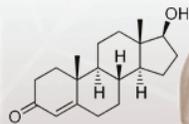


AnaSCI Newsletter



Anabolic Science

anabolic steroid . nutrition . fitness discussion

cyber-space protection



The Game has changed.....

The recently closing of secure email providers has led to a lot of questions being asked about where to go and who to trust. Lets look at a few actions that have taken place recently.

TORMAIL- Obviously most here are familiar with Tor and its benefits. However its mail service went offline after Irish authorities arrested the man was reportedly the hosting provider.

LAVABIT- US Based Lavabits owner, Levinson was served with a secret federal court order to allow intercepts from the federal government. Those intercepts would allow the government to access the emails of all its customers. He choose to shut it down and is currently in violation of the court order and has stated he has been threatened by the government with arrests multiple times. He had a decision to make, allow the feds access and keep his company but violate rights of his users, or shut it down and lose his company of 10years while keeping true to his word.

SILENT MAIL- Silent Circle is another US based encrypted email which also offers silent text and silent phone. Founder Jon Callas wrote in reply to his decision to shut it down "We see the writing the wall, and we have decided that it is best for us to shut down Silent Mail now." The reason? To protect those using the service.

These companies are doing what is morally an ethically right but who isn't? We are all aware of the Hushmail cooperation with the feds back in 2007 that was obtained with a mutual assistance treaty between the US and Canada. This was geared towards steroid dealers at the time. We can also note that Snowden's leaked documents show that Google Inc, Microsoft Corp and other large providers have been compelled to help intelligence authorities gather email and other data on their users. The big providers and other companies typically offer encryption but said they cooperate with legal requests, including those by intelligence officials.

Now before going further lets look at the NSA and SOD in working with the DEA. An investigation by the Reuters news agency has uncovered regular use of information from the NSA by the DEA to bust drug users and dealers. "The investigation alleges "A secretive U.S. Drug Enforcement Administration unit is funneling information from intelligence intercepts, wiretaps, informants and a massive database of telephone records to authorities across the nation to help them launch criminal investigations of Americans."

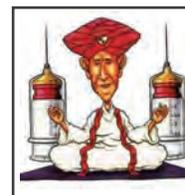
Our current state of government has more "secret" courts issuing warrants without cause. Obviously this is bullshit and they are doing what they want, when they want without cause. They find a case they want to pursue and all of a sudden obtained "warrants" from the secret courts. The fact that law enforcement agencies being fed the information by the DEAs SOD division have been asked to conceal their sources of the tips, is a sure way to tell the information is obtained illegally.

Its being speculated that soon, if a US based "encrypted email service" exists, it is most likely complying with the FEDs orders. After all, everyone has bills to pay right? The safety of using an email service in a country that has a mutual assistance treaty with the United States is also of risk. According to the state department (Treaties and Agreements) treaties are in place as follows:

[Department of State in cooperation with the Department of Justice to facilitate cooperation in criminal matters, are in force with the following countries: Antigua & Barbuda, Argentina, Australia, Austria, the Bahamas, Barbados, Belgium, Belize, Brazil, Canada, Cyprus, Czech Republic, Dominica, Egypt, Estonia, France, Germany, Greece, Grenada, Hong Kong, Hungary, India, Ireland, Israel, Italy, Jamaica, Japan, Latvia, Liechtenstein, Lithuania, Luxembourg, Malaysia, Mexico, Morocco, the Kingdom of the Netherlands (including Aruba, Bonaire, Curacao, Saba, St. Eustatius and St. Maarten), Nigeria, Panama, Philippines, Poland, Romania, Russia, St. Lucia, St. Kitts & Nevis, St. Vincent & the Grenadines, South Africa, South Korea, Spain, Sweden, Switzerland, Thailand, Trinidad & Tobago, Turkey, Ukraine, United Kingdom (including the Isle of Man, Cayman Islands, Anguilla, British Virgin Islands, Montserrat and Turks and Caicos), Uruguay, and Venezuela. In addition, on February 1, 2010, 27 U.S.-EU Instruments/Agreements/Protocols entered into force that either supplement existing MLATs or create new mutual legal assistance relationships between the United States and every member of the EU. Mutual legal assistance agreements have been signed by the United States but not yet brought into force with the following countries: Algeria, Bermuda, and Colombia.]

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

cyber-space protection

Continued from page 1

Where does this leave us? Not many places will be completely secure. Callas wrote that Silent Phone, Silent Text and Silent Eyes -- Silent Circle's text, phone and video services -- are still "end-to-end secure." Email, though, is a different story: "Email that uses standard Internet protocols cannot have the same security guarantees that real-time communications has. There are far too many leaks of information and metadata intrinsically in the email protocols themselves," Callas wrote.

This goes back to previous articles I have written regarding security thru encrypted IM and end to end devices. Wickr, silent text are a couple that are great and secure sources for communications.

