AnaSCI Newsletter

Anabolic Science

anabolic steroid . nutrition . fitness discussion

anabolic science

Taking the Turtle Route to Long-term Healthier Gains With AAS & HGH Use

Over the many years we have seen a multitude of ways to use and cycle both Anabolic Androgenic steroids (AAS) and Human Growth Hormone (HGH). All methods work, but some are better than others depending on each user's goals. There are a few things to keep in mind when deciding which path you will take, and I'll try to explain these factors in this article as well as try to explain the most common paths users take these days. Also, this article is directed to those wanting to get fucking huge, so if you are wanting that beach boy or Abercrombie look, then this article will not and should not pertain to you.

Over the last 15 years, we've seen an increase in the dosages of AAS, HGH, Insulin, IGF analogues, peptides, and well, everything being used. The days of "cycling" are long forgotten for most users, which entailed taking AAS for 2-3 months and following it up with an equal amount of time off from use. Today, it's not unheard of for many guys to use over 5 grams of AAS each week for long periods of time throughout the year, and that is an understatement. While this method will work in getting you large and in charge, there are some things to keep in mind when going this route. Using high doses for a long period of time will get most anybody large, in a short period of time, especially if their nutrition and training are where they need to be. The problem with this is that it cannot be followed each and every year for most users before side effects come into play sometime down the road. For example, taking 3 grams of testosterone and 1-2 grams of trenbolone may work great for the first year or two or five, but there will be a point, especially as we age into our 30s and older, where blood pressure, hematocrit values, and other health factors will become more prevalent. Guys who previously relied on such doses in their 20s usually find they can't get away with them in their 30s before bad things start to happen.

Now, this is kind of a catch situation where we want young users to be responsible and work their way up in dosing, but on the other hand, if they are going to use high doses, the best time to take advantage of it is at earlier ages before sides start occurring, especially if they compete on stage and have a narrow window of opportunity before getting older. To make matters worse, and let's be honest here, most users these days do not get blood work performed, even when they say they will. If you value your health, I'd recommend getting blood work done 2-3 times per year at minimum.

Before I go any further, I have to discuss AAS response between users. This is very important because it gets lost and overlooked between users and posters across message boards. What one user considers a low or high dose will vary between other users. For example, 1000mg/wk of testosterone may be a large dose to trigger an increase in muscle gains for some users, while others may need half that amount, and others double or triple that amount to get the same muscle size.

Continued on page #6

IN THIS ISSUE

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.

Demand More From Your Sponsors! Peptide Testing EXPLAINED!

Alright i am really tired of all the posts and emails i get from different sponsors that claim "receptor grade", "99.xxx purity" and a whole host of other useless claims. I am here to tell you that most of this is pure garbage. These last few weeks have been very eye opening. Most sponsors (and i mean owners of the companies) are completely clueless on testing methods or even how to read their own tests they post on their websites. And i am here to tell you that not ONE sponsor is innocent of this. When i did the recent LR3 analysis i had a chance to discuss the testing methods and procedures with many of the sponsors and was shocked that most did not even know what should be the actual procedure for testing their peptide or protein. Even the manufacturer that sells them peptide provides them with whatever BS tests that mean nothing. So i am going to explain some tests and graphs you see and what they mean and what they dont mean.

...continued on page # 8

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FEMALE MUSCLE

WITH IFBB PRO

jamie nicole PINDER

Contest prep tips for the first-time competitor

Contest prep can be grueling. As somebody new to the sport, the whole process can be stressful, confusing, and can leave a competitor with a bad taste in her mouth if things are not done properly. Recently, I was speaking to a fellow female bodybuilding competitor who had just finished up with her first prep. To put it lightly, she hated it. Now, don't get me wrong, bodybuilding competitions are not for everyone, but there are a few things that seasoned competitors learn that can make a contest prep period less painful.

1. Meal Preparation

Picking one or two days per week to prepare most your meals is a must. By doing this, you are ensuring that no matter how busy you get during your work week, you will never have to worry about not having time for meal prep. Things like chicken breasts and ground beef can be cooked and individually packaged in the refrigerator or freezer for easy access during the week. Rice can be cooked and then kept in a gallon-size Zip-Lock bag or similar container in the refrigerator. It will easily stay good for most of the week this way. Things like eggs and vegetables are usually best when prepared immediately before eating, and since much of the other food is already prepared, you'll have plenty of time for this.

2. Whiteboard

Invest in an erasable white board. Put it somewhere you HAVE to look every day. I suggest using a white board rather than other computer or online schedulers for an important reason - it's right in front of you every day, and you don?t need to turn it on or log in to see it. So, even if the power is out or your phone is dead, you're still in the clear because you have your handy, old fashioned whiteboard. Plan out your training sessions for the week, this way you?ve got a concrete plan for the week. Last season, once I get down to my last six weeks, I would sometimes forget which days I did cardio, and which type (at one point I was doing both HITT and low intensity). My whiteboard became my savior. After each session, before hopping in the shower, I would write down what type and the duration of cardio I completed. By the end of the month, you can take a step back and actually visualize all the work you?ve put into your prep, thus giving you an immense sense of accomplishment.

3. Don't cheat yourself out of your cheat meals

If cheat meals are in your meal plan, take them!! In most cases, your coach is putting them in your plan for a specific reason. It may be to boost your metabolism, or it may even be just to keep you sane, but they can be an important tool regardless. Don't go overboard and binge all night (unless your coach tells you to), but make sure you give into your cravings. The IFBB friend I spoke of earlier told me she "cheated" by having some grilled salmon. REALLY?! Go out and get yourself a burger and fries or pizza. Not only will it aid you in your fat loss by speeding up your metabolism, but it will make your prep less mentally challenging and it will give you something to look forward to after a long span of rigid dieting.

4. Flavored tea and calorie-free drinks

Flavored green tea has a number of benefits that can help during a prep. Green tea is a powerful antioxidant and the catechins in it can help speed up fat loss. On top of these beneficial properties, it can help with hunger and cravings. If you're craving something sweet and fruity there are a number of green tea options at your local grocery store, drink them hot or cold. I feel it's a good replacement if you're craving fruit juice or soda. And speaking of soda, calorie-free "diet" soda can also be a useful tool in curbing cravings and keeping you mentally stable during a prep. They can generally be used up the last week or so before a competition, but check with your coach for specific recommendations.

