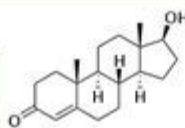


AnaSCI Newsletter



Anabolic Science

anabolic steroid : nutrition : fitness discussion

IN THIS ISSUE

★ Supplier Review	1
★ Chemical Conversions	1
★ IFBB Pro Circuit	2
★ AnaSCI Recipes	2
★ Supplement Review	3
★ Cyber-Space Protection	3
★ Training Techniques	4
★ Nutritional Tips	4
★ Supplier's Corner	5
★ Editor's Notes	5



chemical conversions testosterone enanthate

Testosterone Enanthate is the most sought after anabolic in the world. It is used in virtually every steroid cycle and it is said by many that no cycle should be run without having a Testosterone base. Supply and demand will always win out, especially while there are legalities involved in the buying and selling of anabolic steroids.

Depending on many factors, the price of steroids will rise and fall. If you are unwilling to wait for those times when the prices are at their lowest, home-brewing may be one of your alternatives?

The price saved in product may cost much more in legal fees? But if you are wanting to give your chemistry skills a try, here is a breakdown of how to produce 40mL of Testosterone Enanthate:



ITEMS NEEDED:

- ~10 grams Test Enan powder
- ~0.80mL benzyl alcohol (2% BA)
- ~31.20mL oil
- ~syringes 3cc and 5-10cc
- ~20 gauge needles
- ~Mixing vial (preferably beaker)
- ~Sterile vial
- ~Sterile syringe filter



CONVERSION PROCESS:

- 1) Weigh out 10g of hormone into mixing vial or beaker
- 2) Add benzyl alcohol and 26.20cc of oil (this will leave 5cc oil left).
- 3) Place on stovetop on medium high heat.
- 4) Swirl and heat until solution is completely homogeneous and clear. NO hormone 'swirls' or visible separation should be left.
- 5) Place 20g needle in sterile vial and attach syringe filter.
- 6) Place another needle through stopper to release pressure.
- 7) Draw out hormone solution with 5 or 10cc syringe and run it through the syringe filter until all solution is filtered.
- 8) Run additional 5cc of saved oil from step(2) through syringe filter to purge

Finished results: 40mL - 250mg/mL sterile solution for injection.



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

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



...continued on page #9

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AnaSCI recipe of the month

BigChef takes us into the kitchen as he prepares a tasty, yet healthy recipe!

Avocado protein Shake

~ 3/4 Avocado
~ 1 Banana
~ 1/2 Cup Vanilla soy Milk or normal soy Milk - I would definately go for Vanilla soy Milk
~ 1 Cup Ice
~ 1/8 teaspoon Sweet 'n' Low
~ 2 Scoops of SynthePure (Synthetek protein powder)

Optional:

~ 2 teaspoons Honey (can be replaced with agave nectar or maple syrup)
~ 1 teaspoon Vanilla Extract

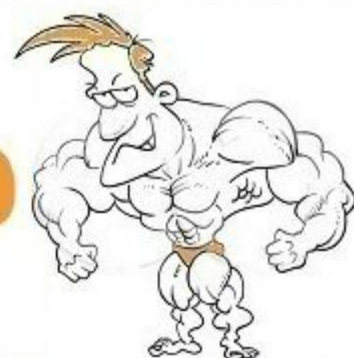
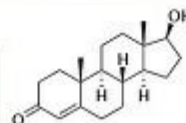
In a blender, add all ingredients and blend, blend, blend until really well mixed.

Let me know what you think! ~BigChef

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AnaSCI THE IFBB PRO CIRCUIT



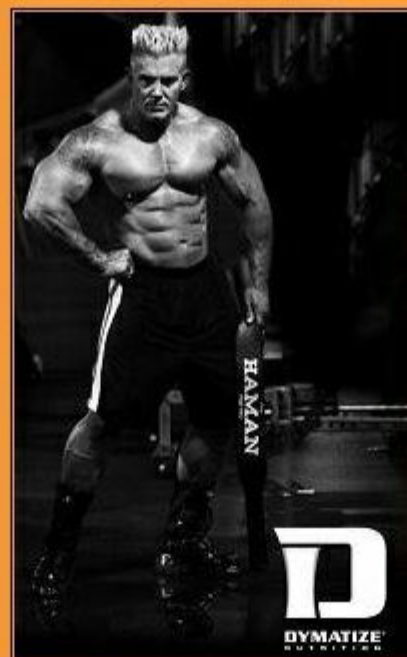
Gary Granaas sits down and talks with the elite of the industry. Hear what the IFBB Pros have to say about their joys in and struggles of being at the top of the business. What it takes to get there and what comes after you have achieved what so many others are striving to obtain!

In this issue Gary gets on the phone with IFBB Pro Andy Haman. See what Andy has to say about his life in the Pro ranks. You will only find this here, exclusively at the best: ANASCI.org - Uncensored, Hardcore Bodybuilding!!

Gary Granaas' interview with Andy Haman

Thank you Anasci.org for giving me this chance to have an excuse to interview some of my favorite athletes in the sport and give back to the bodybuilding community that I love so much!

How I met Andy Haman: Three years ago I was looking for IFBB Pro athletes that I felt would be inspirational to my training. I saw Andy Haman's facebook default and noticed how humorous and entertaining he appeared in his Dymatize photo's. He had almost 5000 friends already but I took a chance and friend requested him. I also sent a message asking he friend me up. To my surprise, Andy had actually taken the time to read my profile and noticed my catholic prayer quotes. He replied and granted my request saying "Of course! With quotes like that how can I not!". We have been friends ever since. So without further ado:



Gary: How long have you been married to Michelle Haman?

Andy: 21 years but we have known each other 30 years. We own a pediatric dentistry clinic for 21 years as well. To this day, I still love her and chase her naked around the house. I have a better sex life now with her than ever before.

Gary: Do you believe in powerlifting or high reps for training?

Andy: I have never been a powerlifter. I train high reps 8-12 or 15-20. I squat heavy occasionally.

