORPH TODAY.

ANASCI: I KNOW YOU HAVE GREAT PRODUCTS AND SERVICE . CAN YOU GIVE ME SOME INSIGHT ON THE HOW'S AND WHYS THAT BROUGHT YOU HERE TO US AT ANASCI?

Z.: SURE WELL HERE IT GOES A LITTLE INSIGHT LIGHTNING AND I ARE PARTNERS. HIS INITIAL LOVE WAS GROWTH AND THEN HIM AND I PARTNERED UP AND WE DECIDED TO DO ANABOLICS SIDE TO THE BUSINESS. HE WAS ORIGINALLY PARTNERED UP WITH TORO HOWEVER ONLY THRU GROWTH AND THAT SOON FIZZLED OUT. I MYSELF HAD BEEN PARTNERED BEFORE WITH A COUPLE OF OTHER SPONSORS AND KEPT THAT OUT OF THE PUBLIC EYE SOME OF THE BEST THAT PM HAS HAD OVER THE YEARS I CUT TIES WITH THEM AND DECIDED NOT DO IT ANYMORE BUT THEN LIGHTNING CAME ALONG AND WE FORGED A GREAT FRIENDSHIP AND WE FORMED THE ANABOLICS SIDE OF THE BUSINESS THRU THE RELENTLESS PURSUIT TO BE THE BEST AND WITH OUR COMBINED EFFORTS AND MARKETING STRATEGIES ACCCOMPANIED WITH TOP SHELF CUTTING EDGE PRODUCTS (COCONUT OIL AND BLENDS) AND NOT TO MENTION OUR CUSTOMER SERVICE WE HAVE MANAGED TO BECOME ONE THE TOP SPONSORS ON SEVERAL BOARDS.
WE SEE EACH OTHER ON A DAILY BASIS AND BRAINSTORM \NEW WAYS OF MAKING THE BUSINESS EVEN BETTER WHILE MAINTAINING A HIGH LEVEL OF SECURITY. WE HONESTLY KEEP IT FUN BECAUSE THERE IS JUST TO MUCH TESTOSTERONE AND DRAMA GOING ON WITH SCAMMERS AND THE LIKE. WE REALLY WANT EVERYONE TO KNOW THAT WE ARE NOT GOING ANYWHERE WE ARE TRIED, TESTED AND HAVE A TRUE GENUINE PASSION FOR THIS BUSINESS AND WE LOVE THE FACT THAT COMPETITORS ON OUR PRODUCTS WIN! WE WANT THE CUSTOMERS TO BE HAS HAPPY AS WE ARE WHEN THEY USE OUR PRODUCTS. IT'S SIMPLE FOR US WE PUT OUT THE BEST TO GAIN LOYALTY AND WE ARE DOING THIS FROM A LONGEVITY STAND POINT

ANASCI. VERY COOL! I GET THE VIBE THAT YOU ARE LIFERS WITH THE IRON?

Z.: YOU ARE VIBING RIGHT! LIGHTNING MYSELF AND THE OUR NEWEST MEMBER FARM77 AT LIGHTNING FAST ALL SPEND AS MUCH FREE TIME AS WE ARE ABLE HAMMERING THE IRON JUST LIKE THE REST OF YOU. WE HAVE A NEW IFBB PRO ON BOARD THAT WILL BE USING OUR ASSISTANCE FOR THE 2014 PRO SHOWS COMING UP. WE'D LIKE TO HAVE ONE OF OUR OWN ONSTAGE AT THE OLYMPIA IN 2014.

ANASCI: WOW I LIKE THAT! THAT MUST BE THE IRON IN YOUR BLOOD.

Z.: YOU KNOW WHAT BRO ? IT COMES DOWN TO STRIVING TO BE THE BEST. WE AT LIGHTNING LOVE TO SEE PEOPLE MEET AND EXCEED GOALS. IT FEELS GOOD TO BE INVOLVED. WE ARE HERE BECAUSE OUR LOVE OF THE IRON SPORT/ART. AND OUR BIZ ALLOWS US TO LIVE IT EVERY DAY. EVER HEARD THE SAYING 'OH LUCKY ME MY WORK IS PLAY'?