...continued on page #6

cyber-space protection

// BRING ON THE CELLPHONE WORLD

Similar to what I discussed in my communication article is Wickr [www.mywickr.com]. I love wickr and use it to communicate to people all the time. It runs strictly data, everything encrypted, and I can send you a message that will delete off your phone in a time frame I set. So that if someone reads it and forgets to delete it, it will already be deleted. Great for discussing issues with a client you don't see too often.

For the record, every call you make on your phones and sms messages can be used against you in court. Even triangulation of your location can be used to support evidence in court. Most smartphones document all this and some even have been put to light. Read More Here.

// HOTSPOTS & PHONES

Its easy nowadays to get a phone with no account number and prepaid. On ATT network you have H2O and on the Tmobile network, you have Simple Mobile. Both can be used with the right phone bought off Craigslist in cash, and used as a hotspot for internet usage or phone usage. There are alot of things you can do to a phone to make it secure. For androids take a look at WhisperSystems.

// USING YOUR REAL NAME & ADDRESS

Simple rule is don't - (use novelty IDs for boxes & using apartments subleases thru Craigslist are great for a one month), houses that are on the market... all sorts of addresses you can use. I have a neighbor in the oil business and 3 weeks out of the month hes gone, so sending a package to that address is nothing really. If you do use your real info I would recommend reading *Legal Muscle: Anabolics in America* by Rick Collins and dont be too surprised if something happens one day. The info is a little outdated now but the basic principles still hold true.

// POSTING YOUR PICTURES ON THE INTERNET

Geotagging is a lot to explain so you can Read About here

Consumer Smart: GeoTag & Craigslist Check Scam - Read About Here

Simply put some phones and cameras will "tag" your pictures with coordinates that can be used to locate you. Now depending on what type of phone your using their are apps to download (deoGeo for iPhone is a good one) for free which will remove the geotag off the picture before you post it. My point here is taking pics of yourself after talking about your use and or taking pics of gear and posting them on forums is asking for trouble from law enforcement.

// ENCRYPTING YOUR COMPUTER

In the event you're caught this is a great option to have. Trucrypt is free and easy to use for the most part. This may get technical for some to instal but here it is forthose that want to use it.

Main Features:

- **Creates a virtual encrypted disk within a file and mounts it as a real disk.**
- **Encrypts an entire partition or storage device such as USB flash drive or hard drive.**
- **Encrypts a partition or drive where Windows is installed (pre-boot authentication).**
- **Encryption is automatic, real-time (on-the-fly) and transparent ~Parallelization and pipe-lining allow data to be read and written as fast as if the drive was not encrypted.**
- **Encryption can be hardware-accelerated on modern processors.**
- **Provides plausible deniability, in case an adversary forces you to reveal the password:**
- **Hidden volume (steganography) and hidden operating system.**

anasci recipe of the month

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

Low-Carb Seafood au Gratin

2 T. Olive Oil
3 pounds Shellfish (1 lb each bay scallops, crabmeat, & shrimp is best)
3 T unsalted butter
1/2 cup oat flour (you can grind down your steel-cut oats in a coffee grinder)
2 cups chicken stock
2 egg yolks
1/2 cup dry white wine
2 cups chopped fresh mushrooms
1 cup chopped fresh scallions
1/2 cup parmesan cheese
2 cups Shredded Provolone Cheese

1) Preheat oven to 400 degrees. Sautée any uncooked shellfish (such as bay scallops) in olive oil on medium-high heat for about 5 minutes. Remove shellfish from pan and set aside.
2) In the same saucepan, melt butter over medium-LOW heat. Stir in bran flour until smooth and creamy.
3) Mix chicken broth and egg yolks together and then slowly add to bran roux, stirring constantly.
4) Raise heat to medium high. Add scallions, mushrooms, and wine. Cook 10 minutes, stirring occasionally.
5) Arrange all shellfish on bottom of 12 inch baking dish. Pour sauce over seafood. Add cheeses on top. Bake uncovered in the oven at 400 degrees for 15 minutes. Makes 6 servings. (Side dish suggestion: asparagus and mushrooms baked in the oven, covered, with 2 Tablespoons of butter, ½ cup white wine, lemon-pepper, and powdered garlic).

Nutritional Info (Seafood Entrée only) per serving:
Calories: 576
Fat: 30.5g (Can be reduced by reducing cheese topping)
Carbs: 13g
Protein: 60g

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NUTRITIONAL TIPS FOR A BETTER BODY

BULKING (on a Budget)

This edition is for anyone tight on cash but trying to keep growth fueled reasonably well. My introduction to lifting and the foods to eat for strength/growth came via me being a "bad kid" and getting sent away to live with kin . I was in junior year of high school. I was fortunate to attend a very small (400) high school in a rural farming area. I was able to wt train M-F at school that year. Besides the wt training I was instructed to eat all the farm milk, beef , eggs and poultry I could as often as possible. It worked well. I had never even heard of protein powder at that time. So my stay was less than a year as I still had some bad kid behavior to get worked out.

So now I'm on my own well before finishing school. Had to keep training and eating for results . It's what I wanted to do. I married at 18. Now I have kid and wife to take care of and try to do my thing while being a dad and husband. My protein staples were cheap lean beef. Cheapest lean I know of today is eye of round , round steak, sirloin. Sometimes I will see other good cuts on sale. I look for prices under $4.50 a lb. Chicken leg quarters I find really cheap at times .70 per lb and it's on. Yeah I know much of that weight is bone and fat. But it's still a deal after that is removed. Turkey after the holidays can get very cheap if you look. Once it's under buck a pound I get interested. Fish can get cheap if you watch. Tilapia and cat are my cheaper favs. Eggs can be had for under a buck a doz at times from aldi's and other warehouse style grocers. White or light tuna in water under $1.20 a tin is a good one. Yes I find tuna under .50 a tin at times but that is that tuna mush as I call it. Cottage cheese in big containers at places like Sam's can be very reasonable. OK. That shouldcover basics in the protein dept.

Next up good cheap carb sources . Pasta is really cheap. Very easy to make pasta ahead for the week. Boil up 3-5 days worth ahead of time bag into desired portions freeze last two days rest in fridge ready to go. Throw in a strainer and dump some boiling water over or microwave it and you?re ready. Prebake potatoes sweet and regular spuds. Microwave them warm when you want them or let them warm in the oven if you are cooking something else.