Now the argument has been made on forums that LE doesn't want the little guy, just the dealers. Quite possibly in the past that was true but with the current info regarding SOD directives to contact your local LE and pass them the info, don't think the traffic stop you get coming home from the gym may just be coincidence. Also take plenty of care to NEVER text information or talk about information over the phone unless thru secure apps. For those local level business owners keep in mind that your customer maybe an idiot an be involved in something else, get busted and turn you over for a reduction in charges.

Also a reminder of going the extra mile into have pre paid phones (not linked to you), pre paid wifi cards (again not linked to you-see the pattern?) and VPNs on mobile devices as well as laptops is the safest option at this time. Dont ship to your home, never to your name, etc. Be smart and dont make it any easier for them. Anyone thats ever fought a felony case can tell you how much it costs in consideration to the extra \$100 a month to be more secure.

anasci motivation



supplement review

MUTANT REHAB

I will be reviewing this product by Mutant that is marketed as a complete post workout muscle and joint therapy. I chose this product as I have liked all other Mutant products I have tried in the past. Mutant Rehab was no different and I am made up with it so far. I have used many similar products and on the whole most are good. However I would say Rehab is definitely the best.

Mutant Rehab is essentially an amino acid/ carbohydrate mix product. Although it contains a few other ingredients you don't normally see in such products. One serving is 80g (290 Cal) and in that are the following:

- 2:1:1 bcaa/Lean Blend= 8.1g
- EAA, glutamine, Amino Blend= 10.2g
- creatine Blend= 4.1g
- Joint Blend= 3.24g
- Electrolyte Muscle Re-fill= 779mg
- Cortisol Blocker= 270mg
- Carb Replenishment Blend= 54g

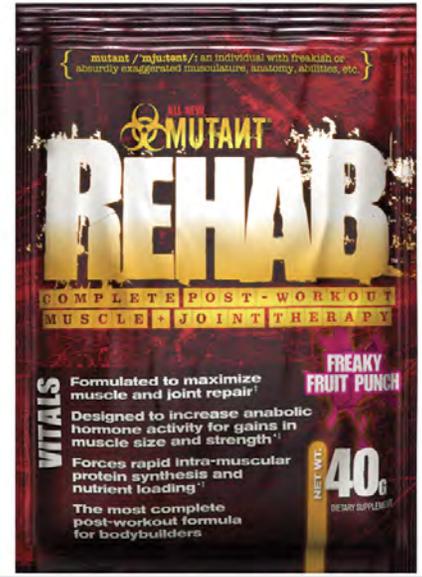
Reading it's ingredients I realized it would also be an ideal intra workout shake so I used it for that purpose. I chose the fruit punch flavour and at first it tasted ok but like with many products once you start using them the flavour grows on you. Many similar products taste vile due to the EAA mix but after 1 week I loved the taste of it and would look forward to my shake. From day 1 to now I have had no stomach issues and it hasn't negatively effected my workout in any way. creatine can commonly cause stomach issues but at 4.1g it's just a nice amount for me. Moreover the type of creatines in this product are fantastic. From creapure creatine monohydrate, krealcalyn and creatine magnapower.

This product contains a good amount of amino acids and carbohydrates. From the first day to now it has definitely aided in my recovery from workouts. Through the months of using it I can see a difference in how I feel in and out of the gym. It also helps with gaining a good pump in the gym and I also feel it has added to my overall fullness day to day. The inclusion of ingredients such as L-Arginine, L-Citrulline Malate, L-Ornithine and the creatine blend will be some of the reasons for this.

Mutant Rehab has pretty much covered all areas when it comes to supplementing your workouts. Intense training will deplete vital electrolytes so it has added some of the most common ones so they are quickly restored into the bloodstream. They have also added Phosphatidylserine enriched soy Lecithin to help with elevated cortisol levels post training. Whilst cortisol is vital for all of us and I think low cortisol would actually be detrimental to the bodybuilder the soy Lecithin is a nice addition to the product.

The main reason I chose to use the product intra workout was due to me using 10IU insulin pre workout. The blend of ingredients are ideal and with slins nutrient shuttling abilities this would only lead to positive results (and it did). Most slin users tend to do about 10-15IU but they all have different sensitivity and carb requirements. But for my 10IU the 54g carbs was a nice amount for me to consume intra workout. I would also have a carb meal pre training too, this due to my sensitivity so I was always covered. Incidentally they have also added Cinnamon in the form of Cinnulin PF. Cinnulin PF is a water soluble extract of Cinnamomum burmannii. This supplement is fantastic for lowering blood glucose levels. This is ideal for most but especially the slin users out there as the more they use the less sensitive they will become over time.

