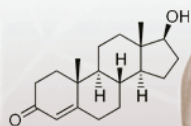


# AnaSCI Newsletter



# Anabolic Science

**anabolic steroid . nutrition . fitness discussion**

## NUTRITION TIPS



### SUPPLEMENTING WITH GLYCEROL

In this article I wanted to talk about a supplement that I use on a regular basis that many might not be very familiar with, which is glycerol. Glycerol also known as glycerin is used for numerous purposes from biodiesel fuel to keeping protein bars soft, but we are concerned with its application in the gym and with endurance sports. Glycerol is a sweet, clear liquid and is classified as carbohydrate which is not very accurate and is 60% as sweet as sucrose and has a lower glycemic index and metabolic pathway within the body than table sugar but has a similar caloric density. Due to glycerol's lower glycemic index some dietitian's approve glycerol even when on a lower carbohydrate diet as it is a sugar alcohol. I have used it while dieting and have not had any issues with it as well.

Glycerol does several things that can be quite beneficial for athletes and weight lifters. The first thing that glycerol can do is hyper-hydrate. When glycerol is taken with additional water or a sports drink such as Gatorade it will allow much greater fluid retention than drinking water alone. This will help combat the negative effects of dehydration and keep more water in the muscle; obviously having more water in our muscles is going to be beneficial as muscles are made up of mostly water. This is great for endurance athletes from runners to fighters. Several studies have shown due to the water retention that athletes were able to perform for 20% longer than without the glycerol and still substantially longer than athletes that only loaded water and carbs when compared to those who used glycerol. Glycerol helps regulate body temperature which is great as it will increase performance in the heat. On the opposite spectrum of uses is glycerol's ability to dehydrate, which at first might not make sense after talking about how it helps hydrate. The reason being is that glycerol acts like a sponge so when you take it without the addition of water it has a drying out effect similar to a diuretic, removing the subcutaneous water and moving it to the blood stream. This can be helpful to bodybuilders that need to dry out prior to a show; I do not recommend relying on this without experimenting with it prior. Another thing that glycerol does is increases blood volume, the more blood volume results in fuller muscles, better pumps, and more vascularity.

The protocol for using glycerol for endurance purposes is to start with approximately 1-gram glycerol per kilogram body weight along with an additional 1.5L - 2.0L of water, consumed 1-4 hours prior to the event. The way that I use glycerol is in my pre/intra/post workout shake, I use a few tablespoons mixed with Karboload, EAA's or BCAA's with extra L-leucine, and PeptoPro. I get the best pumps from this than any other legal substance I have used and am extremely vascular when in the gym. You can still get good results though with taking the glycerol with some Gatorade prior to lifting, I would recommend mixing the two since choking down some glycerol by itself isn't the most pleasant thing.

- 1 NUTRITIONAL TIPS
- 2 ANASCI MOTIVATION
- 3 ANASCI RECIPES
- 4 INTERVIEW: IFBB PRO JUANITA BLAINO
- 5 CHEMICAL CONVERSIONS
- 5 STRONG WORDS
- 8 UNDERGROUND SOURCE ROUNDTABLE - PART 1
- 9 MASSIVE EATING
- 14 FEATURED GYM



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 have ventured as far as we have in the bodybuilding and anabolic science world. Respect and thanks must be given.

"STRENGTH DOES NOT  
COME FROM PHYSICAL  
CAPACITY.  
IT COMES FROM  
AN INDOMITABLE  
WILL."

-GHANDI-

# ANASCI MOTIVATION



Discuss**WorldIssues**  
Socio-Economic Religion and Political Uncensored Debate





# ANASCI RECIPES

It's great when you have 1-2 hours to cook a nice dinner but most times it doesn't work out that way. I could write out an elaborate recipe and that would be nice but I think for most of us nice and simple works best. Just gonna give a few suggestions and meals I like to eat and ways of keeping things interesting. The key words are flavouring, spices and herbs. By playing about with the three you can keep your meals interesting and different. Certain spices can change an entire dish and help you enjoy your food more. Furthermore they can provide various health and bodybuilding benefits.

2 staples in my meal plan are chicken breast and beef mince. Most of us eat chicken breast daily and it can get boring. My favourite additions to chicken breast include: sesame oil, light soy sauce, lemon juice, coconut oil, olive oil, cinnamon, pepper, cayenne pepper, himalayan pink salt and chilli flakes. Sometimes I like to marinade the chicken over night but even a simple dry rub 30 mins before cooking would do. I like to fry my chicken breast in a small amount of oil (any type would do). If you want to avoid fat then you could simply grill it. Season your chicken (salt and pepper) and add in cayenne pepper for a little heat. The key ingredient and one you don't usually see with chicken is cinnamon powder. This is my favourite spice to go with chicken. I would add this in before and during the cooking process. The great thing about cinnamon is it helps regulate blood glucose and can lower LDL cholesterol levels. Like with any dish you can add in a few things to garnish the plate but if it's just for yourself the easier the better.



With beef mince I like to get a good quality and lean product so approximately 5% fat. Simply brown the mince in a pan (drain pan if needed) then add in a few spices. All of the above go well but I also like to add a few herbs such as basil, oregano and perhaps coriander. The key is to experiment and find out what you like yourself. By adding in 1 or all of the 3 above it will definitely add depth to the dish. They all offer health benefits such as anti inflammatory, anti bacterial, anti-microbial and anti-fungal properties. This is not essential but I like to then add in one whole chopped up bell/sweet pepper and some cherry tomatoes. I like to have a mixture of colours on my plate so usually opt for a yellow and/or green pepper for this dish. Then you should add in a pasta

sauce. You could make your own or buy one in store. If you buy in store just try and get a low sodium one.