Beans and legumes. Nice big pot of whatever type beans you like . Just warm up and use with your meals.Nice steady complex carbs. Bulk rice is fine and is cheap. Yes I know brown or wild or whatever may be better than good ole white rice but this is a on a tight budget write up.

Now all we need is vegetables . Frozen or fresh is fine. If you have to eat canned veggies try to do that as infrequently as possible. MY instinct says that canned veg's have all the life and many of the nutrients cooked out of them. The exception being food you can from your garden. Fruits. Well fruit is very seasonal for many of us. Get it while the getting is good. Good cheap apples are around a good part of the year. Bananas under about .60 cents lb I'll buy. Other fruits are cheap at certain times of the year. Nice post work out hit of simpler carbs. A favorite hot weather post w/o hydrator is good watermelon. It gets down under .10 sometimes. That is a deal! I did not mention breads . I feel like bread is not the most desirable bodybuilding food unless you drop some coin for the good stuff. Remember this is for those of us with low dollars. There is nothing here about cooking recipes etc. That is well covered in forums. Our friend BigChef has way more great recipes than I could ever work through. If you are broke or really pinched it is easier to eat fairly healthy than to jam yourself with shitty calories. That can get pricey and yield some unwanted results.

I will tell you that circumstance does not have to slow down your ambition to better your body and mind one bit. Now the "back in the day" speech.

I was 18 training every night after work and saw Mike Mentzer for the first time. I had a baby daughter a wife , rent and car payments etc. I took home well under $200 dollars a week. That was peanuts even in 1980. After seeing Mentzer I knew I'd find a way to eat and keep training seeking out getting muscle like that for myself. Some of the golden era icons were really good hearted guys that understood a broke ass kid wanting what they had. Lance Dreher(jeez what a back!) once told me eat all the apples you want you won't get fat. Just stay away from simple sugars. I think I first tryed protein supps about 4 yrs into serious training. Made great gains into my initiation to this way of life until I had money for supps etc. Managed to put on about 90-100lbs in about 5 yrs. So remember there is a way if you want it -despite circumstance. When tight on food it's always better to spread it over the day rather than 2-3 too full type sittings. You'll get the most out of what you have available that way. Hope this has been helpful for people newer to training that may have limited funds for the foods needed for recovery and growth. Until next time happy eating and happy training ~Turbobusa

suppliers corner Q&A WITH THE RENEGADE

INTERVIEW WITH IP GEAR PART I

therenegade: Hey bro thanks for taking the time out of your busy schedule for this interview. I know your well respected as is the IP name. A lot of guys are really going to want to read this simply because your name is so synonymous with gear.

IPGear: The honor is ours. We really enjoy AnaSCI, it brings back memories of the old boards from the 90's before everything became commercialized. Also these newsletters are great. Every article and interview filled with information that even us older guys can learn from.

TR: I know you're really busy so I'll try to make these questions as painless as possible. I don't want you to have give away any of your really private secrets.

IP: Our biggest secret is who we are, lol. Other then that we will try to be as open and honest in our answers as we possibly can be.

TR: Okay so the number one thing I always ask sources is "how did you get started?".

IP: It was a combination of factors really and I guess the biggest one was I began juicing and needed to support what was going to become quite a habit. In addition, IP who has been a friend now for many years was willing to front me to get started. So I started selling hardwood and then added post cycle supplements. But the real money has always been in the juice, and so after a year or two, I began to sell the whole IP product line.

TR: You've been around a very long time. How do you stay so competitive in a market that has really changed and gotten more competitive over the years?

IP: Treat people as you would want to be treated whether supplier or customer. Maintain your integrity, never accept money for product you don't have on the shelf, continually access your exposure and minimize it wherever possible, stay positive, and when the shit hits the fan, own your own shit.

We just continue to do what we always have, provide a service and a product that has been around for about 20 years now. We work our assess off on the boards and in the accounts. Ultimately it does not matter what you do as it is the customer that decides a sources fate in this business. After over 12 years of doing this we have been fortunate and blessed enough to gain a great following of loyal customers. And God willing we will be able to continue to do what we do for a long time to come.

TR: IP has been around so long and has seen so many changes what do you think is in store for the AAS community in regards to new products in the comings years? Not to long ago it was simply AAS and GH, then pro-hormones came and now its peptides. Do you see anything new coming into the community? I know you guys are on the forefront.

IP: We have never seriously deviated from gear and do not sell GH today simply because we do not have the insight into the manufacturing or the product itself to be able to sell it with confidence. In a program like ours, it was not a big enough revenue producer to warrant dealing with the negatives that invariably pop up when you are selling GH these days.

...continued on page #7

editors notes

AnaSCI would like to take this opportunity to thank all of those that contributed to the making of this issue of the newsletter:

Anabolic Science:
by: Mr. BMJ

Interpreting Peptide Testing:
by: alpha6164

Female Muscle:
by: IFBB Pro Jamie Pinder

Cyber-Space Protection:
by: Rory

AnaSCI Recipes:
by: MillburnCreek

Nutritional Tips:
by: turbousa

Suppliers Corner:
by: the renegade
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Training Techniques:
by: tri-terror
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Supplement Review:
by: Elvia1023

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anabolic science

Continued from page #1

This is important because not every bodybuilder will need 2-3 grams of AAS to reach 250-300 pounds. So those who respond well to smaller doses can usually take small increases year to year and continue to grow, especially if they are consistent with their training and nutrition. The guys who need higher doses at some point will need to reevaluate their use after a few years, or possibly suffer from side effects. This brings up the importance of staying consistent year to year in order to continue obtaining gains.

One common mistake I see bodybuilders make is not staying consistent with their nutrition and training, and only training hard when "on." Let's bring up another reality check, 98% of us will never be good enough to get a pro card in bodybuilding, that's just a fact. So that 2% who responds to anything and everything is a very minute group that just about everybody reading this is not a part of. The hard cold truth of the matter is that muscle accrual for veteran lifters is not something we get over 2-4 months of training hard, but instead throughout an entire year or two. People are deluding themselves if they think training hard while on for a measly few months will get them bigger than the year prior. Again, if you do not have pro genetics, you need to stay consistent, but this brings up the question of how. How do you stay consistent, yet stay on AAS for long periods without burning your body out and jeopardizing health?