Continued on page 7



DiscussWorldIssues
Socio-Economic Religion and Political Uncensored Debate



SCAMMERS RECOGNITION



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

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

Dale Westberry
61 Brentwood Lane
Santa Rosa Beach, FL 32459
DEA CONTROLLED INFORMANT

Dale Westberry Realty Inc.
291 Calle Escada
Santa Rosa Beach, Florida 32459
Phone # 850-267-0218

J Kosslan
602 Main Street
Belmar NJ, 07719

Mr. Pharissy
56 Chestnut street
North reading, MA 01854

Mr. Ferrington
40 Main Street, apt 10
North Reading, MA 01864

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

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

Mustard Chicken

Easy, one-pan, Lo-Carb cooking with an amazing vitamin punch.

Ingredients:

6 Crushed Garlic Cloves
2 T. Olive Oil

Two pounds of skinless Chicken Breast, cut into one-inch cubes
1 t. cayenne powder

1.5 cups chopped Broccoli florets
.5 Cups shredded Lo-Fat Cheddar Cheese
2 T Brown Deli-style Mustard

Process:

- 1) Crush garlic cloves and cook in oil over medium heat.
- 2) Chop Chicken breasts into pieces no larger than one cubic inch. Coat with cayenne (throw chicken and cayenne into sealable plastic bag, and shake vigorously). Toss in saucepan with garlic/oil mix. Mix occasionally to cook on all sides for about 5 minutes.
- 3) Throw in broccoli, mustard, and cheese. Mix thoroughly, and cook 3-5 minutes, stirring constantly. Use a flat-bottomed wooden 'spoon' to keep cheese/mustard sauce from sticking to bottom of pan.

That's it! One man-sized serving.



Nutrition Facts (Per serving -

| | |
|----------------------------|-------------------------|
| Amount Per Serving: | Vitamin A 62.6 % |
| Calories 1,431.2 | Vitamin b-12 62.8 % |
| Total Fat 43.2 g | Vitamin B-6 275.5 % |
| Saturated Fat 11.2 g | Vitamin C 234.6 % |
| Polyunsaturated Fat 6.8 g | Vitamin D 0.0 % |
| Monounsaturated Fat 16.5 g | Vitamin E 26.3 % |
| Cholesterol 575.7 mg | Calcium 47.5 % |
| Sodium 1,408.4 mg | Copper 25.7 % |
| Potassium 2,271.7 mg | Folate 34.8 % |
| Total Carbohydrate 15.1 g | Iron 46.5 % |
| Dietary Fiber 4.8 g | Magnesium 76.5 % |
| Sugars 0.4 g | Manganese 41.2 % |
| protein 227.0 g | Niacin 512.8 % |
| | Pantothenic Acid 83.4 % |
| | Phosphorus 221.5 % |
| | Riboflavin 68.5 % |
| | Selenium 254.3 % |
| | Thiamin 51.4 % |
| | Zinc 61.8 % |

IRON HISTORY OUR ORIGINS-WHERE THE SPORT BEGAN

Body building, and the various strength disciplines. Most certainly if you are reading this Those terms have significant meaning in your life. Many of you are bodybuilders or powerlifters. Some are involved in various strongman events and training. Have you ever wondered where it all began? Have you ever had naysayers in your life that view your life style as newer phenomenon or fad.? Well here is food for thought. Our "thing" is probably one of the oldest if not the oldest athletic activity in history. No need to ever feel apologetic or apprehensive about your devotion to cultivation of physical performance. Be proud! We have a rich and great history dating back to well into the B.C. years of the world.

Ancient Greece plays a special role in the development of sports and athleticism as we understand them today, and in the formation of the sport of weightlifting. Athletics started developing quickly around 8th century BC when Greek polices (city-states) started having their own gymnasiums, where men learned to become physically perfect along with the activities of singing, reading, and writing. Exercises in the gymnasiums were mainly a privilege of the aristocrats. Education of the young people from aristocratic families was directed toward physical education as much as toward intellectual pursuits. Since around the same time, large towns organized festivals that included a variety of athletic competitions. The festivals soon became yearly events and were related to the cults of gods and heroes, and bore a religious mark. Athletes arrived from different remote places of the country to demonstrate their best physical achievements in honor of a local deity or a hero. By winning, an athlete was getting the acknowledgment of spectators, a prize, and fame for his motherland.

It can be said with high degree of certainty that the birthplace of athleticism as we know it today is Ancient Greece, where the cult of human body and physical perfection was high. The Greeks were the first to develop organized approaches to weight training and had weight activities that were practical and usually related to warfare. They used lifting stones, which later were replaced by a bar with a bell on each end for added resistance. (The bell clapper was removed to silence the bell, thus the term "dumbbell.") The bells were later replaced with metal balls. The equipment became a prototype of modern barbells and dumbbells.

It is interesting that the Greeks were using weights not only for physical development but as a physical therapy to improve posture or recover from an injury. Weightlifting also constituted an athletic event in ancient years. The attempt of the Greeks to combine strength with velocity and flexibility was probably the main reason why they chose not to include weightlifting in the Olympic Games. Nevertheless, all athletes used to practice it as a training exercise. Athletes participating in the Olympic Games often challenged each other to weight-lifting contests before the game began.