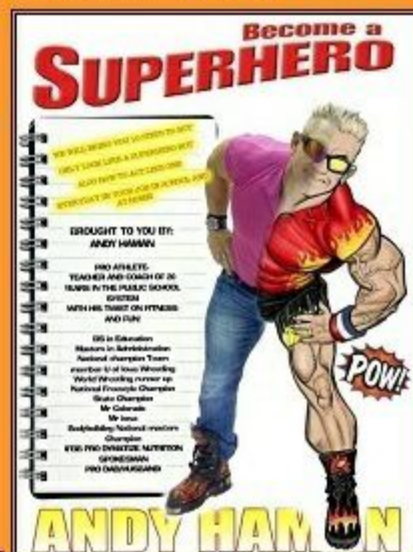
Gary: What is your favorite exercise?

Andy: I love training legs and doing squats. Also like preacher curls.

Gary: Where is the best place to find you if some one wants to read about you or contact you?

Andy: You can find me at www.Andy-Haman.com or at Dymatize.com. I wanted AndyHaman.com but someone had taken my name already but would not sell it to me.

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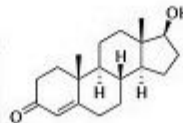
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Bodybuilding



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NUTRITIONAL TIPS FOR A BETTER BODY

Turbobusa discusses nutritional tips to help optimize your gains. The following food tips are directed for the three different body types - ECTO, MESO, ENDOMORPH.

NUTRITIONAL TIPS - FOOD BY BODY TYPE

ECTOMORPH

More difficult to pack on substantial muscle. Ecto's tend to be fairly lean. They often have a very "fast" metabolism. This body type requires a fairly high caloric intake. I would go with about 2 grams of quality protein per lb of body weight. Keep carbohydrates high, and clean fats high as well. This type will need to stay fairly full as much as possible. Don't stuff yourself to the point of digestive distress. I did that for quite a while in my youth, and do not believe it necessary for good gains. Try to eat at least 6-8 times daily and put down a reasonable size protein drink before retiring.

MESOMORPH

Builds muscle easily. Gains well without accumulating excess adipose tissue. 1.5 grams of quality protein per pound of lean body weight, medium fat intake. Slightly higher carbohydrate intake. Stick with complex carbohydrates. Greens, beans/legumes are good choices. Brown rice is a good carbohydrate source. Oatmeal is a good choice too. I tend to avoid too much pasta as my own metabolic rate has slowed with age. Younger guys trying to pack on the muscle, can use pasta as a carb/calorie source as it is quick and easy. Fresh fruits and veggies are essential as well. Beside the nutritional aspect, they help keep your digestive system functioning optimally. Best protein sources are lean beef, poultry, fish and a good quality protein supplement. Nuts and a little peanut butter will give a good fat source along with fats contained in some of the carbohydrates and protein sources. Keep a high water (H₂O) intake. Remember for every 1 gram of glycogen stored in the muscle, there are 3 grams of water stored in the muscle as well. That is good water retention right there. That is what allows for a great pump when the muscle is trained. Feeling "flat" heading to the gym is not a great feeling. Of course later on there will be a time when you will be flat intentionally. That topic we will save for another time.

ENDOMORPH

Tends to hold excess body fat. Many great bodybuilders are a Mesomorph/Endomorph combo. There are some guys that hold a lot of fat but underneath there is some fairly substantial muscle mass. This type many times tends to build muscle almost as easily as a Mesomorph but with a higher body fat percentage. Best to go with 1.5 grams protein, medium fats and medium to medium low carbohydrates. Kill the carbs 3-4 hrs before bed. Best to get those complex carbohydrates earlier in the day. Eat small amounts frequently, 5-7 times daily. Do not lower "good" fats as this will keep your body hanging on to the fat it has stored. I highly recommend going grain free, and almost no dairy for this body type. As you start to re-composition your body you can add or take away items to adjust your rate of muscle building and fat loss. Remember the old adage, "You are what you eat!" . There are many great recipes that taste great while fulfilling your nutritional requirements. I highly suggest looking up BigChef's recipes (check out his column here in the AnaSCI newsletter).

Hopefully these basics will get you newer guys going in the right direction.

Til next time good training and good eating. ~Turbobusa...



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cyber-space protection

Surfing the internet safely and anonymously:

First thing is the Tor Browser (get the bundle). Download it here:

www.torproject.org

This basically acts as a relay when using the browser correctly. Is it 100% secure? NO, nothing really is but this is the closest you can come to it for the average person. Lets say you are in the United States, in Colorado and you want to connect to a site in United States, New York. You open the browser and connect. The browser will automatically configure a series of relays.

Example: Your computer- connects encrypted to one in Sweden- which connects encrypted to one in Australia- which connects encrypted to one in Canada- which connects UN-ENCRYPTED to the one you want to view in New York. Thus if anyone wants to track back your ip from the site, it will show an ip from a foreign country or some where other than you.

IF they are able to pass thru that computer they would have to go thru several countries (laws are a bitch) and alot of hacking to try and find your official IP.

Then they would need to prove that the info sent from your computer was the info that was received on the end site. This is where deniability comes in being that it passed thru encrypted thru several other computers.

However it is a small chance that they would ever get thru or spend the relentless time hacking and trying to get thru all the levels of encryption thru every relay. (Its also always best to "borrow" wireless connections from neighbors).

Check out February's issue for more cyber-space protection tips. Head on over to www.ANASCI.org for other latest tips and tricks to staying safe and protected in this game!!



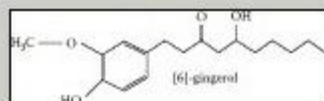
Supplement Review

GINGER ROOT

I would like to talk a little about this fairly well known herbal supplement that can bring about many positives for the bodybuilder. Ginger or ginger root is the rhizome of the plant *Zingiber officinale*, consumed as a delicacy, medicine, or spice. It lends its name to its genus and family (*Zingiberaceae*). Other notable members of this plant family are turmeric, cardamom, and galangal. You can use the actual root or buy the herbal supplement in various shops.

The oleoresin (oily resin) from the rhizomes (roots) of ginger contains many bioactive components, such as [6]-gingerol (1-[4'-hydroxy-3'-methoxyphenyl]-5-hydroxy-3-decanone; Figure 1.0), which is the primary pungent ingredient that is believed to exert a variety of remarkable pharmacological and physiological activities.

Figure 1.0



Ginger root is well known as a remedy for travel sickness, nausea and indigestion and is used for wind, colic, irritable bowel, loss of appetite, chills, cold, flu, poor circulation, menstrual cramps, dyspepsia (bloating, heartburn, flatulence), indigestion and gastrointestinal problems such as gas and stomach cramps. Many of the previous problems are especially common for the bodybuilder due to the large amount of food we consume. However I would like to highlight one area as I know many bodybuilders who suffer from indigestion. Ginger and its metabolites appear to accumulate in the gastrointestinal tract, the consistent observations of ginger exerting many of its effects in this area are not surprising. I have personally used ginger root during/after large meals and I have noticed a significant difference in the digestion of that meal.