I usually go for a tomato and basil sauce but most taste good. Once the sauce is added you will only need a few more minutes of cooking time and the dish is done. By reason of the ingredients the beef mince dish is best when your not dieting. Although it's a great 'cheat' when you are dieting too.

For both beef and chicken dishes my preferred carb choice is brown pasta. Although if I want something different I use rice or sweet potatoes.

Lastly one of my favourite snacks/meals to make that takes just minutes is oats with protein powder. It sounds so simple and many probably enjoy this but I know many wouldn't have. It's an ideal fast breakfast or pre workout meal. It's also the only time I ever use the microwave. I like to add in one chopped banana plus a mixture of goji berries and sultanas (golden raisins). I use ½ milk and water then simply microwave for 3 minutes stirring half way though. Once it is cooked add in your chosen protein powder. I don't enjoy plain oats without sugar/honey but with the flavouring from the protein powder no sugar is needed for me. My preferred flavours with oats are toffee, chocolate/coconut and cookies and cream protein powders. A ridiculously simple suggestion but one of my staples in my diet now. Incidentally I also do the same with greek and natural yoghurt but prefer fruity flavours with those.

*"The key words are flavouring, spices and herbs.  
By playing about with the three you can keep your meals  
interesting and different."*



# FEATURED ATHLETE

## INTERVIEW WITH IFBB PRO JUANITA BLAINO

This month Anasci spends time with pro bodybuilder Junita Blaino. Juanita has a very unique competitive story /background. She competed in the 1994 USA bodybuilding championships.

She then was absent from the national stage until 2010 where she competed at NPC Masters nationals In 2012 she won not only the heavy wt womens NPC nationals but the overall as well.

Folks we are talking about a 16 year competitive hiatus!! With the overall victory at 2012 nationals she earned her pro card.

I met with Juanita down the street from world famous Quads gym southside at Dennys after Saturdays training session. On to the interview.....

Anasci: Hello Are you Juanita? (me feeling like a idiot for asking the from across the room obvious).

JB. Yes how are you today?

Anasci fine thank you other than me starting off with a goofball question like are you Juanita!

JB laughing that's not an odd question . You never know could be another bodybuilder.

Anasci. I know you meant well but that just made it worse. I've been around this so long I could see you are exceptional at a glance from across the room. I think everyone else here knows there is something out of the ordinary with your presence.

(We were eating at Dennys and most of the tables had people trying to get a look and listen as Anita and I talk)

JB Laughing I like the way you talk! No seriously thank you very much it's nice to be appreciated.

Anasci. Can you give me some background on you and your life?

JB Sure . I ran track in high school and then in college. During the off season I liked to weight train. My strength and conditioning coach at Tennessee happened to be Dan Austin (editors note: Dan Austin was/is a world class powerlifter)I responded really well to the iron. Dan suggested I do a bodybuilding show. I was hooked!

Anasci Very cool! I really like hearing those kind of beginnings!

JB I competed after college up until 2004 where I did the Usa .That would be my last show til 2010. In 2010 I did the NPC masters nationals where I took 5th in the heavy weight.

Anasci Wow that's a nice start to coming back to the stage after a 16 year layoff!

JB Thanks! Yes it got the competitive blood flowing again.

Anasci You then did Npc nationals in2012. That was when you won your pro card by winning the heavies and overall correct!

JB Yes that is right. I then set my sights on the Chicago pro show for my debut in the pro ranks.



Comrades in iron.  
Juanita with training  
partner Mark Nottoli

2012 NPC overall champion  
The Mahogany Rush Juanita Blaino!....

Continued on page 6





# chemical conversions

**SWOLE POPS - Suck on This!**

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

The following recipe makes 20 "SWOLE POPS"

2 cup sugar  
1 cup light corn syrup  
1/2 cup water  
2 tsp extract of your choice (vanilla, mint, cinnamon, coconut, etc)  
Food coloring (optional)  
Lollipop molds and sticks  
1 gram dbol  
Makes 20 / 50 mg dbol pops

1. Combine the sugar, corn syrup, and water in a medium saucepan over medium-high heat. Stir until the sugar dissolves, then brush down the sides of the pan with a wet pastry brush. Once boiling, insert a candy thermometer.
2. Allow to boil, without stirring, until candy reaches 295 degrees Fahrenheit (146 C).
3. Once the candy reaches 295 F, add the dbol, stir well, remove it from heat. Allow it to sit until it stops bubbling completely. Stir in the extract of your choice, and, if desired, food coloring.
4. Spoon the candy into the mold cavities, making sure to cover the back of the stick.
5. Allow to cool completely and remove once hardened.

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



*Not ACTUAL SWOLE POPS - Photo for demonstration purposes only!*

## STRONG WORDS

WINNING ISN'T EVERYTHING, BUT WANTING TO WIN IS

THE DIFFERENCE BETWEEN THE IMPOSSIBLE AND THE POSSIBLE  
LIES IN A MAN'S DETERMINATION.

DON'T MEASURE YOURSELF BY WHAT YOU HAVE ACCOMPLISHED, BUT BY WHAT YOU SHOULD HAVE  
ACCOMPLISHED WITH YOUR ABILITY.

EXCELLENCE IS NOT A SINGULAR ACT BUT A HABIT. YOU ARE WHAT YOU DO REPEATEDLY.