One way to do this is to follow a "blast and cruise" scheme, where you blast for 6-12 weeks, then come down to low dose testosterone doses for an equal amount of time. This will undoubtly vary user to user, and again, blood work will help give you a direction on how your use is effecting your health. I do not want to overcomplicate this, but the blast part of the plan will vary in dosing user to user, so this is something that each user will need to do some trial and error on. You will know if you are a super-responder to AAS the first time you take them. You will simply outgrow everybody around you while using the same or lower amount of AAS. If you fall within this group, you can take smaller jumps in dosing with each blast period. Guys needing larger increases will need to keep tabs on their health even more.

Another method to use for longevity, especially for guys who already have all the size they want, is to follow a cruise period for most of the year while taking HGH, and then when contest preparation rolls around, bump up the doses between one or multiple compounds to off-set hypocaloric catabolism. For example, 250-500mg per week can be used throughout the year, while food should be the main priority as well as progressive strength increases in training, along with moderate amounts of HGH. The goal here is to stay consistent, while coming in each year bigger, stronger and better than the previous one. The addition of HGH has helped many users stay leaner while being able to shovel in more food for growth and strength. I should probably note that just like AAS dosing will vary user to user, so will caloric demands between each person. Some people may need 5,000 calories to grow, while others may grow like a weed from 3,000 calories. Another goal here is to eat enough for growth, and not be afraid of a little belly fat accumulation. We're not talking about eating so much you look like a fat turd, but enough to stimulate growth. These demands will progressively increase throughout each year just like doses of AAS.

Once contest or cutting prep begins, increasing the doses will help off-set catabolism while eating under maintenance calorie levels. So while users may blast for 12-16 weeks during this phase, many find it much more forgiving to their health than blasting the whole year. Many also call this approach "growing into a show." Follow this approach, and I guarantee you will grow. You may not grow as fast as the user blasting high amounts all year long, but you will steadily gain each year, for many more years, while having better health, and most will find they can follow this scheme well into older ages. So the goal in this is to improve each year for a longer period of time of 10-20+ years, rather than blast all year and burn-out the body in a shorter period of time.

So in essence, what we have here is two approaches that will take you to your goals, and a classic example of the race between the rabbit and the turtle. Heck, I do not even want to call it a turtle because I've seen and read about many guys following the later scheme of cruising all year and making some huge ass gains from just food, training, and small to moderate doses of testosterone and HGH. Above all else, your health is the most important factor in all of this, if you blow out a kidney, have a heart attack or die, well, you fail! In the perfect world it would be nice to blast 10 grams of gear each week and not have to deal with any side effects, but the reality of this is that we do not live in a perfect world, so deciding on how you take your AAS and HGH should be of great concern. And let's not forget, that turtle did pretty well in his race!

FEMALE MUSCLE

...continued from page #2

5. Walden Farms
Walden Farms makes a number of zero-calorie condiments. The key to these products is MODERATION. They are only calorie-free when used in the recommended serving sizes. Walden Farms chocolate sauce is an absolute must have for me during my prep, especially when the dreaded PMS chocolate cravings kick in. I usually will make a bowl of oats and add the chocolate sauce, Splenda, and natural peanut butter. The company makes several products, and some are much better than others. Try them and see for yourself.

6. Melatonin
In most cases competitors are utilizing fat burners that contain a number of ingredients that can keep you wired all night. We all know that sleep is an important part of any athlete's plan, and without it, waking up for your 5 AM fasted cardio can be a real strain on your body and mind. During my first two preps I didn't use any sleep aid and instead toughed out my sleepless nights with hours of tossing and turning. On occasion I would use Benadryl, but the grogginess in the morning was almost worse than not getting any sleep at all. Melatonin has the same ability to put and keep me asleep, while leaving me feeling refreshed when I get up. Getting a full-nights sleep made a world of difference in my training and prep. My overall performance in the gym was improved along with my demeanor. For most people, 5mg taken 30 minutes or so before bed is enough to get a good night's rest. Toward the end of prep when things get crazy, it may need to be bumped to 10-12mg.

In conclusion, prepping for a show can be challenging, but remember to enjoy the experience for what it is. It is an opportunity to push yourself and learn more about your body and mind than you ever have before. If you are completely miserable day in and day out, take a step back and evaluate your prep plan. Often, small changes can be made to make things more bearable. The more preps you do, the more you'll learn about your body, and the more little tricks you'll learn to make the experience more enjoyable for you (and everyone around you).

Until next time! ~Jamie

suppliers corner

Q&A WITH THE RENEGADE

...continued from page #5

Now after 18 months we are confident that, for us, that was a good decision. As far as pro-hormones and peptides, in a gear program, there's not enough money to warrant the additional exposure created as you market and sell these items while associated with a program like ours. When you got guys like Phil H out there who not only understands these products, their value, their use, but also has a good program in place to produce and meet the demand, breaking into that market even if there is potential money to be made would be challenging to say the least. The greater money and the greater risk appears to be where its always been, in the roids.

TR Speaking of being around so long...sources like you guys don't stay around as long as you do by being stupid and careless. Tell me a little bit about what kind of precautions you guys take to protect yourself and your customers. With LE all over these boards now you can never be too careful.

IP: The only chance beyond fate, luck, or God, to stay around is a continual re-evaluation of exposure and a minimizing of risk wherever possible. In the beginning we all handled gear, we all received money in the mail, we had many "friends" on the boards, and over-confidence and greed often blinded us. Most busts should not occur, but when does, it pays to critique them and identify what they did to contribute to their own failure. Or what someone else did to contribute to their failure. There are no friends in this business and few people can ever be trusted to the inner workings of your program. The guys that have their asses out there are the shippers and they should be well compensated and everything that can be done to minimize their risk should be done. But you can lead a horse to water, but unfortunately you can't make him drink. Therefore we have our share of busts, and again, when they are critiqued, they generally reveal serious, costly lapses in judgement. In theory, the only thing a shipper should ever get popped with is a few unopened packs that he has no idea what the contents are. Finally, there are few people that have much of a value to a program after they have been popped and where ever possible, no one associated should have a criminal record.

TR: Now on the other flip side...what do you do about customers you feel are info collectors or out to do something shady? Do you have any instances you can share where you have had customers do some shady things that you had to cut them loose?