Ginger is a powerful anti-inflammatory herb and there has been much interest in its use for joint problems. Many bodybuilders suffer from joint issues due to heavy weightlifting so this effect interests me greatly. One study (Reginster et al. 2000) suggested ginger to be effective against inflammation, osteoarthritis, and rheumatism. Moreover during an earlier study ginger oil (33 mg/kg), administered orally to rats for 26 days, caused a significant repression of paw and joint swelling associated with severe chronic adjuvant arthritis (Sharma, Srivastava, and Gan 1994).

...continued on page #12

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TRAINING TECHNIQUES

Tri-terror tackles topics regarding training and what you can do to help bring your physique to the next level! In this issue tri-terror will be discussing Doggcrapp training.

Most of you reading this have no doubt at least heard of this program. DC training is without a doubt one of the quickest and most surefire ways to both add muscular size AND strength. In fact the core tenet of DC training is that size is a result of progressive strength increase over time. DC training falls under the umbrella of "HIT" training ala Arthur Jones, Mike Mentzer, and Dorian Yates.

To get us started I have a Q&A with none other than Dante Trudel himself, the man who invented DC training. We're going to take a look at some of his ideas regarding the 3 way split and advanced techniques to bring up weak points in your physique. I also ask him a little bit about his supplement company True Nutrition and his plans for the future. In the next article I will go into setting up your own individualized routine. So, without further ado, here is the interview!

tri-terrors interview with Dante Trudel

TT: I guess first off is what kind of criteria do you have for taking someone off the two way and putting them on the 3-way? Is it a certain amount of LBM gain, time training or something?

Dante: I kind of make that decision when I feel a person has enough size but needs to bring up some weaker body parts. Unfortunately most people want 21 inch arms over night and don't care if they have 22 inch legs, so it's a constant battle for me to keep someone on the path of "hey you are only 195 pounds at 6 foot tall YOU ARE NOT SUPPOSED TO HAVE 21 INCH ARMS AT 195 POUNDS! NOONE DOES!" Most of the time in bodybuilding 'over eagerness' in wanting to be there tomorrow outdistances 'smart planning' and the 'correct game plan'

TT: My understanding is that the 2-way is the fastest way to put size on pronto, and the 3-way gives a little less overall growth (due to reduced training frequency), but allows you to focus on weak points. Is that estimation on my part correct?

Dante: That estimation on your part is 100% on the money.

TT: On the 2-way we only see widow makers used for quads, and on the 3-way we introduce them to weak body parts. Can you give me a few examples of what these might be? I know it should be something that you can get in a groove with and really progress in reps and weight over time. Do you have favorites though that seem to work with many/most trainees or is it way to individual for something like that?

Dante: I have to kind of look at their body and make some deductions, but what I try to do is (for lack of better words) "get weird with it", which means put them in mechanical positions they aren't regularly in or put them in an exercise which they can really be progressive on. If someone had weak biceps I would find an exercise that would pull their arm backwards (and THEN they would start the curl)...such as facing away from a low cable pulley, or for triceps I would stick them on some kind of dip apparatus or dip machine (in which if you can get really progressive on it works for virtually everyone). Shoulders, maybe a wider grip upright row up only to the lower chest level, where you have to pause for a count of 1 before lowering.....things such as that. Usually all done for a higher rep range while coming down rep wise and up weight wise over time.

...continued on page #6

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editors notes

AnaSCI does not condone the use of illegal substances and the purpose of this newsletter is for entertainment and educational information only.

AnaSCI.org would like to take this chance to thank all that have contributed to this newsletter:

Supplier Review:

by: Pride

Chemical Conversions:

by: The Kitchen Chemist

IFBB Pro Circuit:

by: Gary Granaas
Special thanks for the interview goes out to: Andy Haman

AnaSCI Recipes:

by: BigChef

Supplement Review:

by: Elvia1023

Cyber-Space Protection:

by: Rory33

Training Techniques:

by: tri-terror
Special thanks for the interview goes out to: Dante Trudel

Nutritional Tips:

by: turbobusa

Supplier's Corner:

by: The Renegade
Special thanks for the interview goes out to: Cylon

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suppliers corner

Q&A WITH THE RENEGADE



The Renegade sits down and gets up close and personal with the top underground labs in the industry. Hear what they have to say about the many aspects of that side of the business. You will only find that here at AnaSCI.org - Uncensored, Old School, Bodybuilding Forum!

Down and Dirty : Interview with a Steroid Dealer

PART I

When the powers that be asked me to come up with articles for the newsletter they gave me one rule. Give us something good and something that will really captivate readers. Something not even the magazines really do. So I sat around my house for a few days, on the couch, in bed, and the john, thinking to myself what I could do to help put the Anasci Newsletter over the top. Then like a bolt of lightning it hit me. I will interview steroid sources. Not generic interviews but raw and uncensored ones. I will ask them the hard questions. The ones the magazines wouldn't even dream of. I relayed my idea to the editor and he immediately spit out his protein shake and told me to get on it. His only questions were who and how would I get the interview. My response to him was "leave it to me". And he did. So I went about getting the interview from several sources I know and at first they were all quite skeptical but as I relayed to them my intentions they slowly came around. One in particular. So for the opening issue of the Anasci Newsletter, I present to you my interview. First source up for interview...may I present **CYLON**.

Renegade: Hey brother...thanks for agreeing to the interview. I appreciate it. I know it's never good for a source to have the spotlight on them but this is definitely gonna be must read material!

Cylon: Well I have to admit I was hesitant at first but after you explained to me what this was about I thought what the hell!

Renegade: I guess the question everybody wants to know is how's business?

Cylon: Its good for the most part. Like any business even one like this you have your ups and your downs but more ups than downs. I really cant complain.

Renegade: Beats working a 9-5 right?

Cylon: Actually I work one of those.

Renegade: Most sources do. Even the really good ones still hold down the 9-5. Some don't. Some do sourcing full-time.