**HowToDoInjections.com**

NO PRESCRIPTION NEEDED  
**Sterile Syringes**  
.com





INTERVIEW WITH IFBB PRO

JUANITA BLAINO

Continued from page 4

Anasci so you took 2nd in your pro debut which actually pointed you in for the MS. OLYMPIA?

JB . Yes but I did not know that and went on to do the Tampa pro where I tried some new prep strategy with uh not quite the outcome I was hoping for. The IfBB judges pulled me aside and said hey we saw your condition in Chicago so go back to whatever you did for that show. I really appreciated the advice and followed it. Next stop was the 2013 Ms. Olympia. I placed 6th and I was really overwhelmed with the feeling. It was a dream come true!

Anasci Very cool.. I can feel your happiness . You are so upbeat and positive.

So let's get into the fun stuff ok?

JB Sure What would you like to know?

Anasci Lets get off into your training . What type of training do you and Mark use?

JB volume all the way! Here is an example . Quads we train 26-30 sets .

Hams are trained with a bit less say 22-24 sets usually in the 10-12 rep range .

Sometimes lower or higher reps are employed but 10-12 is the norm.

We train each body part 1x per week with calves being the exception that is usually 3x.

My favorite training days are legs and back.

Anasci.. What are your show time stats. ?

JB well I'm 5 feet 7inches tall. I come in at 176-180. 42inch chest 26 inch waist 17 inch arms.

Anasci Wow outstanding. You have the ultra desirable X-frame. Great work.

JB Oh thank you. I try to stay leaner off season and it really helped not having to knock out constant 2 hr cardio sessions.. I have been as high as 210 -215 off season..

No more of that for me.

Anasci What are the things that have made the big difference for you in the quick progress you have have experienced with your return to competitive bodybuilding?

My training partner Mark Nottoli. He is so focused and driven and really knows his stuff. Could not ask for a better training partner,. He is very instrumental in where I am now with bodybuilding. My nutritionist Anita Anikolich. She makes the food part easy. She has had a major impact on my condition. I highly recommend her to anyone prepping or just wanting to obtain an ultra lean condition while maintaining muscle mass. She is awesome!

Anasci. Sounds like you have every thing on point with your crew.

That is great when you get with the right people and things really click..



Continued on page 7



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STRONG WORDS

AnaSCI Staff

UNDERGROUND SOURCE  
ROUNDTABLE

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MASSIVE EATING

tri-terror

FEATURED GYM

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INTERVIEW WITH IFBB PRO

# JUANITA BLAINO

JB . You got that right I am very thankful for my training partner and my nutritionist!

I'm also blessed with a supportive family. I have a daughter and she is a very supportive 9yr old.

Anasci music preferences ? I like all types of music. But for intense iron work or cardio

JB I ,like it heavy . You know Disturbed Pantera etc....

Anasci Cool many of us like it like heavy and loud for training. Hey any favorite bodybuilders?

JB Kim Chevesky Lenda and the great Iris Kyle. Iris has the most Olympia wins of anyone male or female.

Male it would be everyones all time favorite Arnold.

Anyone you'd like to thank Juanita.?

JB. Yes my training partner Mark Nottoli. My nutritionist Anita Anikolich.

My family . Also thanks to Anasci for this interview.

Anasci What can we look forward to in 2014 Juanita?

JB Well you will have to wait and see. I hope to best my best with each outing!

Anasci Can't wait! You have been an absolute blast to hang out with .

I don't know a hardcore bodybuilder especially the vets that would not be truly inspired by your story.

Thank you Juanita from all of us here at Anasci.

*Anasci would like to thank Eddie Coan the Hadi bros and quads.gym southside....*

*Special Thanks to Cheryl Shelby for pointing me to Juanita See you next issue... Staff.....*



# UNDERGROUND SOURCE

## ROUNDTABLE

PART 1 of 3

WITH  
THE

RENEGADE

Okay meatheads!!! This month I have something really good instore for you..my loyal readers. You guys know how much I like to really bring you the inside scoop on sources and everything that has to do with them. Well my fellow muscle monkeys...this month is no exception, except.... this time instead of interviewing one source, I have brought together 3 of them plus myself to have a nice roundtable discussion about the in's and out's of our community and sourcing. Trust me.. this is gonna be one explosive interview. Nothing is held back here and its totally raw and uncensored. Because of what is talked about here the names of these sources have been withheld for any potential legal ramifications. If it was just a simple interview then by all means we would let it be known whom we were speaking to, but because the nature of the material about to be printed..for the safety of the sources and the people they deal with we had to change thier names. Trust me when I tell you that they are some very well known sources from around our community. If you have been online for any length of time, you would have heard these names or used these guys by now. So let me stop yapping here and lets just get right to the good stuff.. enjoy the round table.

(Edit: This discussion was done in a private chatroom online where all 4 of us logged in and talking and typing at the same time.)

Renegade: Hey fella's I want to personally thank you for doing this roundtable discussion. I know you guys are some of the best in the business and have been around for quite a while. I know for your saftey and that of the people you work with it is best to do this online in a private chatroom. Thanks for coming to gether to discuss the things guys and gals in our community really want to know.

TheFonz: Sure man its no problem. Im glad to help you and the anasci forum. I visit that board from time to time and from the time I remember it first started until now it has really grown by leaps and bounds. I check it out the other day when you contacted me and I might have to try to get on that board.

Triggerhappy: Anytime bro. Im busy as fuck but I always got a few seconds to chat shit up.

Mr. 69: Glad to help out. You and I go back a long way so Im more than happy to help out.

Renegade: First thing, lets get a little background info on you guys. No real names or info but let us know who we are dealing with.