IP: Honestly, Gear users are good guys and so losses to scammers like busts are actually rather rare. They do occur and most recently, these couple of phucks from Texas who were loyal customers for some time that decided that they were going to go ahead and scam us. They took our program for about $10,000 in a series of orders that we were not able to detect in time. We figured that we owed it to them to provide their personal information here for any source viewing the newsletter to see and take note of:

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2156 SAN FERNANDO ST
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We have however evaluated and implemented protocol to keep something like this from happening again. Something like that hurts our truly loyal customers more then us because it we can easily recoup the loss but our customers are the ones that feel the sting of the new protocols put in place.

You can eliminate all scamming, but sometimes the controls required negatively affect delivery times and in this business delivery times are about the top of the list of what's important for success. Whether its a supplier who phucks you or a customer, or an offshore company, anytime your losses are less then 10% in a year you are doing pretty good.

...continued on page #10

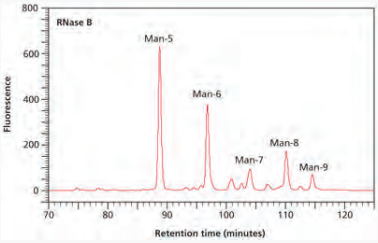
INTERPRETING PEPTIDE TESTING

...continued from page #1

This is meant to be strictly educational so you guys understand what you are looking at and dispel some myths and mis-information.

HPLC:

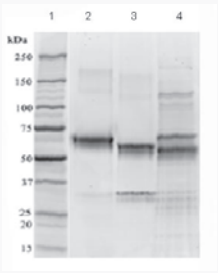
This is a method where a mixture of compounds are studied and analyzed and broken down to see how many different components it is made up of. This method does not identify the specific compound in hand at all. It does not give you the mass of the compound in daltons for you to cross match with what you are looking for. If you already have proof that you have something in that mixture it will show you purity but or not if there are several compounds are there. For example you can do an HPLC on a perfume to see how many different actual perfumes it is made up of etc. But for our purpose HPLC is pretty useless because it does not tell you anything useful. So when you see a sponsor post an HPLC of a so called product you need to beware.



This is what a typical HPLC looks like. Notice the X axis is always in time and not weight so it does not tell you anything. The Y axis is the concentration but thenagain does not identify the product. (Click to enlarge)

SDS-PAGE:

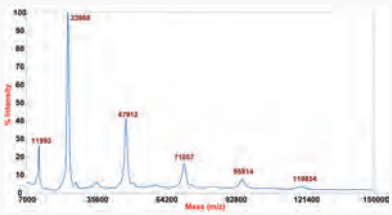
This is a sodium gel electrophoresis and used heavily in genetics, forensics and chemistry where proteins are separated based on their ELECTROPHORETIC mobility which is a function of their polypeptide chain length and its electric charge. This shows up as a band on the gel. This is pretty decent in identifying if a certain protein exists at a certain weight range we are looking for. For example if we know that IGF LR3 has a 9111 dalton weight we should expect a thick heavy band in the 9000 range. The major issues with this procedure is that it is very limited and not very accurate down to the dalton weight. You may see a band in the ~9000 range but you dont know if it is 8800 or 9200 etc. And this is a huge issue when you are actually identifying a specific product. It also DOES NOT tell you how much total of a compound you have to begin with.



This what a typical SDS-PAGE looks like. You can see bands showing up but there is nothing specific or accurate about it. For example, look at column 2. We can see a thick band showing up between 50-75kda but where does it actually fall? It is 58K or 63K? Who the hell knows. You also see lighter shadows around the thick band but doesnt tell you how bad the other impurities are. (Click to enlarge)

MASS SPEC:

Mass spectrometry is where singular spectrum of the masses of the molecules comprising a sample of material are displayed. It really doesnt get much more accurate than this. It is basically used to determine the elemental composition of a sample based on the molecules mass weight. This will tell you not only if you have a pure sample but what the actual mass weight of the sample is and if there are other molecules that weight more or less than what you are looking for. Once again this will not tell you what is the total weight of your sample (as in total product weight). What i mean is that if i turn over a vial of IGF LR3 to the lab and they do a mass spec and it comes back with a perfect spike at 9111 daltons. All it means is that there was LR3 in there. It wont tell me if there was 0.1mg or 1mg or 10mg of LR3 in that sample. (Hope that makes sense.)



This is what a typical MALDI TOF mass spec looks like. You can see peaks at the different exact mass where the compounds were detected. There is no guess work. (Click to enlarge)

...continued on page #11

TRAINING TIPS

MOUNTAIN DOG TRAINING - JOHN MEADOWS

Hey there brothers in iron, this is Tri-terror coming at you this month with a training article from the master of pain himself, John Meadows.

John has burst back onto the bodybuilding scene the last few years and had a huge impact. Both in terms of his placings and his diet and training methodology. John is the creator of the "Mountain Dog Diet", as well as "Mountain Dog Training". Last year John nearly won his pro card at Master's Nats taking a much debated 2nd place in the Heavyweight Division, and engineered Antoine Vailant's prep for Canadian Nationals where he turned pro last year.

OK John here are some questions for you:

TT: Your training style has been picking up steam lately with a lot of praise online, and comments on your training videos. What do attribute this success to? I mean why do you think people like it?

JM: Results. People who are after muscular hypertrophy do well with this program. The other cool thing is the increases in strength that occurs. This was a little surprising to me, but it makes sense when you think about the explosive style reps we use and the accommodating resistance work we do. What didn't come as a surprise was all the compliments on people's joints feeling better. Exercise sequencing and using certain range of motion on certain exercises are what drive this.

TT: From what I have seen/read about your training, I would characterize it as high intensity/high volume(you know us bodybuilders have to label everything!), how would YOU classify it?

JM: I would call it a periodized layering system. When I say layering, I mean attacking the muscle with a certain rep range, technique or goal. For example, 5 sets of 5 is a system, but if you also did other types or reps, rep ranges, etc, it would only be a layer. My system basically uses 4 layers. A pre-pump layer to drive nutrients into the muscle and get the muscle engorged with blood, an explosive layer designed to create maximum muscular tension throughout the entire range of motion, a supramax pump layer designed to get the absolute most blood in the muscle you can, and a stretch layer in which you use an exercises that applies some stretching to an already pumped muscle. The order of these layers are very important and feed into each other logically and intelligently.

TT: I know that overtraining is kind of a buzz word today and many people are worried about it. What are your thoughts on overtraining, and how do you recognize if in fact you are over doing it?