Cylon: Sometimes it can get hard to do both because both demand alot of your time. When I first started, my name really wasn't out there and I had to take time to build my reputation online, so for me working both was easy. But as time went on and people liked my services and I got referrals and new staying online, getting gear in, keeping track of order, shipping it out, replying to emails in a timely manner, it all takes time. There are only 24 hours in one day. Sometimes one or the other would suffer because there wasnt enough time.

Renegade: So since you're still working the 9-5 job I assume you figured out how to juggle both to make it all work?



...continued on page #7

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TRAINING TECHNIQUES

...Interview with Dante Trudel - continued from page #4

TT: I suspect that we would not be doing widow makers on all muscles, but do you have an upper limit on how many you would have someone do?

Dante: I would like someone to remain in reason. I've had the argument before of "Hey you want to widow maker them....do you see the problem I am seeing with this?" LOL

TT: Do you have any other techniques besides a widow maker that you would use to bring up a weak body part? Like maybe an extra rest pause exercise or one set to failure on an additional exercise?

Dante: With very advanced trainees I go over to this split:

Sunday chest	Monday biceps calves abs	Tuesday hams quads
Wednesday off	Thursday shoulders triceps	Friday back width back thickness abs
Saturday off		



And with this split I might add another exercise for a body part if I think it is key, and ill really try to 'get weird' with it' either exercise or mechanical position wise if I can. Let's face it, if you lift for 8-10 years and you have a crappy body part, you have done those same 5-9 exercises for that body part every single guy across the USA has also done for up to a decade...ITS NOT WORKING! So don't keep doing the same thing! It's not that you aren't doing enough sets, it's the exercise, it isn't working for you, so you have to get intuitive and find a tweak or a weird positioning that works for you and then progress weight wise in a safe rep range with it.

TT: Is there any input you can give on the thought process behind setting up a 3-way from start to finish? Like how do you go about laying it out?

Dante: It really is based on photos. I look at photos and come up with what I think will work best for a person's physique....it truly is my thinking out of mechanical positions. You can tweak a simple exercise and make it work for you for the next decade if you are smart about it. I couldn't count the number of people who got nothing out of incline smith presses that I told them to do the following:

- 1) Lift your sternum high, roll up a small towel and put it behind the small of your back if you have to so as to remind you on every rep
- 2) Every time the bar lowers inhale air until your chest is raised and high, inhale from the very top until the bar comes down and hits your chest, and then keep your chest positioning like that thru-out the movement.
- 3) lower the bar to the lower chest so your elbows are forced to travel downwards at a 45 degree angle (and again keep your shoulder blades pinched backwards into the incline bench with chest and sternum held high

If more people did their incline presses exactly like the above starting from the very moment they unlocked the bar off the racks (chest high, shoulder blades pinched back, lower to lower chest so elbows travel down and not out) they would see the incline bench press become a very successful exercise for themselves. That sounds simple doesn't it? Yet a simple tweak like that can be all the difference from having a 2 inch thick upper chest or a decade in futility.

TT: And lastly about the 3-way, is there anything at all that you would like to mention regarding it, of DC Training in general that maybe you haven't put out there yet?

Dante: Yes, please think of everything in these terms:

- a) Two way split is Dante trying to put muscle mass on you as fast as humanly possible. And that is done by training body parts OFTEN progressively.
- b) After a few years you are now a pretty good size (and you did it in 3 years instead of everyone else's 5 years it took them), so you do the 3 way split and in that split you lose frequency of body parts trained but you really go to town on weak body parts that aren't developing as fast. This is also the point where I might question a bodybuilder's cadence or method of operation on certain exercises. If their quads suck at this point ill make them do all their quad exercises with a 1 second pause at the deepest point before powering back up (not explosively but steadily)....that usually separates the mice from the men and also shows people how much they were cheating themselves by doing movement halfass. There is no halfass if you have to drop down into a very deep squat for a 1 second pause before coming back up. It's a very humbling experience that will turn your 455 for 6 you brag about into 225 x 10. But in the long run you'll do a true 455 x 10 and also develop gigantic quads. So to answer your question it's about method of operation at the 3 way split point, it's about finding exercises someone can really develop a progressive power groove on, and again "getting weird with it".

TT: Do you change anything regarding diet or supplementation or is that pretty consistent?

Dante: I fix problems at that point (appetite, weight gain stagnation etc) diet wise. Unfortunately bodybuilders being the obsessive creatures they are want to scrap everything and think "Lets eat 10 thousand calories a day!" when a simple "whoa slow down their trooper, we only need to add a tablespoon of all natural peanut butter here and here, and a tablespoon of EVOO here" will do the trick.

TT: What is the one supplement that should be on EVERY bodybuilder's shelves? And why?

Dante: The most successful supplement there is and has ever been. Creatine. Again I feel half my job used to be debrainwashing bodybuilders. Creatine makes you hold water so bodybuilders always feel they are getting fatter and look like crap on it. But the big picture is this. Water and bodyweight is leverage coupled with the strength gains Creatine gives you and it's a recipe for success for long-term muscle mass accumulation. Any product that allows you to beat what you have previously done in the gym either weight wise or reps wise is a valuable tool for long-term success. And that is creatine. Yes you look smooth on it, yes you look bloated, yes your face looks rounder. But the bottom line it this, you are gaining muscle mass on creatine much faster than you are without it, and all the detrimental effects of bloat and smoothness are temporary. They all go away and within 2 weeks of you getting off of creatine everyone will look like their old self.

...continued on page #8





AnaSCI

THE IFBB PRO CIRCUIT

...continued from page #2

Gary: How long have you been lifting?

Andy: I have been lifting for over 33 years as I am now 47 years old. What I find hardest about lifting is getting from the house to the gym. My best advice about training in one word is: "Consistency".

Gary: When did you win your Pro card?

Andy: I won the Super Heavy and Over All at Masters Nationals in 2007.

Gary: What did you do before bodybuilding?

Andy: I was a football and wrestling coach for a highschool. I grew up on a hog farm in Iowa. I miss teaching. My worst job was working the line at a scope mouthwash factory. That job taught me to get my act together. I then went on to get my Master Degree in Administration and Education. I taught physical and health education for 18 years.

Gary: Ever thought about acting in movies or tv?

Andy: I now have a reality show trying to shop around called "Meet The Hamans" America's Strongest Family. Keep a look out.

Gary: What inspires you?