Triggerhappy: I have been around since the days of elite fitness being brand new in 1995. I've pretty much seen it all. I've sourced for the better part of 15 years off an on. Mostly on. I've sources locally, online, on the forums, privately. You name it I have done it.

Mr.69: Started on GymAce's SteroidSuperBoard. So that was around 2005. Been in the game every since. Been through the up's and the downs. I narrowly avoided Operation Raw Deal. And I mean narrowly. Im on a few boards but none of the big ones. Im too afraid of them. I know LE is all over them like white on rice.

TheFonz: I started on the Meso-Rx back in 2001. Like these other guys I have pretty much seen it all. From the free for all days of Meso-Rx to the closing of that to outlamuscle to SSB to proMuscle to operation gear grinder and raw deal to now. I have been a member of pretty much every board you can think of. Elite, meso-rx, outlaw, anabolicboard, promuscle, rippedmass, muscle mayhem, freakonline, the underground, renegade, theironden, intensemucle, etc. You name it, I have , was, or am there. I have seen pretty much everything.

Renegade: So how did each of you guys get started?

The Fonz: I did it to make money. Plain and simple. Im not gonna lie and say I did it to get free stuff or anything like that. if you do this right you can make money why else so sources do it or take the risk? I got started on Meso becuase back then that place was the wild west. They classy's as they were called were open risk. No background needed. I had a good supply of mex gear and human grade gear from mexico from a granero in Tijuana which I had been going to for years before that. When I signed up for the boards a year or so before that I slowly learned how the online game worked. So after about a year and really getting my shit together I just opened shop. Never looked back since.

Continued on page 10





# MASSIVE EATING

## PART 2 OF A DIET/EXERCISE FEATURE

Welcome back AnaSCI friends, this month is a follow up to the training article I wrote last month. This issue we are going to talk about diet. Now, if you read last month's article you know I pretty much believe everyone can train the same way and get maximum gains. Diet is a little different though. Diet is going to be much more varied person to person. Again, this is based on genetic factors, but they are ones we have to pay attention to. The best example is allergies. Can't fix a peanut allergy, you just have to stay away. Same thing for lactose intolerance. Some people also have a much faster resting metabolism than others and can eat Taco Bell and drink Mountain Dew and still have six pack abs. So for these reasons this diet article will be a little vague and will instead focus on some basics that can work for many people and allow you some wiggle room to make adjustments.

Now before we get started I want to offer up some recommended reading also. If you really want to get serious and learn how to develop a diet you are going to have to get very methodical and perhaps scientific to reach your results. Some of the best reading I've done on the subject has come from Lyle McDonald with such reads as "A Guide to Flexible Dieting", and "The Ultimate Diet 2.0". Shelby Starnes is another guy that has a ton of knowledge and he has many ebooks available at a good price. "The Anabolic Diet" by Mauro DiPasquale is another must read.

Into the meat of things for this article... We are assuming that your training is going well and you are hungry and growing individual. What do we feed the machine that is your body? Well this author is of the opinion that the majority of your diet should be composed of protein and fat. This is what is going to keep most of us lean and put on size. Bodybuilders have been utilizing this diet method since the 50's 60's and beyond. You may have heard of Dave Draper's "tuna and water" diet, or Vince Gironda's "Maximum Definition Diet". What they all have in common is low to zero carbohydrate consumption.

The reason for this is really quite simple, by keeping carbohydrates low you keep blood sugar and thus insulin low. You can still overeat and put on bodyfat by eating protein/fat but it is much harder to do. It is very easy to overeat or drink carbs/sugar, but when you are eating things like meat and cheese most people will get full sooner. When your insulin is low your body is utilizing fat for fuel, both from your diet AND your stored bodyfat. I also feel that this diet is much easier to stick to than a strict low fat diet. You can eat some pretty tasty foods sticking to the protein/fat template. Steak and eggs anyone? Bacon, bunless cheeseburgers, sausages, cheeses, deviled eggs, etc.

So how many carbs can you have? Well that depends on what your goals are but I have some general rules that seem to work. If you are going for maximum fat loss as a goal then I would keep them low. 30g or less per day, basically the incidentals you may get from vegetables, or maybe some sauces/condiments. Or you can keep that stuff away and have one meal with a couple slices of bread or a cup of rice etc. If you are a fairly lean person already (I have abs), you can most likely get away with up to 50g carbs per day.



*Continued on page 10*

# UNDERGROUND SOURCE ROUNDTABLE

PART 1 of 3 *Continued from page 8*

TriggerHappy: Same as the Fonz. I started as a small time local source at my gym to make money. I was a college student at the time at the local JuCo and I needed to pay my tuition plus a little extra. I had a job working at GNC but if you know anything about GNC, you know they don't pay shit so I mixed hobby and business together. Once I got online and realized the net had potential I was all over it. When I started, the net was like the wild west. The forums were brand new and you only had a select group of guys so pretty much everybody kind of knew everybody. Still it was like going to the California gold rush. Everybody wanted a source. It was easy money then for sure.

Mr.69: I was a regular member of the online community since 2001. I started over on Anabolex. Loved that board. It was so popular back then. I started by just contributing and buying from the sources that were already established. Like other guys I'm always looking for ways to make money, especially back then. When the whole China scene blew up that's when I made my move. I've had my fair share of ups and downs. But I'm still here when most are not. So I must be doing something right.

Renegade: So what do each one of you guys sell? Human, UG, mix of both?