JM: Overtaining is real, overreaching is real, but all the people worried about it, shouldn't be, because they don't usually train hard enough to even think about overtraining. Many people have poor nutritional habits, stressful lives etc, so may not feel great, but that's not because the training system isn't well thought out, it is because they are lazy in other aspects. Training and nutrition should compliment each other. You can't think of them as seperate entities.

TT: I tried to piece together a MountainDog routine from your articles and failed miserably. I don't think I had the right combo of exercises and volume. For someone who wants to try out a little MD training before they pull the trigger to hire you, what you suggest they do?

...continued on page # 13

suppliers corner

Q&A WITH THE RENEGADE

INTERVIEW WITH IP GEAR PART I

...continued from page #7

TR: How do you guys feel about all these new sources popping up? Seems not too long ago it was almost impossible to find a source if you had been on the boards shorter than 6 months. Now you can find them at the click of a mouse. Doesn't that seem like such a huge security risk to not only the community in general but for other sources?

IP: In general we believe two things about other sources. It never pays to call them out as its rather unprofessional and none of us are perfect. And also, we all were new once and we all needed support initially to overcome the resistance that's inherent in the market place starting out. But the reality is that most don't know how to protect themselves let alone anyone else and but for rare instances, they aren't bringing any product that's been proven over time to be good.

TR: What do you think about so many sources offering raw materials now?

IP: We have never been a big fan of dealing in raws. Not only are you taking the chance in getting hit with a manufacturing charge, which ultimately can hurt everyone in our program and essentially end it but you also have to deal with making sure that you are producing sterile product that isn't going to kill your customers.

TR: What about the sources that are not only taking all the risk to import them into the states but then to turn around and list them and sell them domestically?

IP: We believe that is foolish on many levels. One being you take enough risk trying to import finished product without even mentioning the risks associated with importing raws. Second you are only hurting the sourcing market because that is where all of these new sources are coming from. Anyone can buy some raws now easily and start brewing gear in their parents basement. Buy a label marker from Office Max and there you go a new source with their own brand. They can sell the product dirt cheap because it cost them phuck all to buy, they aren't occurring any of the risk in having to receive the product, so it is essentially pure profit.

With the way the forums are now you do not need to be known to get an advertising spot out there, as long as you pay your ad fees you are good to go. You brew your gear, throw up a banner, list your 'new' brand of product $20+ cheaper per vial then any source on there and you have the orders rolling in. The sad thing is 90% of the time the customer's wallet will dictate where they go and they will jump on that 'awesome' deal without ever considering how that product was made, who it was made by and where did this new found brand come from. They only see the bottom dollar figure.

TR: And ultimately this is where the scam ends up happening.

IP: Correct. As you can easily see on the boards, after some time people posting up saying they are not receiving responses to their emails and they never received their orders. Because that 'new' source ran out of raws and products and their source may not have them available at that time to replenish, so the 'new' source says phuck it, let's go out with a big bang and make another quick $10-20k before going under again. And we see this coming all the time and just sit back and shake our heads. That source is already not filling orders so what do they do, jump on the forums and tell everyone that things are being taken care and all emails have been answered. Right after that they create a thread stating a Huge Blow Out Sale going on for a couple of days. Just like that they scored another big chunk of cash to go out with!

TR: Yes I think to myself all the time when I see it, how can these members be so careless with their money? I mean they are already complaining that they don't have the money to spend on higher priced gear that the long time sources offers yet they just give their money away to these new guys without a thought and in the end receive nothing for it?

IP: It is an expensive life style we are living in so we understand that people want to save and get the most for their money but at what cost? The cost of their health on products that they do not know how they were made? The cost of their money, not knowing if or when they are going to get burnt? It is a crap-shoot no matter how you look at it every time you make an order. There is always that chance that the source is going to go down, turn scammer or get burnt themselves. Like has been said for countless years now, never spend more then you can afford to lose.

...continued on page #11

INTERPRETING PEPTIDE TESTING

...continued from page #8

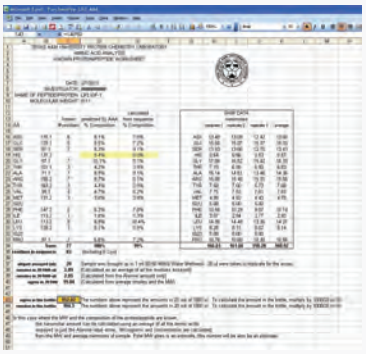
So we have discussed the potential ways to identify a compound with a certain mass weight and discussed how mass spectrometry is the best method. But none of the above have verified what we actually have short of what is the mass weight of the molecule. Let me explain further. Since we have discussed IGF LR3 we will just stick with that. We know it has a mass weight of 9111 daltons. I can piece meal together enough crap protein in a chain in a lab to give you A SAMPLE that has a mass spec that will show up in the 9100 range. But does that mean just because you have a sample that weights close to 9111 that it is actually IGF LR3? HELL NO.

The only way is to do a full amino acid analysis. There is a two fold reason for this. One it will show if the percentage of amnio acids found in the sample match the % of amino acids that SHOULD be in the LR3. Because we know from the sequence how many glutamaine, leucine, aspartamate etc are in one chain of LR3. So when you do an amino acid analysis those percentages should match up. For example, if your sample shows up with an amino acid that doesnt even exist in the LR3 chain you know something is screwy.

The second reason for the amino acid analysis is that it will tell you within 10micrograms what the total weight of the protein you are testing for in that vial. What is the point of having a pure IGF LR3 but it really is 0.1mg vs 1mg or 10mg.

AMINO ACID ANALYSIS NOW WILL CONFIRM AND BACK UP WHAT YOU FOUND IN THE MASS SPEC BUT ALSO TELL YOU THE TOTAL WEIGHT OF PRODUCT IN GIVEN SAMPLE.

This is what a typical amino acid analysis looks like. I have taken out the name of the sponsor because this is not meant to be an advertisement and strictly educational. But you can see that we have the different amino acids listed on the left and what the known percentages should be vs what is the calculated from the sample. There is always a deviation allowed up to 1.0-1.5% considered very acceptable. You can see in this report that at the bottom there was a total of 952micrograms of LR3 found which is 0.952mg that is as close as to the 1.0mg advertised on the vial as you can get. You can also see that there was a slight amount of Histidine found in this sample. If you look at the sequence of IGF LR3 there is no Histidine found anywhere so to find it means that a very small sample had Histidine attached that were not cleaved off during the purification process. This is why amino acid analysis is so important.