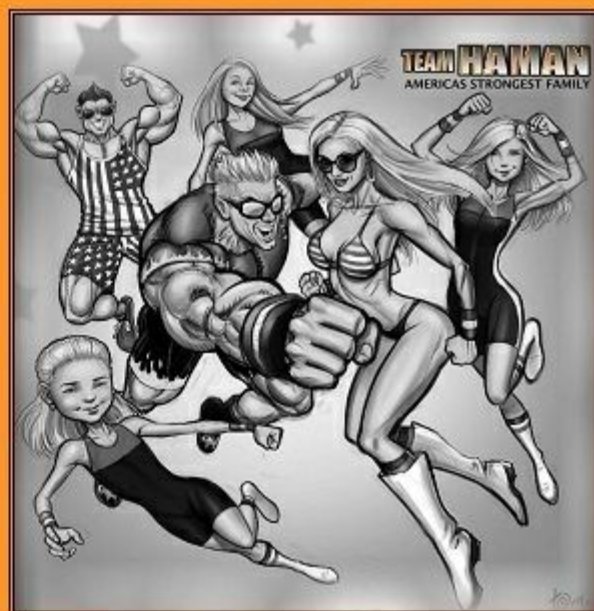
Andy: My father has always taught me to be kind, gentle, and to smile.

Gary: Who is your favorite bodybuilder?

Andy: I have to say Tom Platz he was the first pro I met and a great ambassador to the sport for me. Lee Haney is a great athlete. I also have to give a big thanks to Dave Palumbo of rxmuscle.

Gary: And this concludes my interview with Andy Hamon as he headed out to Kuwait to visit our troops. Doesn't surprise me from what I know about my friend Andy Haman. One thing I have learned from Andy Haman during this interview and the information I researched about him. Andy is very contributing to the community. Not only to the bodybuilding community but, also to the general public. He loves to be inspirational and set standards as a role model. Catch me next month for my "IFBB PRO CIRCUIT" interview with the Professionals of the sport right here at Anasci.org - Uncensored, Hardcore Bodybuilding community.

ANDY HAMAN



...continued from page #5

Cylon: For the most part. I mean I still have hiccups every now and then. Especially since I had to hire shippers. It just got to a point where I couldn't do everything myself so I had to include somebody which when I first thought about it really bothered me. You hear so many times over the years about sources getting busted because somebody they know rats them out. Well.. when I first thought about hiring a shipper I thought about that very fact because as you increase your circle you increase the amount of liability you have. Its always a risk. I really had to do my due diligence when I hired my shipper.

Renegade: Sounds like you really put some thought into it. Sounds like your big on safety?

Cylon: Well you have to be. This is no kids game. The ramifications of fucking up are you do time in prison. Unless you rat to save your ass which most sources do when they face the heat. I want to do everything I can to minimize my risk and exposure. That is the part that bothered me when I hired my shipper is like I said I increased my liability. I had to find a way to balance that out and I was lucky because I hired a guy I know and I feel like I can trust but still I try my best to keep him at a certain distance.



Renegade: Speaking of ratting...here is a heavy question: Tell me and our readers what you would do if you ever got busted? Would you sing like a canary or keep a tight lip?

...continued on page #9

SUPPLIERS CORNER

Q&A WITH THE RENEGADE

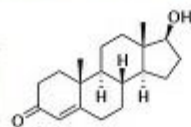


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...Interview with Dante Trudel continued from page #6

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TRAINING TECHNIQUES



TT: A big part of DC Training is not just the training itself but the diet. Has anything changed for you over the years in what you recommend or is it pretty straight forward? Carb cut-offs at night, pro/fat and pro/carb meals, fasted cardio, green tea extract, etc? How would you formulate pre-workout nutrition?

Dante: I hardly ever talk about diet anymore because that has changed so much for me. Research has changed. Anyone doing anything diet wise that they were doing 15 years ago has been left in the dust. I like to put most of the carbs ingested during the day around and directly after workouts still. I like to still use fat burning supplements (of mostly the non jittery kind) such as acetyl L carnitine, green tea extract, guggulsterones etc etc etc. I am much less a believer in any kind of feasible cookie cutter approach to diet, I tried to do it once to help people out and it backfired on me as it worked in a general sense for some but not for everyone. Diet is truly a hands on situation with an individualistic person by person approach. On a personal level I get worried about the lack of cardio conditioning that's in bodybuilding now. If quad size isn't a grandiose problem then I would very much prefer someone do some sort of walking (slight hills) or treadmill walking at least 5 times a week. Want a no doubt way to be able to do 20 rep squats without your lungs failing before your quads do? Do some sort of brisk walking cardio 5+ times a week. Want to know a surefire way to stoke your appetite if you cannot get enough food in? Brisk cardio done 5+ times a week will have you hungry as a horse. One thing that I feel is key to successful bodybuilders is BCAA's. Post cardio, pre workout, post workout and maybe even pre bed...BCAA's with extra leucine is a key weapon in a bodybuilder's arsenal. Is it something you are going to see in 3 weeks? Nope. But it is something you will see over a year's time body composition wise and when you diet. Long-term consumption of BCAA's at key times in my opinion is the difference between a person having 5-8 more pounds more LBM two years from now or not.

TT: You've made some pretty significant changes working with Dusty Hanshaw over the years. What kind of thought process goes into evaluating a top tier physique like that and coming up with a game plan to advance him?

Dante: There has been alot of "getting weird with it" over the last few years. You have to when someone gets that big and is at that level. Again it drives me nuts in this sport when I see guys that have done 10 years and 3000 sets of pulley rows, back pull downs, hammer rows, and every other regular back exercise that regular gym doers do yet their back still sucks.....and they think "well maybe I'm not doing enough volume".....WHAT?!?! If 3000 sets over the last 10 years hasn't done something dramatic to your back width and thickness, then you have to get very ingenious and think this stuff out! That's kind of how I came up with Rack chins with a bar in your lap and your feet crossed....because you cannot cheat that exercise, if you are going to pull your chin over the bar you have to do it with your lats....your feet are crossed so you cannot use your hamstrings to help, and the bar in your crotch/legs area makes you do the movement upright....you are stuck in the correct mechanical position, and it's basically stretch and then pull, stretch and then pull. So at someone such as Dusty's level (size), he has done all the exercises multiple of hundreds of times, we keep what works, throw away what doesn't, and we do weird things in certain mechanical positions to make further changes.