The important proof that even though weightlifting was not included in major athletic games, every Greek city-state held its own 'domestic' weightlifting competitions can be found in Wurzburg Museum in Germany. A cup (dating back to 500 BC) similar to those that ancient Greeks (Athenians in particular) awarded to winners, presents a young man lifting two stones. This young man is considered to be the winner of a weightlifting competition. Philostratus (a Greek sophist of the Roman imperial period) wrote: "Old gymnastics aimed to enhance physical strength. Athletes used to lift big weights in order to become stronger".

Many historical and archaeological references to weightlifting exist throughout the history of Ancient Greece. One of the earliest refers to: The title of the first weightlifter probably belongs to Milo of Croton (6th century BC) who was a professional wrestler who worked out with weights. Legend has it that he was the first to use progressive-resistance exercise. It consisted of daily lifting and carrying a baby calf throughout its maturation into a full-grown bull. He reportedly carried a four-year-old heifer, probably weighing about 900 or more pounds, the length of the Olympic stadium.



The 315lb Bybon stone from Olympia

Another famous ancient Greek weight lifter was Bybon (early 6th century BC). A block of red sandstone weighing 143.5 kg (315 pounds) was found at Olympia (on display at the Archaeological Museum of Olympia), with the carved inscription, "Bybon son of Phola, has lifted me over his head with one hand." The stone has a section carved out as a hand grip. Another stone, found on the island of Santorini (Thera), weighs 480 kilograms (nearly 1060 pounds), also dates to the 6th century BC and has the inscription, "Eumastas, the son of Critobulus, lifted me from the ground." Those stones at least indicate that physical strength and strong men were valued in Greece about 2,600 years ago. In Athens, on a public square there lied a heavy stone ball which Hellenes could try to lift to challenge himself or demonstrate his strength to others.

Ancient Rome inherited the athletic system of exercises from the Greeks, among many other things. There are pictures dating 3AD depicting women exercising with weights alongside with men. The Coliseum was an arena not only for deadly Gladiator fights, but also for performance of old-day strong men – Athanatus, Rusticellus called Hercules, Salvius. The Romans developed strength following the methodology of the Greeks – working with weights.



Stone dumbbells called halteres were used as lifting weights, and also as weights assisting in the long jump

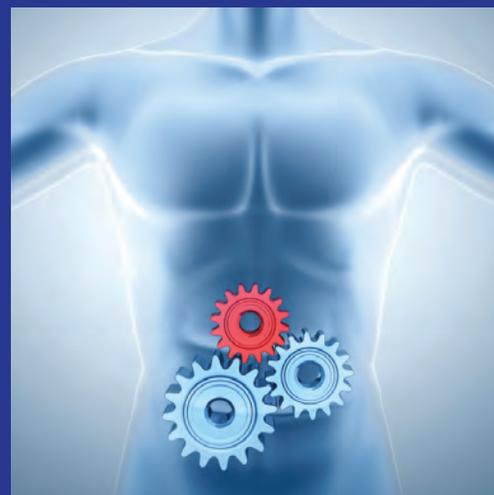
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NUTRITIONAL TIPS

This month I wanted to talk about the benefits of a Detox and what is involved in doing it correctly. The purpose of a detox is to clear the body of toxins accrued through exposure to pollution, pesticides, chemicals and processed foods. A detox can be very beneficial to us in many ways which include physical, mental, and lifestyle benefits. With a proper detox there are certain foods that should be avoided and there are some supplements that can be taken to help successfully detox.

There are numerous detox products and fad detoxification diets out there but a detox needs to be done properly in a healthy manner. Many of the products out there use harsh laxatives and advocate not properly eating; these are things you want to avoid. Supplements that are recommended are: vitamins, milk thistle, fiber supplement, dandelion root, a probiotic, and anti-oxidants such as ALA are all good choices. Plenty of water should be drunk but it should be filtered or distilled and using organic foods is recommended. Food does not need to be avoided but certain types of food should be avoided such as:

- **Dairy and eggs: all**
- **Butter and mayonnaise: all**
- **Grains: wheat, corn, barley, spelt, kamut, rye, triticale, most oats (oats are usually contaminated with gluten unless you can find a gluten-free brand)**
- **Fruits and vegetables: oranges, orange juice, corn, creamed vegetables**
- **Animal protein: pork, beef, veal, sausage, cold cuts, canned meats, frankfurters, shellfish**
- **Vegetable protein: soybean products (soy sauce, soybean oil in processed foods, tempeh, tofu, soy milk, soy yogurt, textured vegetable protein)**
- **Nuts and seeds: peanuts and peanut butter**
- **Oils: shortening, processed oils, salad dressings, and spreads**
- **Drinks: alcohol, caffeinated beverages, and soft drinks**
- **Sweeteners: white and brown refined sugars, honey, maple syrup, high-fructose corn syrup, and evaporated cane juice, artificial sweeteners**
- **Condiments: chocolate, ketchup, relish, chutney, barbecue sauce, teriyaki**