Amino Acid Analysis (Click to enlarge)

CONCLUSION:

So what do we learn from all the above? Not to be a sheep and just swallow everything that is fed to you. The only way any sponsor can prove to you what they are selling as far as a peptide/protein of any sort is to show you a proper Mass Spec report WITH a full amino acid analysis. One without the other is worthless. Just showing you a mass spec is worthless. Showing you HPLC reports and SDS PAGE reports shows that they really have no idea what they are doing. Please pass this information on as this should be a must read for everyone researching. Good luck.

suppliers corner INTERVIEW WITH IP GEAR PART I

...continued from page #10

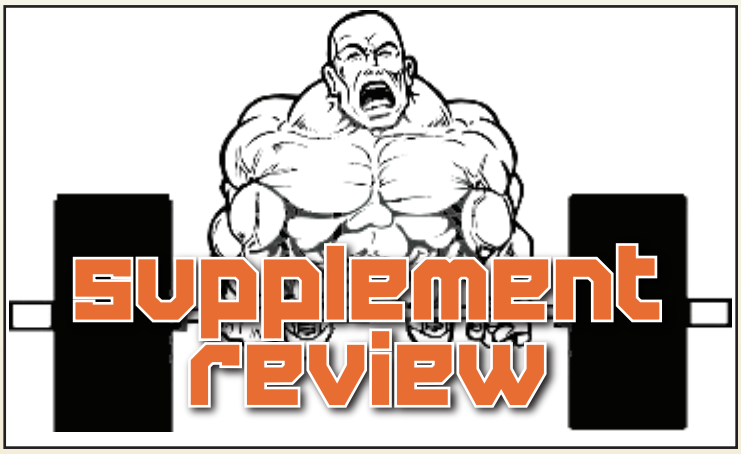
IP: Of course everyone wants to get the cheaper roids but any source, especially domestic that is dropping their prices so low only to corner the market and make the quick sale is not in it for the long haul and to us that means that they do not truly respect or appreciate the risks that their remailers and shippers ake. These guys are the ones that make it happen and they must be compensated well for their risks.

TR: Well on that note, let's end this first part of the interview there. Give the reader something to think about regarding sources and safely investing their money in their orders.

I appreciate the time you have taken out of your busy schedule to answer some of our questions and look forward to continuing our conversation again. Thanks!

IP: Our pleasure. We look forward to it.

CHECK OUT NEXT MONTH'S ISSUE OF THE ANASCI NEWSLETTER FOR PART 2 OF THIS INTERVIEW!



Our focus for this issue will be on the supplement:

PharmaFreak MASS FREAK

During the last few months I have been using Mass Freak to help build muscle. It's a traditional high calorie weightgainer product. A full serving is a massive 175g carbs, 50g protein and 5g fat. Therefore if 1 serving is used with water it totals 945 calories.

Traditionally these sort of weightgainers are best used by ectomorphic physiques. By reason they usually require more calories to grow and don't have a predisposition of gaining fat easily. However I feel these high carb formulas can be beneficial to any bodybuilder under the right circumstances. These circumstances vary due to activity level, drugs used, timing and overall goals. I have to add a user could simply take 1/2 a serving which would total 25g protein and 87.5g carbs which would signifcantly reduce the amount of overall calories per shake.

Nutrition around a bodybuilders workout is vital for his/her results. Although not vital for most I believe intra workout nutrition can add to a bodybuilders results in and out of the gym. I purchased Mass freak as my intra workout shake. I know many do not like consuming calories during training due to bloat, nausea and general sluggishness when training. However I have found mass freak to be perfect for this time if sipped slowly throughout a workout. I have tried chocolate and strawberry flavour and both taste nice and gave me no unwanted side effects. I have used many similar weighgainers in the past and experienced gastrointestinal issues. Mass Freak surprised me in that respect. Although I feel a major factor in that is the fact I drink it slowly over 1 hour or so.

Many want to have the perfect diet and as a result can overcomplicate their actual nutritional needs to build muscle. I can be the same as I look at nutritional profiles of products and see their faults. On paper I see many in this product but in real world results I see the opposite. To me it's a simple way of getting those high levels of carbs needed for energy whilst training and a steady flow of amino acids to help go towards building and repairing muscle tissue.

I recently started using insulin and this is one of the main reasons I chose this product. Ideally you want to base your slin dose on your carb intake. However as I was new to slin I simply wanted to make sure I didn't go hypo and this shake does that and more. I think a balanced diet is best even when using slin. But I wanted to minimize my fat intake whilst the slin was active so I picked this formula. Many similar formulas can include 5x more fat to bump up the overall calories. Fat is great when using slin for various reasons but most sources of fats in weighgainers are not gonna be the best forms. The carbs used in mass freak are 10DE maltodextrin, Waxy Maize and Levulose. Whilst on paper there are superior forms these will still assist in maximizing muscle cell volumization, glycogen storage, workout performance and recovery from training. Mass Freak gives me a steady flow of energy and when combined with slin excellent muscle pumps and overall fullness. Most importantly I have not got fat from combining the two. Overall daily calories are key but I feel if activity (training) levels are high when slin is present the high level of macronutrients just goes towards shuttling those nutrients into the muscle so you can start to repair the muscle and of course energy expenditure.

Nutrition Facts (Vanilla)
Serving Size: 4 scoops / 250 g
Servings Per Container: 27

Amount Per Serving	
Calories 950	Calories from Fat 35
	% Daily Value*
Total Fat 4g	6%
Saturated 2.5g	13%
Trans 0 g	
Cholesterol 120mg	40%
Sodium 590mg	25%
Potassium 1560mg	45%
Total Carbohydrate 178g	59%
Dietary Fiber 1g	4%
Sugars 59g	
Protein 50g	
Vitamin A 0%	Vitamin C 0%
Calcium 60%	Iron 8%

Typical Amino Acid Profile	
Alanine	2273 mg
Aspartic Acid	5127 mg
Arginine	1361 mg
Cysteine	1084 mg
Glutamic Acid	8721 mg
Glycine	1004 mg
Histidine	1004 mg
Isoleucine	3092 mg
Leucine	5034 mg
Lysine	4493 mg
Methionine	1084 mg
Phenylalanine	1731 mg
Proline	2365 mg
Serine	2365 mg
Threonine	3634 mg
Tryptophan	951 mg
Tyrosine	1586 mg
Valine	3092 mg

Vanilla Ingredients: Carb Complex (10DE Maltodextrin, Waxy Maize, Levulose), Protein Complex (Whey Protein Concentrate, Whey Protein Isolate, Micellar Casein , Whey Protein Hydrolysate, Egg Albumin), Amino Complex (L-G lycine, L-Glutamine, L-Leucine, L-Isoleucine, L-Valine), Lipid Complex (MCT, Flax Seed Oil Powder), Fibre Complex (Inulin, Apple Pectin), Bromelain , Natural and Artificial Flavour.