ANASCI: ACTUALLY YES I HAVE . THINK IT WAS IN A TED NUGENT SONG.

Z.: WELL THERE YOU GO! THAT MAKES THINGS SO MUCH EASIER WHEN YOU LOVE WHAT YOU ARE DOING!

ANASCI: COOL! HEY THANKS FOR TAKING TIME WITH US HERE AT ANASCI.

Z.: THANK YOU AND LET'S MAKE 2014 A GREAT ONE!



UNDERGROUND SOURCE ROUNDTABLE

PART 2 of 3

WITH
THE



Well well meatheads, here we are for round 2 of the steroid round table discussion. By the feedback we got last month we knew it would be a hit but we never thought we would get the feedback we did. Its why I do what I do. To bring you guys the best toilet reading material you can find. I told you last month that part 2 was gonna really be some shit you wouldn't want to miss and believe me.. its some crazy shit these guys talk about. Im glad we are able to print it so you meat monkeys can read it. Now I could spend another paragraph or 5 randomly talking about uselss shit just to fill space but there aint no need for that this month. So lets just cut the bullshit and get right to it shall we. Have at it freak!!!

Renegade: Damn you guys make a shit ton of money. 40K is more than some people make in a fucking year. No wonder so many guys want to be sources. Hell hearing that makes me want to source.

triggerhappy: No doubt its alot of money. Nobody can deny that. But to think its all money and no work is stupid. We take alot.. and I mean alot of risks to make that kind of money. Dont be stupid to think otherwise.

Mr.69: I know I put up with alot of fucking stress and headaches to make the money I do. Its worth it though. It does give you a pretty good amount of freedom.

The Fonz: And to add to that.. the money can be addiciting. When your used to making that.. its not like 9-5 is really going to cut it anymore. Can you really see yourself going from 40k a month to 3k a month for a normal job. please.

Renegade: Shit yes I would think it would be addiciting. Thats what 480,000 a year if you make 40k a month consistently. How many sources you think actually do that kind of volume?

The Fonz: Not too many. ALOT of sources try to act like they are super busy when they aren't.

Triggerhappy: Yeah i agree with that. I would say only a handful of really established guys make that. Some of the bigger ones you see on multiple forums probably do and mabe some older private ones.

Mr.69: fuck alot of these newer ones arent making that. I can gaurntee that. They run all these crazy deals and post whore all over the forums. They are trying to drum up business. You can see the ones that do the volume and the ones trying to fight for scraps.

Renegade: So the "pie" really isn't big enough for everybody then?

Mr.69: Well, yes and no. Yes its not big enough from the point that you have all these new guys getting powder from china and trying to brew up their own shit and sell it to make a quick buck. In that case no there isnt enough room because there can only be so many sellers.

Everybody cant sell. Then who wouldb e left to buy? At some point it becomes to fucked up with too many guys. And you kind of see that every now and then.

The Fonz: I disagree. Some guys will like UG shit, some will like only human grade and some like both. Also as old guys go away new guys step in to take thier place. Both buyers and sellers, so to me it is big enough because how many forums are there and how many guys use. millions? Yeah it's big enough where we can all make something.

Triggerhappy: Nope. Nope. Nope. We cant all make 40K. Some guys do more and those guys have great gear and have been at it a long long time. You just dont buy powder whip it up and open shop and make 40k in a month. Doesn't happen. Anybody that tells you it does is a fucking liar. You have to build up a rep, a customer base etc. That all takes time.

Renegade: True. ALOT of baords wont even take you on as a source unles you have had years of experience. Only the shit boards with no regualtion let anybody on. That usually brings trouble.

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SYNTHETEK INDUSTRIES
Innovative BodyBuilding Products

APETITE STIMULATOR
VASODILATOR
SYNTHEROL

LIVER AIDS & B 12
HUMAN KING
TUREWHI

UNDERGROUND SOURCE ROUNDTABLE

PART 2 of 3 Continued from page 9

The Fonz: Shit yes it brings trouble. Thats what it was back in the old days of some of these boards. No oversight so people just went buckwild and that type of forums breeds scammers and is a haven for Law Enforcement. There was a site back in the day called bodybuilding classifieds and you didnt need any credentials at all. Just sign up and post away. That got alot of people in trouble. Helped bring down more than one guy a few years back.