The most noticeable benefits from detoxification are the physical ones. Since the toxins store up in major organs, detoxification will help these areas the most. The organs which are affected, such as the liver and stomach, will begin to work more effectively. One thing that can be of important benefits to us weight lifters is improved recovery. After the detox is completed many people feel lighter and have more energy. A proper detox can result in a reduction of bf as well as removing old fecal matter. Also, since a detox is used to clear away free radicals, your body's immune system will be stronger and you will have a lower risk of getting cancer. Finally, a detoxification regimen will clear your blood, helping it circulate better.

Toxins and free radicals that accumulate in the body can also affect brain functions. Before a detox, you may have trouble sleeping, chronic fatigue, and trouble with your concentration. Once you work through this detox process, many of these issues will gradually disappear. You will be able to sleep better and concentrate more. Positive lifestyle changes can result from cutting out certain foods and chemicals while completing the detox. An important thing to do when finishing a detox is not to add several of the foods you cut out back in at once. I recommend that you add things back in one at a time and you will be able to see which foods or substances you are sensitive or allergic to that you might have had no idea that you have issue with.

HowToDoInjections.com



IRON HISTORY

Continued from page 4

The major source of information about this period of time comes from "Natural History" – the monumental encyclopedia published in late first century by Pliny the Elder (a Roman author, naturalist, and natural philosopher). This work contains the chapter titled "Instances of Extraordinary Strength". There Pliny collected both his first-hand accounts and plenty of anecdotal evidence (which was sometimes clearly exaggerated). Pliny describes Athanatus walking across the stage, "wearing a leaden breast-plate of five hundred pounds weight, while shod with buskins of the same weight", and Salvius being able to climb a ladder with two hundred pound weights each on his feet, hands, and one on each shoulder. The chapter is filled with many entertaining stories such as one of a centurion in the guard of Caesar Augustus (died A. D. 14), Julius Valens, who could reportedly lift a wagon loaded with barrels of wine by stooping beneath it and using his back and hips. That kind of stunt foreshadowed the exploits of the great strong men of the 19th century.

Remarkable details about the role of weight lifting emerge from the papers of Galen of Pergamon (Claudius Galenus) – a prominent Roman physician whose works were formative to the Western medicine. He used weight exercises extensively as what is now known as physical therapy. Galen lists a number of exercises that he recommends to his patients. For example, he mentions the exercises with dumbbells for strengthening of the lateral muscles of the body and explains how such exercises help preserve health.

Tacitus (AD 56 – AD 117) wrote, "Not to be sick is not enough. I empathize with people who are strong, optimistic, and full of energy. The person who is solely praised for his health has only made one step away from weakness".

The world view of the Romans was that a true man has to be physically strong. As Rome was constantly at war, its emperors needed strong and experienced warriors. The emperors themselves led by example. The Roman historian Suetonius testified that the Tiberius (the Roman emperor from 14AD to 37 AD) could punch an apple through with his finger, and could inflict a wound on somebody by a finger flick.

Training with weights was a staple exercise among Roman athletes. The practice died out after the fall of the Roman empire and was only revived in the 16th century.

So physical culture in various disciplines has played a major role in world history. The impact is on society and various civilizations in undeniable.

THE MIDDLE AGES

Progressive weight training and weightlifting as a sport flourished in Ancient Greece .

As a sport, it subsided after the fall of the Roman Empire. During the Dark Ages weight training became mainly the tool of the warrior and the shows of strength became popular entertainment. Such competitions have remained relatively unchanged in Switzerland, Spain, and Scotland.

Numerous records exist that describe weight training for the knights, as well as for the army soldiers. A common practice of young knights was training with weapons of double weight in order to develop strength. The Roman military writer Vegetius was widely read at that time, describing the traditional training of young legionnaire recruits. They were given double-weight swords and shields to train hard by striking at posts. In this way, when the recruit took up real and lighter weapons, "as if freed from the heavier weight, he will fight in greater safety and speed". Aegidius Romanus, an archbishop of Bourges in the early 14th century wrote that a military leader needed to be attentive to individual drill, noting that, "having arms unaccustomed to striking and limbs untrained for fighting" was useless for soldiers. He also stressed the importance of practice as toughening to endure hardship as well as "hardness of the body".