Mass Freak contains a blend of fast and sustained protein powders all good on paper. It's actually loaded with 20 grams of glutamine and bcaas per serving. glutamine is the primary transporter of nitrogen into your muscle cells. Studies have shown that L-glutamine supplementation can minimize breakdown of muscle and improve protein metabolism. However during intense training glutamine levels are depleted in our bodies. This depletion showing another reason why Mass Freak is useful intra or post training.

Digestive enzymes can be very useful when consuming lots of calories. Mass Freak contains bromelain which is a mixture of enzymes found naturally in the juice but mainly stems of pineapples. It's a proteolytic enzyme and helps with the digestion of protein. It's one of my favourite supplements and a great addition to the product. However it does not list the amount it contains so I feel it is likely too low to make a significant difference.

The product also contains some fibre and essential fatty acids (EFAs). The fibre comes in the form of apple pectin and inulin. These are both biotic fibers that support digestive health and improve the absorption of muscle building nutrients. Although Mass Freak only contains 1g fibre so far too little to have noticeable effects. These low amounts of ingredients are common with most supplements in today market. It's often done so the company can list them on the ingredients page to make the product more appealing. Shame in this case as the included fibers can contribute to the power of insulin and direct nutrients for storage in muscle tissue as opposed to being stored as fat. They also help lower insulin resistance which is very important for the insulin taking bodybuilder.

Mass Freak is available in 3 flavours (chocolate, strawberry and vanilla) and comes in 6.8kg bags. After 2 months of usage I have found a sweet spot at 3-4 scoops pre training. A full serving (4 scoops) will mean you have 27 gym days per bag. Overall this product gives me a good blend of macronutrients and no side effects when sipped slowly during my workout. I am very pleased with my purchase and recommend it to all newsletter readers

TRAINING TIPS

...continued from page # 9

JM: Go to T-Nation and search on my name under authors. You will find sample routines for most bodyparts, as well as in my forum over on AnaSCI.org. You can also join my website for a few bucks a month and get a ton of routines that I picked out of various programs for people to try.

TT: In your training you have three phases if I'm not mistaken, where you slowly ramp up the volume followed by an ending period of more HIT style I believe. Could you talk to us a bit about how you set those up? Like the length of each phase and approximately how much volume is in each one?

JM: The periodization part is easy. Work your sets up over 2 to 3 weeks. Crank hard for 6 to 8 weeks, then bring sets back down.

TT: Let's talk about peri-workout nutrition a little, as I think that is a big part of what you are doing so guys are not getting sore and recovering quickly. What kind of guidelines do you have regarding the macros surrounding your workout and what kind of products do you like/prefer?

JM: Safely increasing training frequency is a very good thing for hypertrophy. In order to do this, you must have optimal recovery though or it will catch up to you fast. I have experimented with about every possible combination of supplements ever created..haha. I was always left disappointed. Last year I began using a supplement that contained casein hydrolysate and branch cyclic dextrin. In a day or two, I simply ceased getting sore. I thought I wasn't training hard enough, or doing enough, so I literally annihilated myself but still couldn't get sore. I a little soreness is ok, we need an inflammatory effect to get the ball rolling on the processes that lead to hypertrophy. Heck I was insanely sore for basically 20+ years of my life and still managed to grow into a top national heavyweight. However, the way I do things now, has allowed me to make the most pure gains than I have in YEARS, so I am thrilled and will keep doing it. It is also to remember that training and nutrition should match. The intra protocols I set up are for people training with my style. They fit like a hand in a glove. If you do shorter routines, say a 30 minute HITT session for example, I would greatly modify the protocol.

TT: How does the pre, during and post workout nutrition actually work? Or rather why does it work?

JM: You eat a small meal far enough out so that it's not heavy in your stomach. You want a little carbs and fat too. Carbs will get an insulin response going, but the fat will control how quickly glucose enters your blood and prevent your pancreas from making a huge insulin dump. So for example, 4 oz of chicken, 1/2 cup of oats, and 1 tbs of almond butter 60-90 minutes from training. You start to sip your intra drink 5 to 10 minutes before training to get the nutrients into your blood where mechanical tension from training hard, and insulin production will both result in nutrients being shoved into muscle tissue via Glut-4 translocation. After you are done training, there is no need to rush and guzzle a drink or whatever. Your intradrink did it's thing so just go home, cook up some beef and rice when you are ready and then chow down.

TT: Do you modify anything workout related when it comes to pre-contest or does it stay pretty much the same?

JM: The last week I tend to back off volume some, and also slow down on the high intensity techniques like partials and drop sets. We also don't want anybody shooting for PR's in their ripped state, so basically we try to stay in one piece, and not do anything dumb and get injured.

TT: I'm going to be a little selfish here and ask a question for myself! But I think many others could gain from it too. That little part of the back around the lower traps area, between the shoulder blades. I need to bring that up pronto! Do you have an exercise that will hit that area?

JM: Go to my Youtube page (mountaindog1) and look up prone shrugs. BOOM, there you go: https://www.youtube.com/watch?v=rPg8YHhORkE

10) What is your favorite muscle to train and what is your favorite exercise for it?

JM: Legs and squat variations

TT: What is ONE supplement EVERY bodybuilder should have in their cabinet?

JM: Hydrolyzed Casein or Whey for their intra drink since I am only allowed one.

TT: I'd like to thank Mr. Meadows for taking time out of his busy schedule to answer these questions for us. For more information on the Mountain Dog Diet and Training check him out at his site: **http://www.mountaindogdiet.com**

There you can subscribe to the MountainDogDiet Club for a very low monthly rate as well as get information on hiring John for your training and diet needs.