Triggerhappy: Thats why they shut down the meso-rx classified forums. Thats place was just like you described. Like the wild west and people got scammed there everyday because there was no oversight. And the fact the owner got scared he was gonna get busted.

Mr.69: Thats why the good boards everybody wants to be on are usually the hardest to get on because of all the security.

Renegade: So speaking of security, what kind of precautions do you guys take in order to secure yourselves and your customers?

The Fonz: I do referrals mostly. I have a nice built in base that does pretty much the same every month. Would I like to take on more customers in the future or even now? yeah but its so risky out there that taking referrals from my already trusted customers is the only way I feel good enough to keep safe and expand. As far as payments go its only Western union or money gram for me.

Triggerhappy: Its the only way left to go. Its not like you going to accept cash in the mail and lead the feds right to you. Also looking up forum history is a pretty good idea. If they have a long forums history then thats a good sign you have somebody legit. the guys that just show up yesterday and start asking for shit are the typical red flag guys you want to stay away from.

Mr.69: Most guys forget this is the internet and people remain anonymous, therefore they can say whatever and how are they really gonna be identified? So referrals is a good way. Checkin history is another. refs from mods and VIPSisgood as well.

The Fonz: And when I say referrals I mean it has to be from either a customer of mine or from some really well known forums member. I just dont take the chances anymore. When i was younger I was a little more liberal in my choices but as you get older you see the writing on the wall. You as a source never want to become one of the busted stats.

Renegade: It seems like at times there are alot of busts and then shit goes quiet and then alot of busts pop up and then it gets quiet again for a time.

The Fonz: Generally if you really read the articles on why they were busted it is usually from doing something local, getting ratted out, or other drugs involved.

Triggerhappy: Yeah the last time I saw it just being online guys was operation raw deal in 2007. the feds really went after those dudes hardcore.

Mr.69: That was all political pressure from the baseball issues and the chinese olympics coming up. They did that to look good. You dont see anything like that since. But then again when you had steroidsuperboard which was just a fucking free for all. He was basically slapping the feds in the face. They get pissed about shit like that and they know steroids are an easy bust.

Triggerhappy: Local shit will get you busted everytime. if you really think about it why even do that anymore if you really want to make money.

I don't think any of the really big big sources you see online even remotely touch local sales. There is an old saying if you deal local dont deal online and vice versa and there is a reason for that. its like drinking and driving. you don't mix the two its too dangerous. The smart ones do that. The stupid and greedy ones don't, and then they get busted.

Renegade: Im still thinking about the 40k a month. Think of all the things you could do with that kind of cash!

Mr. 69: What can you do with it? I'll tell you what you can do. Nothing. If your smart. Just save it and keep it for a rainy day.

Triggerhappy: He's got a point. The feds watch everything so dont do anything that gets reported to the IRS, so its not like you can go and buy 10 cars and a mansion and think everything is going to be okay. You cant spend foolishly otherwise that will come bite you in the ass.

The Fonz: The smart sources have regular jobs and do this on the side. That way they can always show where the money they pay taxes comes from. If you try to pay taxes from your steroid money through legit channels it could work but most likely would get charges added onto you when you finally do get busted.

Triggerhappy: I cant even remember how many steroid busts I read about where guys get hammered because of the money they spent.

I mean really? There was this one dude I remember back during operation raw deal that got busted and he had a lambo or ferrari or one of those high dollar rides. Bought it with steroid money. I couldnt believe it. I always wondered if he tried to put that in his mommas name! LOL!

Renegade: So I guess the moral of that lesson is just save save save or at the very least use the money to fund a legit business.

The Fonz: You can't even do that really. Banks have all kinds of questions. I guess you could drop little 2 and 3k deposits in your account until you got up enough to do something but when the shit hits the fan if you cant prove where those little 2 and 3k deposits came from they will say its all drug money and bust you, take your shit, and hammer you. it's just how they work.