Triggerhappy: I sell only human grade stuff. I sold Mex gear for a while when it was actually coming from Mexico, like the old brovel, tokkyo, sydgrou, QV etc. Now I sell mainly euro human grade gear. It's a little bit pricey but it's still the best out there. No offense to the UG guys.

The Fonz: UG gear now. Started off with Mex Gear back in the day like a lot of guys did and once China blew up I got my own lab. Profit is so much better than with the Mexican gear.

Mr.69: I have my own lab and sometimes I sell IP stuff. Not so much anymore with IP but some of my customers still love his 50mg anavar and shit like that but mostly I have my own line that I sell.

Renegade: For the UG guys..do you use your own gear? I have to ask this because you would be surprised at some of the shit I hear about sources these days and what they do to the gear they sell.

Mr.69: Yes but I make my own to use. I have my line that I make to sell but I like the custom blends so I make those for myself. But yes I do use my own gear. It's good stuff. I get great raws from China.

Triggerhappy: Well I would say yes only because I use what I buy from my supplier overseas which is all human grade so yeah I use my own stuff. I'm on a nice little mass cycle now of jelfa omna's, naposims, and some left over norma hella decas. When my omna's are out I got paki sus ready to take over. Love my human grade. People say there is no difference but I beg to differ. There sure as hell is for me.

TheFonz: I use both. My own and human grade. For stuff like tren and mast and tbol I use my own. For test and deca and HGH I use human grade. I like to mix and match.

Renegade: Fonz, do you not trust your own test you make?

Fonz: I trust myself to make it. I'm not always sure I trust the guys in China and what they send me. I have had issues come up in the past. With things like tren I can tell if it's legit because of the smell and color. But since SRCS went down all we have to check powders is by blood tests or some really expensive lab I saw guys testing things on at promuscle. If I knew 100% all the time I would but since I don't ... I won't.

Mr.69: I agree, the shit coming out of China these days is hot or miss. Some batches they send you are great others are not. You have to find a source and stick with him even if he might be a little higher because there are so many powder guys now and they are all looming to make a buck so who knows really if you order deca and they might send you test enanthate instead.

Triggerhappy: True. Deca and test enanthate usually come in waxy blocks but sometimes I have seen them in fine powder form too so really how do you know? Sucks but it's true.

Renegade: Most sources though from China that the community knows about are generally pretty good. If not once people find out they would get booted and none of them want that.

The Fonz: You would think but the Chinese all want money. Nothing else. And it's not like they take the best safety precautions. Some places that send powder have a high metal content and some don't. I have had more than one person tell me that the source they used before me would send them gear that gave them this metallic taste in their mouth. That's just plain dirty poison in my opinion.

Triggerhappy: True. I can't remember the medicine but I remember the story of some Chinese medicine coming into the USA a few years back and they stopped the importing of it because of some pictures surfacing online of the factory it was made in and the pics looked like some farm animal slaughter house. The pics were so dirty and disgusting and this was the facility the drug that was approved by the FDA was being made at. Made me wonder after I saw that. The kind of facility our powders come from. Truly disturbing.

*Continued on page 11*



# UNDERGROUND SOURCE ROUNDTABLE

PART 1 of 3 *Continued from page 8*

Mr. 69: China is like the wild west now. Same as it was before Operation Raw Deal. So many powder guys these days all pushing the exact same thing. And they pop up one minute and then dissappear the next. There are only a few guys I know of that have been around for a minute and are consistent.

Renegade: So for you UG guys ...you guys in the end really can't complain because the Chinese connection good or bad has been a blessing for you.

TheFonz: Yeah it really has. The only thing I wish is that the powder guys weren't so open. I know all they want to do is make money, just like we all do but sometimes I wish they wouldn't be so open so less people had access to them. This way our business would be a little better.

Triggerhappy: True. It does seem like now more than ever there are more people sourcing. Even with all the increased penalties from Law Enforcement. Guys dive right into it without even thinking.

Mr.69: Which is why you have A) more scamming than ever now and B) More busts than ever. I feel like I read about a new bust every 2 weeks or so.

The Fonz: yeah there really are more sources than ever. You read some people's comments online on how the pie is so big that there is enough room for everybody but really at what point is there enough room? Every new source comes on trying to lower or outdo the others and while this is good for the buyer it takes away from our profit. After a while you start thinking "what's the point?"

Triggerhappy: yeah I feel the same. In the old days you had a decent number of sources but it wasnt too many to where you couldnt make a decent amount. Now everybody and his brother all have thier own lab with super low prices. Sometimes I see some of these low prices and I think to myself these gusy must be making like 2.00 on a bottle. Seriously. I saw one source selling a bottle of prop for 6.00. How the hell can you make money at 6.00. The raw powder alone costs 1.00. then the chemical, and vial and stopper, and seal. Oil and label. all of that and litterally the guy makes 2.00.

TheFonz: I know who you are talking about. That clown sells anavar for 15.00 for 10mg 100 count bottles. There is no way he is making anything worth the risk. I seen him over on outlawmuscle. if you look at his thread he has complaints left and right. Yet people still use him.

TriggerHappy: Only because he is cheap.

Mr.69: Bodybuilders are cheap in general. I like to think I have pretty low prices to begin with and yet I still get guys asking if they can get a discount. Are you fucking serious? I still tend to be nice and decline but sometimes I just want to tell these guys to fuck off.

TriggerHappy: I have. Its liberating. LOL!

TheFonz: I get those guys all the time too. Everybody wants something for nothing. These gusy take no risk gettin anything in. If they get busted with possession they get a slap on the wrist. We get busted and we go to prison. They forget that or simply don't care.