TT: Secondly, I wanted to talk to you about True Nutrition a little bit. You have had some big changes over the last year, changing from True Protein to True Nutrition, and adding familiar brands to your lineup. Do you have any other big changes (or little ones) in store for the company? I think I remember reading about a possible East Coast operation for you? What is your goal for the company and where do you see it in five years?

Dante: We had to change from True Protein to True Nutrition, we were just carrying so many products that are outside of the protein spectrum that we just had to.

Changes that we have coming (where do I start?)

- 1) Slew of new products (alot of food related products, we want to not only be peoples supplement source but their regular diet source also)
- 2) People have craved more "do it yourself" workability and we are going to offer that alternative to them.
- 3) A rather large expansion from our West Coast home base
- 4) My goal used to be "Enough of these companies selling pipe dreams and false promises with fancy made up terms "Anabolic quad linked matrix"? What?!?! LET'S PUT SOME TRANSPARENCY OUT THERE. And it was that 9 years ago and it still is that today. It saddens me when people cannot figure out that the company over there paying 13000 dollars per page in magazines to entice you with fancy charts, made up science, and catch phrases using the word 'hypertrophic'.....are having someone like us make their product for them. So that person pays 44.95 for a jug of something with a color blinding label, with scrabble winning words on it, yet they could buy the raw materials that are actually in it, on our site for 20 bucks. Oh well what can you do....the education process of customers continues. I am proud that we have become the dirty little secret of the educated people in professional sports/MMA/bodybuilding/crossfit. My goals for the company? We take care of 3 NFL teams currently, I want to take care of all 32...LOL. Where do I see myself 5 years from now? It's scary because I want to become the place that supplies any and all athletes with the tools (supplements and food) that they can design their daily nutritional intake from....but to do that is a huge undertaking, and I'm not going to lie, it's probably going to involve a journey that is going to have me swallowing my pride somewhat from being "the dirty little secret".....I don't want to be mainstream. I don't want to be "oh everyone knows about that place" but how do you educate the masses or take care of all the NFL/MMA athletes/Olympic athletes without getting well known? I am just going to try to keep doing it the way we have been and everything will fall into place.

TT: And lastly, I wanted to thank you very much for your time! I know you are a very busy man and to take any time out at all for something like this means a lot to me and speaks volumes about you as a person. You have gone above and beyond the call of duty many times for bodybuilders such as myself and I really want to give you a heartfelt thank you for all the information and ideas you have shared over the years!

Dante: Hey I appreciate that greatly Michael, I hear something like that and my chest sticks out, my chin raises high with pride and then my wife ruins it by yelling "please take out the trash, its Thursday!" Take care, thanks



supplier review

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ANT also has a remailing operation that goes by the same name - ENDOSYN.

They have been around for about a year now and also have a very strong customer base. They receive very good reviews

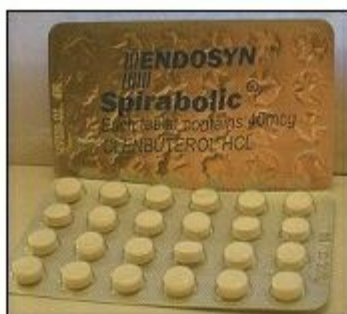
on all of their sponsored forums for having fast T/A, great products and customer service.

It is well known that in early to late September, one of their shippers was busted. Endosyn handled the situation professionally and extremely quickly! What did Endosyn do, they informed the public of the situation. Very stand-up of them to do! They took care of all outstanding orders and made sure that all of their customers were taken care of in less then a weeks time! So in all, they had an issue, they made it right in record time and did not take the easy way out that most suppliers have and would do, which is to keep taking orders and run for the hills. That in itself shows that type of character that is behind the wheel of ANT's remailing operations! They weathered the storm and did as one should do in keeping their customers informed and taking care of the situation as best as possible. That is very hard to find in this new age of steroid supplier!

I have personally used the Endosyn product line and have to admit that they are some of if not the highest quality products I have used in quite some time. I have even been quoted as saying that they are right up there on the shelf with human grade products!

ANT picks his remailers wisely as his group offers great customer service, professional products and an excellent turn-around time on delivery. I would give Endosyn high marks in all areas of their business performance!

Their prices are much higher then the average supplier on the market at this time but, if you are going by the old saying, "You get what you pay for!" then you would have to apply that to the Endosyn product line. Their presentation and product quality are well worth the extra cost in assuring you are getting exactly what you pay for every time!



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...continued from page #7

Cylon: I knew this question would come. Im not gonna bullshit. It would be tough. I dont have kids or a wife but for those that do when they get busted the pressure must be so intense that its easy for them to cave. If your single and you cave your labeled a pussy and deservedly so. You cant hurt anybody but yourself in that situation but if you take the risk when you have a family...which is stupid in of itself because your putting all of them at risk, I can understand why guys roll. The thought of the feds charging your wife with conspiracy, them taking your kid or kids and putting them into foster care.. all that shit. Its sick. It must be incredibly hard. To be honest I feel bad for guys in that situation. I still think they should keep quiet but I can understand when they dont. As for me...I hope I never have to find that out. I would like to think that I would stay quiet and I always tell myself that is what I would do. Lets hope we never get the answer to that question.

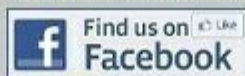
Renegade: Fair enough. Kind of evasive...but fair. You say you minimize your risk. Give me an example of how you do this?

Cylon: Well...Im not gonna sit here and just spill the beans about everything I do. I didn't agree to that. But what I will tell you is that for one..I dont sell local. I sell online and thats it. I always think its a mistake to do both. I know guys get really greedy and try to get money from both ends but in the end that just ends up really fucking you hard. To be hoenst I think selling local is probably one of the dumbest ideas you can do now. Your just asking to get busted becuase when you sell local you have to do the transactions face to face. The small amount of security you get from doing it online is that your real name is still anonymous. When you do it locally people know who you are which makes it easier to ID you and bust you. So for me I made it a rule to never do both and never associate with somebody I know who knows me around what I do that does that locally. Also I take common sense measures that you would think most sources would do but dont. I dont do any business on home computers. I have a seperate ipad that I do all my stuff from. I like the iPad becuase its light, sleek and I can dump it or hide it in case something were to go down. Much easier than a laptop. I use a proxy VPN and ISP provider so my ISP addy never comes from where I actualy live. I have all the latest harddrive wiping software , although I doubt that shit really works. Only taking your hard drive out and throwing it in a lake or the ocean will ever really get rid of the evidence. I never keep anything around me. Ever.