A number of other 15th century humanist writers on physical education also repeatedly stressed the importance of muscular strength and conditioning. Various images of weight-training in Medieval artwork show the fencers performing heavy stone lifting or throwing (similar perhaps to the modern "medicine ball" exercise tool) as well as the use of heavy sticks equivalent to later "Indian club" exercise tools. Another proponent of physical exercise in the 15th century was the Hispano-Italian master of arms and knight, Pietro Monte, who wrote voluminously on fighting and military arts and included a concise chapter on body conditioning and diet in his *Colectanea* work published in 1509. Monte advocated weight lifting, running sprints, and other calisthenic workouts in order to achieve the ideal martial physique—again, in the classic model. As many Renaissance writers did, Monte stressed the importance of physical conditioning and exercises as key to health, happiness, and martial prowess. Sir Thomas Elyot, in 'The Boke Named the Governor' (a treatise published in 1531), advised exercise "with poises (weights) made of lead or other metal" along with "lifting and throwing the heavy stone or bar." In 14-15 centuries, British soldiers were known to exercise by pushing a metal bar.

As an example of weightlifting outside of the military training, lifting stones became popular in Iceland (where it was called *steintökin*), Scotland, Northern England, and Scandinavia. Usually, a lifting stone was simply an unmodified stone of a predetermined weight. The challenge was to lift the stone thus proving one's strength. The weights and rules varied from country to country. In Iceland, the stones were categorized as "full strength" at 341 pounds/155 kg, "half strength" at 229 pounds/104 kg, "weakling" at 108 pounds/49 kg, and "Useless" at 50 pounds / 23 kg. Among many uses, they were used to qualify men for a job. In order to get a job on a fishing boat, a man had to lift a "half strength" stone to a ledge about a hip high. . The famous Husafell Stone weighs 418 pounds and has been used for over two centuries.

Continued on page 7

Lifting stones in Djúpalónsandur in Iceland, weighing from top to bottom 25, 54, 104, and 154 kg.



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CYBER-SPACE PROTECTION

Rory

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IRON HISTORY: ORIGIN OF OUR SPORT

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BUYERS GUIDE

Renegade

IRON HISTORY Continued from page 6

In Scotland, "Manhood Stones" (Clach cuid fir) were used as tests of strength as part of the "Golden challenge". Every young man had to lift the stone (weighting at least 220 pounds) and put it on another stone in order to be accepted into manhood (and be allowed to wear a hat).

Similar events existed in other countries. A popular variation was a "stone walk" where the participant had to carry the stone a certain distance. This type of event has become popular today in the strongman sport.

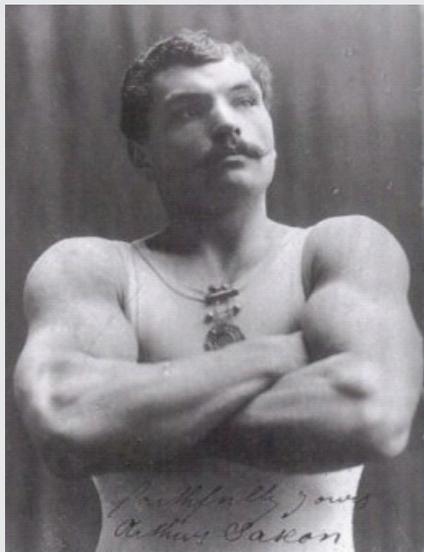
Another exercise with weights that dates back to middle ages is stone put in Scotland. Similar to shot put, it utilizes a rough round stone 16 to 30 pounds. The object is to throw (or put) the stone as far as possible. The Swiss variant of stone put is known as Steinstossen and utilizes a much heavier stone – 184 pounds (83.5 kg). An English text from the year 1184 noted knights "contended in throwing heavy stones".

The word "Dumbbells" originated in Tudor England, where athletes used church bell clappers ranged in weight from a few ounces to many pounds, to develop the upper body and arms. The athletes would remove the clappers from the bells; hence, the name "dumb," as in "silent," and "bell" – dumbbell. When strongmen started to make their own equipment, they kept the name, even though the shape changed.

In the 18th century, interest in physical strength and well-being reappeared among the general population regardless of its practical application to warfare. Physical education was reintroduced to the university curriculum. Special exercise apparatus were developed and used along with programs using free weights and simple machines. The training was focused on musculature strength and endurance rather than physical development. In the middle of the 18th century, professional strongmen became popular, with feats of strength such as bending bars of iron, lifting various objects including people and farm animals, and breaking chains. In the mid-1800s, lifting as we know it today developed in parallel in several countries throughout Central Europe and in the United States. This time can be considered as the beginning of modern weightlifting.



Eugen Sandow, the Father of Modern Bodybuilding who played a role in the shift from function towards pure aesthetics



Strongman Arthur Saxon, nicknamed "The Iron Master"



Eugene Sandow at 19, already possessing a remarkably muscular physique despite having never touched a weight



Abbye Stockton (1917-2006), professional strongwoman who trained Marilyn Monroe. Could lift more weight than most men. More info needs to be uncovered about Stockton, though.