TriggerHappy: Trust me. They don't care. Nobody does. They act like they are your buddy until they either find somebody lower in price or you get busted and then they act like they never knew you. I see sources all the time try to act buddy buddy with customers. I don't. i dont mean to come off like a dick sometimes, but its that simple. They don't give a fuck about me. They just want thier gear. Well I feel the same. I just want to get paid.

TheFonz: I have some customers that are generally good people but the majority of them are irritating. I have to admit that.

Renegade: I hear that from alot of guys around the community. The number one complaint they have about a source is the guy treats them like they are bothering him.

Mr.69: Well sometimes they do. You morons that will email you 10x in one day asking the same questions over and over or asking 5x in a day where his tracking number is. Its like jesus christ. enough already.

TheFonz: or you have guys what want special treatment or for you to break your back to get them thier gear overnight. I hate that. I have a set routine that I do. And it keeps me safe. I do not break that yet guys think that the minute they send payment their gear should arrive at thier doorstep.

Triggerhappy: Its usually the ones that spend \$100.00 too. The guys that spend 10K roll with the flow and know how shit works but its the little guy that works at walmart that doesn't have the 100.00 to spend that causes the most issues.

TheFonz: For me the guys that are the biggest headache are the ones who dont buy everything they need for thier cycle before they begin and then run out mid way through and then hound the fuck out of you because they ran out. Like thats my problem. Yet they try to make it that way.

Renegade: What about the guys that get scammed and come to you?

TheFonz: They can be a royal pain in the ass. They think that because they got scammed you need to make up for that even though you had nothing to do with it or somehow you need to prove to them you wont scam them. I shake my head. Sometimes I don't even respond when they sat things like that.

TriggerHappy: Of they hound the fuck out of you every 5 minutes because they think you are gonna scam them too.

Mr.69: My favorites are the clowns who say they have thier buddy's money and need thier gear asap or thier buddy will come after them. Like that's my problem. I work how I work. if you don't like that you shouldn't have your friends money.

TriggerHappy: Its seems like now more than ever you have these types of guys. I remember when guys would order and not even email you back. They would send payment and just wait for you to mail out thier gear and the tracking and then you would get an email back from them saying thanks and thats it. Those guys are the best ones.

*Continued on page 13*

# MASSIVE EATING

## PART 2 OF A DIET/EXERCISE FEATURE



The next level up is going to be for someone interested in losing bodyfat but at perhaps a slower rate and at the same time having greater muscle growth. At this level we are looking at 50-100g of carbs per day. I believe the majority of these should be consumed around your workout. This way the carbs will be used by your body to fuel your intense workout and restore muscle glycogen. The last level of carbohydrate consumption I've experimented with is 150-200g per day. This is for someone looking to gain maximum muscle size and keep fat gain at bay. Some people will still lose bodyfat at this level. Again, I recommend the majority of these be eaten around your workout time. I think that the sweet spot lies somewhere around 100g carbs per day. This seems to be enough to fuel a good workout and recovery but still keep the fat burning fires stoked.

The last thing we will talk about is how many calories per day should you eat? Well this is another place where I step off the beaten path. I don't believe in these diets that say every day you should eat the same number of calories. It seems silly to me to believe that your body needs the same thing every day regardless of what you are doing. So I like to listen to my body and eat when I'm hungry. It is a good idea to track your weekly calories and weights though to see how things look in the grand scheme of things. It's also nice to flesh out a rough estimate of what your daily calories should be, keeping in mind that your activity level could cause those needs to fluctuate. I like to use a baseline of around 10-12 calories per pound of bodyweight to lose bodyfat. Around 14-16 calories should be a good spot for putting on lean mass, and somewhere in the middle of that for maintaining bodyweight. Please keep in mind that these are just rough estimates from reading that I've done that I've put into practice myself. Everyone is NOT going to be able to use these numbers without modification, but it does give you a place to START.

So a 200lb man looking to drop bodyfat would be looking at 2000-2400 calories per day to start this diet. Let's start at the high end so we have some room to drop calories if we need to. So 2400 calories per day. This guy is fairly lean, but a little soft. Maybe 12-14% bodyfat and he wants to get to single digits and have a chiseled midsection. He's going to utilize the 30g per day carbs rule. 30g per day of carbs is 120 calories so he has 2280 calories left. If we split those up 60/40 protein/fat we are looking at 1368 protein calories or 342g protein. Fat is going to be 912 calories or about 101g fat. Then what I like to do is divide those by 6, assuming that we will on average eat 6 meals per day. That gives us a macro ratio of 57g protein/17g fat per meal. So these are the macros he will base his eating on when he is hungry. This particular bodybuilder is going to stay zero carbs until his post workout meal where he will add in his 30g carbs.

About cheat meals and cheat days. It's very hard to stay on this kind of diet for a long time. Most of us like going out to eat, ordering pizza for the game, and having some beers right? Follow this low carb diet during the week and then cut loose a little bit on the weekend. Start with 24 hours and see how you fare. Eat what you want on Saturday is what I'm saying. See what your morning dry weight is on Monday. You should hit your baseline weight by Wed. morning. If you didn't then your refeed was too big and you need to cut it back. If you only gained a few lbs and you baseline on Monday or Tuesday then you can add a little bit back in, but at no point should your refeed go beyond 48hrs. When I say baseline, I mean your morning dry weight on Friday, after you have been dieting for 5 days. If you are using the higher end of the carb intake spectrum you are going to need to keep your refeed to probably 12-24 hours. That's it folks! Pretty simple and basic but if you follow this method of eating you should be losing bodyfat and at a minimum maintaining lean mass. Some people will even add some LBM. With my aforementioned training system and this diet you should end up being the best you that you can be. A lean mean fighting machine. If you want to get super shredded stage ready, then talk to Shelby Starnes! But this will get most people to single digit bodyfat and in prime position to start a contest prep.