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IRON HISTORY

OUR ORIGINS-WHERE THE SPORT BEGAN part III

THE GOLDEN YEARS TO THE PRESENT

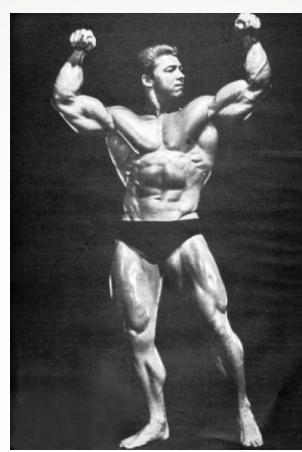
This month we wrap up the our origins series with 1960 through today.

The 60's is when the California bodybuilding lifestyle really surged. The southern Cal area became the epicenter of hardcore bodybuilding. It was just natural. Forward thinking freer lifestyles were very prevalent. The weather just ideal . Not to say the rest of the usa and world didn't have it going on, but in the iron world, California was the "hotbed" so to speak.

The 60's saw the push towards more mass really take hold . Aesthetics still mattered but the ante was upped with the tendency to require *massiveness, condition and balance*. There was and always be those who prefer the leaner lighter look and those that prefer massive musculature. There are those that want it all. Mass, proportion, condition and symmetry. Thus began the evolution of today's freaky size ultra conditioned stars.



Larry Scott & Freddy Ortiz



1965 Mr. Olympia Winners: Larry Scott 1st, Harold Poole 2nd, Earl Maynard 3rd.



After Scott's 65-66-The last few years of the 60's saw Cuban Sergio Oliva leave his mark as bodybuilding greatness. Sergio's proportions caught the eye of anyone looking at bbing photos. Things stepped up a bit more with the emergence of "The Myth" One of the most iconic bodybuilders of all time, Sergio won 3 Olympia's. Cuba's finest via Chicago!

GREAT GENETICS ON DISPLAY

The 1970's were some great years in the world of bodybuilding. Hardcore gyms were fairly common. The competitive scene started to really get more mainstream attention. With the arrival of Arnold things just blew up! The high level amateur shows started to become really stacked. Many notable greats are from this era. Arnold was king. Arnold was a great competitor and had a major role in the explosion of the gym/health club industry in the United States and abroad.

I think you'd be hard pressed to find a hardcore bodybuilder that has disliked Arnold. He certainly helped the Weider brothers become very wealthy. The whole Venice Beach / Santa Monica scene was really jumping during the 70's. The bodybuilding/lifting magazine industry was thriving and was the beginning of several mainstream news stands today. The bodybuilding industry as a whole was really growing and expanding in the 70's.

The protein powders available back then usually required a turbo-nitrous powered blender to make the mix smooth enough to choke down.. Lots of 100% egg proteins back then and lots of ruined cloth drivers seats in cars. Bottled post-workout drinks were few and far between. Most looked like something someone whipped up in the basement.

Mainstream supplements were still in their infancy. There were so many hocus pocus next great things as far as supplements go. The list is endless of useless crap that did little or nothing for a lot of cash.



Cuba's Finest via Chicago

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IRON HISTORY

OUR ORIGINS-WHERE THE SPORT BEGAN part III

THE GOLDEN YEARS TO THE PRESENT

Continued from page 11

Thankfully people started paying attention and some good manufacturers have stepped up and iron athletes have it pretty damn good today. There are some great quality supps available. Not to say there are no more scam supps today. (*More on this in a later article..*)

The bodybuilding scene was really becoming popular. Powerlifting was thriving as well. That and Olympic lifting in the 70's and later really need their own captions and pictures to do them justice. -- I'll address those more in depth in a future article.

No doubt 70's were the Arnold decade . He ruled the upper echelons of competitive bodybuilding. There were so many great larger than life people in the hardcore iron world back then. Too dominate as Arnold did was really a huge accomplishment. This not however an article on Arnold it's more of an overview of the sport through the years.

As we neared the closure of the 70's Arnold was getting ready to begin his climb in the motion picture industry. This opened up the big show for new winners in the top show. First up was Franco with his 1976 olympia win. We then had 3 years of Frank Zane. winning the big show. 1980 had Arnold popping in to stop Zanes win streak at 3. 1981 Had Franco back for the Olympia win. Many thought the second Olympia win a "gift". He was not as his best after the horrible WSM injury he suffered running with the refrigerator on his back.