SUPPLEMENT REVIEW

Continued from page 2

Mutant added a joint reconstruction blend in this and that's something you don't usually see in such products. Frankly my knees and shoulders need it so definitely a selling point for me. Nothing major but a nice addition and has given my joints some aid after all that lifting. The main ingredients for this are glucosamine sulfate, vitamin c, bromelain and turmeric. I doubt the dose for some is high enough to be truly effective but some of my favourite supplements are in that list as they bring about numerous benefits for the bodybuilder.

The only downfall of this product is the price. It's not the cheapest and only comes in a 2.8lbs/1.28kg tub. However if you only use it when training it would last for 16 full doses (54g carbs and 18g protein). If you go to the gym 4 days per week (like I mostly do) then that is 1 full month so it works out ok when looking at it that way.

I think all good amino/carb products are a great addition to a bodybuilders intake, especially around training. Miller SL et al. (2003) conducted a study using a carb only, amino acid only and carb/amino mix drink after resistance training. They found that a carb/amino acid mix increased protein synthesis 38% more than just amino acid only subjects and obviously 100% more than just the carb drink. Overall I think Mutant Rehab is an ideal product if any of you are after something different for intra/post training or even throughout the day. It contains lots of beneficial ingredients for the bodybuilder. I love the way I feel using it so definitely plan to use it regularly in the future. Thanks for your time and if you have any questions feel free to pm me on the forums.

References

1. Miller SL, Tipton KD, Chinkes DL, Wolf SE, Wolfe RR (2003) Independent and combined effects of amino acids and glucose after resistance exercise. PMID: 12618575 [PubMed - indexed for MEDLINE].

BUYERS GUIDE

WITH
THE

RENEGADE



BUYERS GUIDE TO STEROID SOURCES

Okay my fellow meatheads. You guys know that normally my ass is on the hunt for the best interviews from the communities best known or in some cases best kept sources, but this month the boss man asked me to let another take over that and let me focus on an article that I thought would be very important to the community. For years we have seen steroid sources come and go. Some have been upstanding members of the community providing a valuable service, while others have been well.... how should I put it....scum sucking sewer rats. Years ago it was almost impossible to find open steroid sources on the net. Back when the message forums and the internet in general were in its early years, steroid sources were guarded like the gold in fort knox. You really had to earn a certain level of trust from the veteran members to even sniff the sources ass. Now the game is so wide open and there are so many sources to choose from how do you know which one to go with? Who has the best gear? Best prices? Best T/A? Should I go international or domestic? With so many choices these days, what's a juiced up roid freak to do? Well that's where this article comes in. As long as there have been fools with money, they have always been soon parted with it. This article will serve as a basic guideline on how to choose the proper source for you. Every source is not created equal. Certain guys have certain needs and not every source fits those needs. By the end of this article I hope you will have a better understanding of what to look for in a source and how to become better prepared to choose. This article doesn't just go for noobies either. This can be used by long time vets as well because hell...lets be honest here and cut the BS. Even old school vets get taken every now and then. So lets get started shall we.....

First up is rule number 1. The golden rule that should be followed by all willing participants in this game. NEVER SEND MORE MONEY TO ANY SOURCE THAN YOU CAN AFFORD TO LOSE. I can't stress this point enough. Lets face it. Not too many bodybuilders are loaded. Most scrape by because they are too busy working out to put much effort into their careers. Many make bodybuilding their career. With only a few exceptions bodybuilders are known to be notoriously cheap. Many guys don't even have enough at one time to buy a full cycle from start to finish. They just get whatever they can at that time and hope that it will either be enough or figure they can get more when they need it. Its usually when you are either one of these that something invariably goes wrong. I know the majority of you ass monkeys will probably not listen to any of the words on this page but if I can impart a small amount of wisdom it 2 things. 1) if you don't have enough money to buy a full cycle from start to finish without any interruptions then do not buy. Its as simple as that. You won't walk across the desert with only half a canteen full of water hoping that somewhere along the line a lake will show up would you? Probably not. So then why half ass a cycle and your gains and only have what you need at that time and not the full cycle. #2) this one is a little more tricky and is used for those who decide they want to get into the selling side of the game. NEVER SEND MORE MONEY THAN YOU ARE AFRAID TO LOSE. Sources come and go. Even the best ones sometimes will turn sour and run off. Some are the "Golden" sources are planning their big escape as we speak. You must always always do your due diligence when choosing a source to do business with. Its as simple as that. Because in the end if you get taken or something goes wrong who is the one that pays the ultimate price, be it just in the loss of money if you are ripped off or god forbid the po po come to your door.