Good luck and train hard.



# UNDERGROUND SOURCE ROUNDTABLE

PART 1 of 3 *Continued from page 11*

TheFonz: Generally those are the guys that have been around the block one or 50 times and know how shit works.

TriggerHappy: Don't forget about the guys who get pissed that you don't have what they need. Literally pissed at you for not having THIER gear they havent even paid for. Like "how dare you be out when I need it." LOL!! I love those guys.

TheFonz: I cuss those guys out. Fuck that.

Renegade: Sounds like you guys really put up with alot of stress?

TheFonz: And people wonder why we act like they bother us?

Mr.69: It can be stressful at times. But the pay is good so I put up with it. But trust me there are times I want to flip out. You just have to keep calm and remember that they dont know your issues and you thiers. Its still a business so you have to treat it like one even though you want to flip the fuck out.

TriggerHappy: You know whats stressful for me? Waiting for packs to come in. I can deal with shithead annoying customers. I flip out when packs take forever to show up. Thats the most stress part of our job and trust me I have gotten a few gray hairs over waiting for packs to arrive from overseas.

TheFonz: Nothing worse then having your pak sit in customs day after day and not knowing what you should do. Then all of a sudden one day its moved on through and you're feeling like the weight of the world is off your shoulders.

Mr.69: Thats why its always the golden rule if you find an international source that has a great track record to keep him buried like treasure. Too many people start using him and then his methods get known or talked about and allof a sudden thier packs start getting looked at.

Triggerhappy: I once had a pack come with amps in it years ago. And the box was leaking. It had stains all over it. The post office had me come down to get it because they left a slip and when i went to the po to get it they handed me the box and I saw it and my heart just litterally beat out fo my chest. After them asking questions I got the box and I got home and opened it and all the amps had broke. You could smell the odor through the box and yet they didn't open it. They looked at me funny. I didnt go back to that post office for a year after that. Worst part wasn't that I lost the amps. The dumbass source didnt even pack them. He just through them in the box and taped it up. The whole time for about 4 months after I was beyond paranoid think they were looking at me, tapping my phone etc. Thats stress.

Mr.69: I would have emailed and bitched that source out. Thats fucked up. But I hear that alot actually. Sources that don't even bother to wrap things up. And then they wonder why guys get busted and then flip.

Renegade: Speaking of flipping. Thats a good topic. Alot of sources flip and sing when they get busted. I think thats just unacceptable. If you play the game you have to know the consequences.

TheFonz: Thats just it. Most guys know but don't care. And when you think about it why should they? The majority of guys online never see the people they deal with so when they get busted, giving up a name to a person you have never seen or talked to in person doesn't mean much.

Mr.69: True, although I will say most busts we read about are local or set up from a pack getting snagged at customs. I really haven't seen any busts directly related to somebody buying online and then ratting out an online source. Its always some local guy who sells online but is busted locally and then the feds find out he is selling online.

Triggerhappy: I think raw deal is the only big time bust operation that resulted from online sourcing. That shit was bad really really bad. Most guys online today don;t even know about that. it was like 6 or 7 years ago or something.

That shit was just do to China and the olympics. And Bush and his presidential war on drugs.

TheFonz: True. The Chinese Olympics played a big part in it.

Triggerhappy: Don't forget SteroidSuperBoard. That was the catalyst for it. That place was lile a mini meso-rx back in the day. Just so wide open. How could the feds not do something.

Renegade: There are a few message boards still like that out there. You think something like that might happen again.

TheFonz: It very well could. If its so out in their face, they will eventually do something about it. Steroids are an easy bust and make them look good. If it's large enough they will do something about it. Guaranteed.

Mr.69: Yeah but alot of these boards are international and to be honest they really don't want to spend the time and money to go aftr all these international guys. Those guys kind of have to fall into thier lap for them to do something. International polics are more likely to bust them than anything else.

Renegade: What would you guys do if the feds came for you?

Mr.69: Not much you really can do. If they come for you they come for you. They will get you if they want you.

TheFonz: yeah if they come at 6am when you are asleep and you have no advanced warning you are screwed royally. They will get your computer and you're fucked. Thats why i dont keep anything near me. This way the damage will be limited. They will have to work to get me.

Triggerhappy: I would just stay silent and wait for my lawyer. Most guys hang themselves because they get scared and they hear the threats and all the BS. In the mkment they don;t think that what they say can fuck them. I would just stay quiet and let them do what they do and then get with my lawyer.

TheFonz: I would do the same. I have thought about that situation like that all the time. Waking up to a raid. I would just sit there and wait to speak to my lawyer. Don;t give them any more help. Make them work to get you.

*Continued on page 14*

## ANASCI.ORG FEATURED GYM

# BODY DYNAMICS

## KENOSHA WISCONSIN



This months featured gym is located in southeast , Wisconsin.

Body Dynamics is owned by Aaron Swope. Aaron has a lengthy background in Competitive Body building Aaron is a pervious winner of Teen Iowa and the Iowa mens open shows.

Swope is a veteran of around 20 NPC shows. While Aarons Facility has a bent towards hardcore bodybuilding tere are a large number of recreational trainers at Body Dynamics that are very serious about training and nutrition.

Very nice selection of free weights selectorized and plate loaded machines. Excellent Cardio equipment is abundant. I noticed everything is very well maintained and the gym is very clean.