1982 Chris Dickerson was crowned as king at the Olympia...

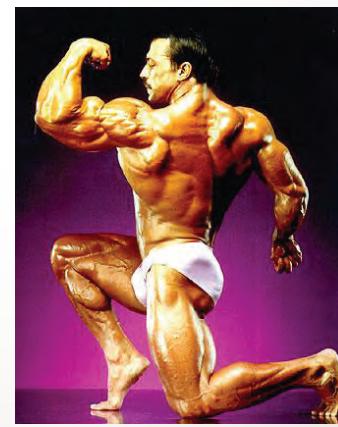
1983 had everyone shocked with Samir nailing it in the conditioning department. I recall seeing his back shot and saying "Holy shit!" As you can see various "criteria" were evolving in the art or sport of bodybuilding. Samirs 83 win illustrates this very well. New ground gained! 1984 is the beginning of the Lee Haney era. Lee won the Olympia 8 times 84-91. Lee was the most dominate bodybuilder since Arnold. Lee had a veritable stranglehold on the Olympia crown for 8 straight years. Lee's lengthy win would close out with the emergence of the the great Dorian Yates



Mike Katz (minus THE t-shirt)



Jusup Wilkosz & Dennis Tinerino



The Late, Great Casey Viator -
a personal favorite



Lee Haney & Dorian Yates



Dorian Yates - Yates would win 6 Olympias -
Known for brutal mass and conditioning.



Kevin Levrone!

Yates began suffering numerous training injuries and called it a day after 1997's win.

The close of the 90's saw the emergence of another dominant great in Ronnie Coleman ...

Ronnie rise through the pro ranks was a bit out of the norm. He slowly worked through the amateur ranks and into the pros. His placings were well off the mark as far as what the future held for Mr. Coleman. When he got dialed !? History would be made with the winningest pro of all time.

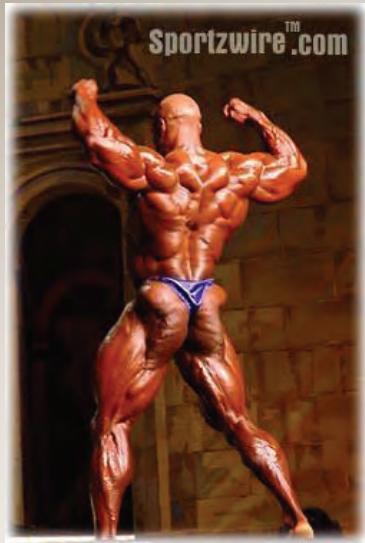
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IRON HISTORY

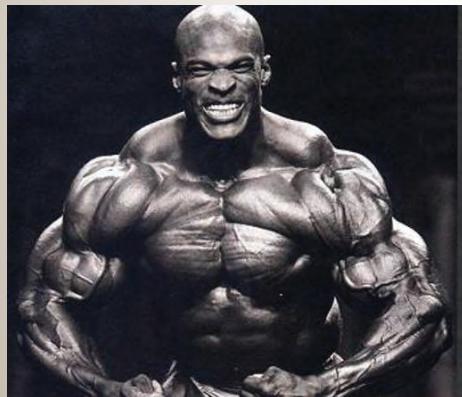
OUR ORIGINS-WHERE THE SPORT BEGAN part III

THE GOLDEN YEARS TO THE PRESENT

Continued from page 12



Above left - Ronnie in 1999 - Big, bad and at his best! Above right - Crispy and full in 2000. Look closely at this pic. Nothing more to do . This would scare the general public ... For us it's where it's at! Very few can comprehend this degree of commitment. Superb condition! Ya gotta love this guy...!



No caption needed.



Clash of The Titans! Ronnie Coleman and Jay Cutler!



Phil Heath

As we close out the final installment of our origins we are in the Phil Heath era . Not too much to say as this is in the now. Phils pics say it all ! Freaky freaky complete! Wow!