Renegade: That has to be rule number 1 but every source I see busted always has shit at their homes. These UG Labs have all their chemicals, pill presses, etc all lying around the house like it's pfizer or some shit.

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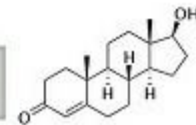
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...continued from page #9

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Cylon: Exactly. And thats why they get hit hard. What evidence do they really have on you if they can never catch you with anything. Granted if its a fed case then they can charge you with conspriacy on just the word of a rat or some BS, but thats the feds and they dont come after you unless their case is iron clad so in that case your fucked anyway. But getting back to these other guys that get busted...I just shake my head that they have their entire stash just hidden under the bed like the cops wont search there or something. Its ridiculous.

Renegade: Seems that stems from complacency.

Cylon: Thats the biggest thing that happens to sources when they have been doing it for a while. They begin to think they cant be touched or they are so good that they will never get hit, so they begin to get careless. They talk, or they leave stuff at their homes or drive with stuff in their cars and speed. All these really dumb things. They dont keep their eye on the prize. And in the end its their carelessness that ends up doing them in. How many times have you seen a source busted for driving with a suspended license or a license plate that is overdue and they get busted with shit in their car with that. When I see that I think about how big of a dumbass they are and that they deserve that shit.

Renegade: What about when it comes to actually getting payment for gear or sending it out?

Cylon: Well this is the part where Im not going to divulge alot of my information because I ship all over the world. I dont want to give away my secrets but I will say that as far as accepting money, some of the methods I use are your standard green dot, western union or money gram. I never do cash in the mail. Too risky for me although when I first started I did and it was okay., alot easier than going to 5 million western unions to collect payments but then again you run the risk of somebody having your info and then they get busted and tie it back to you.

Renegade: Cash in the mail used to be the standard way to go for most sources.

Cylon: It really was for a while. When I first started years back that was how all domestic sources accepted payment. Only time you did western union was when you were sending money overseas or you were a source overseas. Now with the boards being so open and the feds and police all over you have to insulate yourself as best as possible. Even now western union and money gram are not fool proof but they are still one of the best options we have. The patriot act really took away alot of avenues sources had to collect money. I dont think there is one fool proof way to collect money., Even if you involve others to get money for you, by involving others you run the risk of them getting busted, Hence increasing your liability.

Renegade: You really have to know who you are dealing with then?

Cylon: You really do. I see so many new sources pop up everyday and they open shop like its walmart. Throwing sales, having super low prices, and doing all kinds of silly shit just to get customers. They are all liabilities to me. I know these boards use them and thier fees to make money but it really oputs the community as a whole at risk. I remember back when, it was impossible to get a source online unless you knew somebody and had been around for years. Now you can get whatever you want at the click of a button and there are no security checks. Sometimes I think to myself the feds either dont care now or are building another operation raw deal because shit is so wide open.

Renegade: Operation Raw Deal was some fucked up shit, some 52 labs got busted! I remember all the panic it created. Now with all the open sourcing it's like everybody forgot?

Cylon: Not only forgot but dont care. Only thing driving most of these gusy today is the dollar. They will risk life and liberty for it because in this game there is alot of money to be made. Powders are cheap, supplies are cheap and profits are big and when there is money to be made people will be there to make it. Im sure the feds monitor how open the boards are now and probably shake their head at how stupid some of these guys are. I will tell you though, that its my belief that the internet is more open now than it was prior to operation raw deal. I mean you had steroid super board, outlawmuscle, and several others that were open source boards and SSB is what got the ball rolling but many of the sources that are around now were not there then, so they really have no idea how that impacted the community. They dont have that level of fear in them. Im sure the sources that did survive that are gone, back under new names with tight security or dead. See I think all these new cats are young kids because they dont have alot of common sense. USA domestic sources having websites that you can use a credit card on. Hell even international sites that accept paypal and credit cards. PAYPAL for gear. You might as well write them a receipt.

Renegade: I laugh at that all the time. Guys have gotten so careless now that it's come to them accepting credit cards

Cylon: I guess they dont remember redi cat like we do. The USA ATF and DEA went to thailand to get this motherfucker. They actually went to another country to get him. So if they did that for him what do you think they will do to you if they want you bad enough. Credit cards just make it easier to come get you. Its ridiculous.

...continued on page #11

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...continued from page #10



suppliers corner

Q&A WITH THE RENEGADE



Renegade: So I know you have been around for a bit. How did you get started?

Cylon: Well like most guys, I started using. I was broke and couldn't always afford my own cycles so when I could afford stuff I would get extra to sell to get mine for free. When I really got serious about doing this is probably when I was at my lowest point financially. I was working 2 jobs and could barely make ends meet, plus bodybuilding. I woke up one day with no electricity because I didn't have enough money to pay the bill and I had to borrow money from a buddy. It was humiliating. I remember looking myself in the mirror telling myself I was busting my ass and not even making it. I was trying to do it the right way and had absolutely zero to show for it. There had to be a better way. One thing led to another and I borrowed some money again from a buddy and found a good source online back in the day who I won't mention here. He really hooked me up. I remember I had 2k and I bought a shit load of Pakistani Sust Amps, Norma Hella Decas, Galenka Enanthate Amps, Naposim Dbol Zambon Winny Amps, some clen, T3, HCG, etc. I made a nice little chunk from that. And just reinvested it into more with the profits I made. Rest is history.

Renegade: Sounds like you were really motivated?

Cylon: Well I was motivated to get out of the shithole situation I was in. Some guys are already in good positions and do it because they are greedy or for whatever other reason. I did it to begin with because I couldn't make ends meet. I guess my situation was a little different.



Renegade: How much do you pull in a month now?

Cylon: Wow...that was blunt?

Renegade: People want to know! It's a fair question. You always hear sources talking about how they have 100 emails to answer every day, 300 boxes to ship, etc. They sound like they are swimming in money!