Arrons specialties are body recomp and Contest prep. Aaron along with Master trainer Jeff Vance provide decades of real world know how and experience for those interested in getting best results from pros rather than hit and miss trying to figure out what works.. Well over 50 yrs combined know how.

While the gym has everything for all levels of most any type training fear not hardcore enthusiast-A nice hardcore contingent of competing bodybuilders call Aarons place home.

Aaron himself is an expert prep coach and Wisconsin standout bodybuilder multi title winner Danny Kingsley is a regular here.

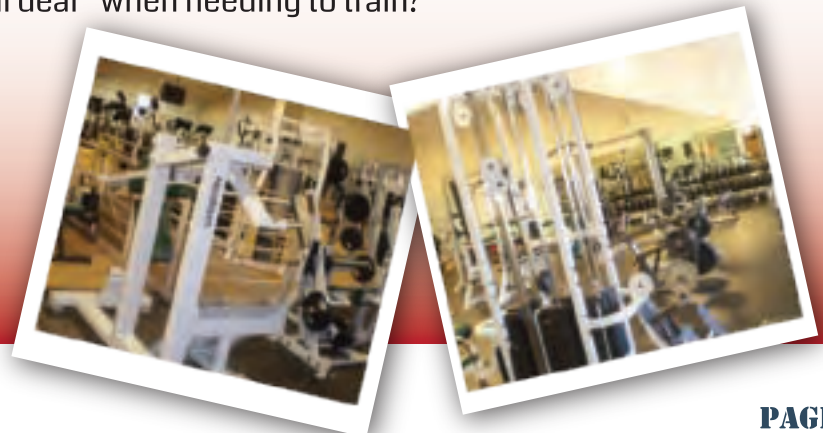
Talking with Aaron it's easy to see a nice balance with his ethic and attention to detail for all members training here. The kind of guy that wants all to succeed in their quest for self betterment.

If you live in the the northern, Illinois or southeastern Wisconsin areas I highly recommend Body Dynamics fitness center. Traveling and looking for the "real deal" when needing to train? Hit em up you will not be disappointed.

Info [www.BodyDynamicsFitness.net](http://www.BodyDynamicsFitness.net)

Big thanks to Body dynamics

From the staff of AnaSCI  
See you next month....





# UNDERGROUND SOURCE ROUNDTABLE

PART 1 of 3 *Continued from page 13*

Mr.69: Alot of times guys have so much stuff in thier house and there is no need for them to speak. They are so screwed. If your hosue is always clean and they come to get you it will be much harder for them to do anything because they need to physucally connect you to doing it. if you have nothing on you, they never caught you in person doing anything, then in court they will have a difficult time.

Renegade: Still they always trust the word of a rat.

Mr.69: Well if you get busted locally then yeah they can. And that sucks but still if you have a good lawyer sometimes you can beat that, but if its a locally bust then the rat will have spoken to you on the phone or something like that which can connect you. Online would be more difficult.

TheFonz: Yeah usually the downfalls is doing something face to face where the rat can ID you. A rat can't ID you if he hasnt seen your face.

Renegade: And alot of guys online these days are young guys with no code. I see it all the time how careless they are about talking about shit wide open. Guys dont understand the consequences of this game today.

Mr.69: No they really dont. Thats evident by the emails I get. You'd be surprised how many guys email me with a yahoo, gmail, msn, email. I just shake my head. Or how many guys email me from thier cell phones. Im like "really dude. Your iPhone?"

TheFonz: I get the same. Its rampant. Guys just dont have a clue. I have guys who email me from thier work email and it has thier name, address, cell phone number at the bottom. I just can't believe how careless some people are. I guess they either think something wont happen to them or they dont care. Its really unbelievable.

Triggerhappy: I cant say I have had an email like that but if I did I sure as hell wouldnt answer them. No way in hell they will connect me to that. Thats just stupidity and carelessness. Guys like that get busted because they deserve it but then they are the first ones to cry or sing when they do. Fucking morons.

Renegade: I think its because guys think of this as not as big of a deal and its similair to just going to GNC. Once they get busted and go to jail or face the music they think differently.

Mr.69: And they are the ones that generally sing.

TheFonz: Little bitches.

Renegade: So how is business for you guys?

TheFonz: Im always making money lets put it that way. Some months are better than others but if I dont make at least 10k a month something is really wrong. So I really cant complain.

Mr.69: Same here. Its actually been pretty good for me lately. Like Fonz some month can be better than others but I have my steady customers and it sure beats the 9-5.

Triggerhappy: made 40k last month. It was a down month.

Renegade: 40k. Holy shit. Thats great.

Triggerhappy: I have some big customers who buy bulk.

Renegade: Thats alot of gear.

TheFonz: Not really. I've had months like that. You get some really over zealous guys who think they are gonna be thier next local tony montana and you can rack that up pretty easy.

Mr.69: There were guys back int he old steroid super board days making 70-90k a month. I know guys busted int he operation raw deal years ago that were doing that. So many new sources these days thats its hard to make that kind of money but there are still a few guys doing it. I would say most guys are doing between 10-20k a month if your a good decent source.

Renegade: Yeah I would say about that for mosy UGL's. There are so many of them they all cant make 40k a month.

TheFonz: no way they can. you're right there is just to much competition.

Okay guys this is just the tip of the iceberg. This is such a long roundtable conversation there is no way we could fit it all into one article. Tune in next month when we cover part two. You wont want to miss what these guys get into then. These guys really let loose. Tune in next month same place and time. Later meatheads!!!!