You may note that as the decades and years progress in this article there is less info and pics. That is due to there being plenty of coverage from the late 80's onward. I tried to pic photos that would really show that hardcore bodybuilding did not just pop up in the last 20 yrs. I was only able to scratch the surface of the rich history of Iron sports and in particular the art /sport of bodybuilding.

From the staff of AnaSCI, Thank you for reading and thanks also for being a bit different than the mainstream public and following your heart. We only have one shot at this thing called life . Make your mark your way! Just as those before us.

**UNDERGROUND SOURCE
ROUNDTABLE**PART 2 of 3 Continued from page 10

Mr.69: I have a buddy who does volume in weed sales and he owns a car wash, kind of like that dude walter white on breaking bad. Guy funnels all his money through there and really what can the feds say? He takes cash so unless they stake the place out for 2-3 weeks and count how many cars go through there they really can't prove shit. Which is why a car wash or something similar like this is a good business to turn your illegal money into legal ones.

Renegade: taxes would hurt on 40k a month.

Triggerhappy: Fuck yeah it would. Thats why i would just keep that shit under the mattress.

Mr Fonz: Well I can't do this shit forever. Any good source has to have some kind of exit plan. I'm sure there are some guys who do in fact plan to do this for as long as they can but every source has a shelf life. Sooner or later the reaper will come for you and you can't cheat the reaper. The reaper in this case being the feds or some type of bust.

Renegade: So what is a typical shelf life for a source. What determines that to be exact?

Mr.69: I dont think you can even really put a number on that to be honest. The old fashioned way was when you got busted or quit. Now with so many snitches and the feds knowing more about it is going on with the forums, sources need to have a time frame in which they work with to make money. Be it a big time source or the some one selling a few bottles here and there. You have to be ready to leave this game otherwise you will end up a statistic.

Triggerhappy: Thats the honest to god truth. But fuck there are guys like IP who have been in the game for 20 fucking years. So its different for everybody. It comes down to how secure you make yourself and in some cases how lucky you are.

Renegade: IP has been around for fucking ever. Thats so true but he has gone through some shit. Some scary shit. He has been close to busted a few times but he always escaped. he's like mother fucking houdini.

The Fonz: Yeah I have heard over the years some of the near bust experiences he has had. Crazy shit. Most guy would have crapped their pants and ran. IP is a true example of a long lasting source. Transcendent actually!

Mr.69: All the things you guys say are true but it really comes down to the position the source puts himself in. Some sources are just stupid sloppy and some are so good it would be almost impossible for the feds to get them.

triggerhappy: bullshit. If the feds know you and want you its only a matter of time before they get you. they have unlimited resources to get you. If they want you you're dead. Simple as that.

Renegade: So well say you got busted one day. How would you guys handle it?

The Fonz: I can't say it would be easy. With the new sentencing guidelines you are looking at 10 years for a first timer. Not even the 5 they had a few years back. I can't say what I would do but I have to think as a man I would do the right thing.

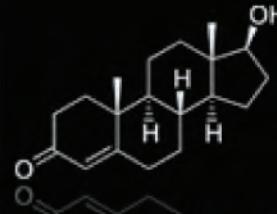
TriggerHappy: I think the last thing any of us want to do is think about the ramifications of getting busted. Some guys crack under the pressure of the fed boot. I for one would like to think that I could handle myself but I guess you just never know until that day.

Mr.69: I wouldn't say a peep. If they got you with nothing on you or in your house it really makes it difficult for them. The one thing I always make sure is that I never have anything in my house or car. As long as those places are clean everything is good. If they catch you with shit will you can kiss all this shit goodbye.

We will stop here for this month and get ready for the conclusion next month. You guys won't want to miss what these guys talk about. It really give you great insight into the working minds of some of the best sources out there. Stay tuned next month meat monkeys! Until then....

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What do I fear?

I fear stagnation and lack of progress.

I fear never reaching my potential and being average.

I fear being forgotten... The past... Yesterday's news.

I fear giving up and being passed by, going softly into that good night.

I fear letting those I love down, letting myself down.

I fear settling, giving in to the "that's just the way it is" mindset.

I fear dying without leaving my mark.

I fear not feeling these fears anymore and just floating along.

These fears feed me, they nourish my drive.

I love my fear.