Cylon: Lemme tell you something...all that is bullshit. I read those comments too. Being a source I know what is really going on. Even the best sources are answering 100 emails a day. You know how hard that would be to do that everyday and get anything done. You would get up at 9am and be at your computer until 2pm or even later just answering emails. When would you get anything done? A lot of times sources say that to stall for time for whatever reason, or try to make themselves look bigger than they really are. If you have 20 emails a day to answer your doing good. I would guess some guys have 30 in one day and make 15 the next and it varies but no source had 100 emails a day every day. You are bullshitting if you do. And I will tell you the reason they don't. Competition. There are too many sources out there now trying to get a piece of the pie to have that many people ordering everyday. Now as far as how much I make, on a good month 50k. I have done 65k before in one month but I had some big customers ordering a lot from me. But I generally do between 10-15k a month. To be honest I used to really push it but now I'm more content to just go easy with it and be safer. I have seen too many guys get busted because they were trying to be the Scarface of the steroid world. Nobody gives two shits about you in jail.

Renegade: Funny...I think the same thing. I have to laugh and the guys bump sources as the best ever. Every source is the best ever until they get busted or scam and then they're a real piece of shit!

Cylon: Well that's human nature. As a drug dealer your everybody's buddy until they don't need you anymore or something goes wrong and then your asshole numero uno. YOU have to realize that going in that while your around with your service you can expect to be "the man"! Once your time is over nobody will even remember who you are.

Renegade: So what are your goals? Do you want to be the next Scarface of the steroid world?

Cylon: No. I will leave that bravado to the dumbass young kids. I would prefer to not even be seen on the boards, I do okay now with where I'm at. DO I want to make a million at this? It would be nice. But that would require a lot of risk and that right now isn't something I'm prepared to do. I'm content with the amount I make now with the people I have. I live good. I don't worry about electricity anymore and I put money away under my mattress for a rainy day. I don't have any specific set goals nor do I have a time frame. I go by my gut and when it tells me it's time it's time. Just like this interview. It's getting to be that time.

Renegade: Yeah I guess I have taken enough of your time for today. I appreciate you answering my questions for part one of this interview. I look forward to part 2!

Cylon: Anytime brother. I actually enjoyed talking with you. I hope I answered the questions in a way that your readers will like.



Tune in for **PART II** in the next issue of the

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...continued from page #4

There have been numerous studies into why ginger has its inflammatory effects but nothing conclusive has been published. But we know it does help so another reason to use this herb. Any anti-inflammatory action is a great thing when it comes to the inflamed bodybuilder.

Ginger seems to have quite a few uses for the bodybuilder but what if it helped with testosterone levels. Kamtchouing P et al. (2002) shown evidence to suggest this very thing. They tested the aqueous extract of *Zingiber officinale* (Ginger) for its possible androgenic activity in male Wistar rats. The aqueous extract of *Z. officinale* significantly increased the relative weight of the testis, the serum testosterone level, testicular cholesterol level and epididymal α -glucosidase activity. It was clear the aqueous extract of *Z. officinale* had an androgenic activity.

No supplement is ever perfect but it is looking like ginger could have many additional uses. The rhizome of ginger contains pungent vanillyl ketones, including [6]-gingerol and [6]-paradol. This [6]-gingerol has even been credited for its anti-cancer activity. It is true you hear about many supplements being good for cancer. When I hear this I like most take it lightly. Could they genuinely prevent or treat cancer... highly unlikely. But ginger has been shown to be highly effective during numerous studies when cancer is being treated. All cancers are horrible but one I know is a big concern for the bodybuilder is prostate cancer. Shukla Y et al. 2007) reported the modulatory effects of [6]-gingerol on testosterone-induced alterations on apoptosis related proteins in both in vitro, androgen sensitive LNCaP cells and in vivo, ventral prostate of Swiss albino mice. Results of western blot analysis showed that [6]-gingerol upregulated the testosterone depleted levels of p53 in mouse prostate and upregulated its downstream regulator Bax and further activated Caspase-9 and Caspase-3 in both LNCaP cells and in mouse prostate. Thus, [6]-gingerol shows its protective effects in both in vivo and in vitro prostate cancer models by modulation of proteins involved in apoptosis pathway.

We all like to get tanned over the summer. Tanning is vital for the bodybuilder when competing in a show. A nice base colour will only add to the appearance of a physique. This is why tanning peptides such as melanotan 2 are widely used by the bodybuilder. This particular peptide can cause severe nausea when injected. This is where ginger root shows another of its uses and probably it's most well known. Although there are no direct studies on this effect there have been various showing the beneficial effects Ginger has on motion sickness, nausea during pregnancy and for chemotherapy patients.

Ginger has many other possible uses I have yet to highlight including arthritis, fevers, headaches, toothaches, coughs, bronchitis, lower cholesterol and blood-pressure and aid in preventing internal blood clots. I recommend you conduct your own research and see if ginger could become a useful addition to your supplement regime.

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steroid review



Stanozolol, commonly sold under the name Winstrol (oral) and Winstrol Depot (intra-muscular), is a synthetic anabolic steroid derived from dihydrotestosterone. It was developed by Winthrop Laboratories (Sterling Drug) in 1962, and has been approved by the FDA for human use.

Unlike most injectable anabolic steroids, Stanozolol is not esterified and is sold as an aqueous suspension, or in oral tablet form. The drug has a high oral bioavailability, due to a C17 α -alkylation which allows the hormone to survive first-pass liver metabolism when ingested. It is because of this that Stanozolol is also sold in tablet form.

Stanozolol is usually considered a safer choice for female bodybuilders in that its anabolic effects predominate its androgenic effects, although virilization and masculinization are still very common even at low doses. Stanozolol has been used in both animal and human patients for a number of conditions. In humans, it has been demonstrated to be successful in treating anaemia and hereditary angioedema. Veterinarians may prescribe the drug to improve muscle growth, red blood cell production, increase bone density and stimulate the appetite of debilitated or weakened animals.

Stanozolol is commonly used by athletes and bodybuilders alike to lose fat while retaining lean body mass. It is usually used in a "cutting cycle" to help preserve lean body mass while metabolizing adipose, although it has not been proven conclusively that it has any special fat-burning properties.

It is presented most commonly as a 50mg/mL injection or a 5mg tablet. However, recently 100mg/mL injection and 50mg tablet versions have become available. A common dosage can be 10-25mg a day orally and 25-50mg daily injected, with optimal results usually seen at 50mg/day. It is reduced to micrometer particles in aqueous suspension and does not have a typical elimination half-life. Authentic Stanozolol can easily be seen, because it will separate in its container if left undisturbed for a number of hours (the micronized crystal will fall to the bottom and the water suspension will rise to the top). It has a white milky color.