So with all that said and done how do you choose which source is the best for you. Do you do domestic or international. That my friends depends on not only what you are looking for but also your comfort level of risk. You see there are differences in ordering for both domestic and international. With international you have all the high grade pharmaceutical products. The "Holy Grail's" so to speak. Generally speak the international sources have access to all of the higher end products that generally most bodybuilders want to use. If you are into making your own gear there is access to raw materials which greatly increases your choices. The down side to this is that you have to sweat out customs. That can be a real bitch if you have never done it. Also there are quite a few intangible variables to consider from international sources that you have to consider. Obviously the first and foremost is reputation. How long have these guys been around? Have they been here for years or did they just pop up overnight. Generally speaking guys who have years in their track record have proven themselves to be good at what they do. They have good shipping methods that generally go untroubled by customs. How many complaints do the sources have? How are their reviews on the forums. Do a lot of people say great customer service? Or does the source get the douche bag of the year award? Now this is not to say that new sources that pop up are no good. Everybody has to begin someplace right? Even old sources were once new. They had to have people take a leap of faith and go with them so please do not let me discourage you from using a new international source if you want, I am merely telling you things to look out for. Also you have to realize that international sources face no pressure if your package gets seized. This is one of the common issues with international sources. You must check to see what their resend policy is if their package gets snagged. Some guys will do full resends for free provided you email them the customs seizure notice. Some guys will do half refunds. Some guys won't do any and some guys won't do any if you live in places that have known customs that snag everything like Australia. So you must take this into consideration as well. Me personally I would never order from an overseas source if he didn't have a full resend policy and here is the reason why. You cannot control how well or poorly he or she packs the parcel. Its as simple as that. I have seen sources who pack so well you would never know it was in the box and I have seen guys who literally throw vials in a box with some tissue and you can hear the vials clinking. So you must really research your international sources before you use them. When it comes to international you can never play around because they feds are the first in line to come get you. They will have you researched and scoped out if they snag your pack and decide your worth coming to get.

Remember in all the feds power and money and all the years they have been busting guys with customs they still can't tell a hardcore bodybuilder from a dealer. A guy ordering 40 bottles of cyp and deca for the year because he wants to do 4000 mgs a week might be hardcore personal use to us but to the feds those 40 bottles look like distribution and if you are that guy you will get hit with the distribution charge even if that wasn't your intent. So you must be careful. Always always always research your international sources. Do checks with guys that have ordered from them. Don't just take their word. Ask them about their experiences. The sources packing methods, delivery time, etc. Now realize this. When it comes to emails, I know many guys want daily communication, and as the standard rule daily communication from an international source is generally good but not always expected. As a rule you usually give an international source 3 days to respond to an email. Any longer than that and you can say there might be something up. Anything quicker and you have a source with good customer service on your hands.....or a willing scammer.

SYNTHETEK INDUSTRIES
Innovative BodyBuilding Products

APPETITE STIMULATOR
VASODILATOR
SYNTHETROL

LIVER AIDS & B 12
HUMAN KITNO
PURE WPI

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Also remember this...generally good international sources will ask you to pay by certaijmoney transfer methods. If they ask you to send cash, paypal, credit card, green dot etc stay the hell away. Good sources that are international use one method and one method only. Starts with a "w" and ends with a "u". if they dont do that keep on looking or don't come crying to me when you have a empty mail box and are shrinking to epic sizes.

So that brings us to the main point with international sources. The mail must pass through customs which means you are int he cross hairs. The source needs to send it to a real address. One that if snagged will get flagged and if the order is large enough a possible visit from the po po. Nothing worse than seeing your pacakge stuck in customs for a week. So what have we leabed from our little international buying lesson. Just to recap. If you buy internation you must use your noodle. Don't be careless. Do your reearch on your source. Look at his reviews, ask questions from people who have boughr from them. What is thier delivery time, payment method. How fast or slow do they respond to emails? What is thier resend policy? How well do they pack thier packages from people that have recived from them? Are they super expensive or super cheap. Super cheap international sources = disaster waiting to happen. Super expensive international sourcesd = you getting less for your hard earned cash. As a general rule stick with the tried and true but do not necessarily be afraid to use a new guys because everybody has to start someplace but with the new guys be smart. Dont order big. And most important NEVER SEND MORE MONEY THAN YOU ARE AFRAID TO LOSE!!!!

Hopefully from this little classroom sessipn you have gained some valuable insight on what to look for when choosing a international source to buy from. I have laid out some general guidlines in which you can make a checklist from and go down the line. If the source you are asking about satisfises all of 90% of the checklist then give it a go. Anything less and your are asking for issues. Remember this is no game. There are real consequences if something happens. You dont want to be sitting in a 8x8 cell wishing you had done things different. Dont use your real address at home. Get a PMB. Dont pick you gear from a minimim of three days. Be safe. Dont be sorry. Well that about wraps up this months internationals buyers guide. Next month I will be dont the Domestic Side. The good the bad and the ugly of the domestic. See you gusy next month... or not if you get busted because you didnt use your head...

PARTING SHOTS



Don't ever let anyone break your soul. You have to stand on your own two feet and fight. There are those who would give anything to see you fall, never give them the satisfaction, hold your head up high, put a smile on your face and stand your ground.

