

FOR MEN!

THE SCIENTIFIC APPROACH TO BUILDING MUSCLE,
LOSING FAT, ENHANCING PERFORMANCE
AND STAYING

FITNESS RX

YOUR ULTIMATE PRESCRIPTION FOR THE PERFECT BODY

EXCLUSIVE!
**KICK ASS
WORKOUT**

UFC's "Rush" St-Pierre & Rampage

**Xplosive
TRAINING**
**PACK ON
MUSCLE**

**GET RIPPED
TO SHREDS**
BOOZE
PROS & CONS



**THE MOST POWERFUL &
UNIVERSITY RESEARCHED FAT
BURNER EVER!**

INCREASES GLYCEROL
BY 69%, NOREPINEPHRINE UP TO 93%,
FREE FATTY ACIDS BY 41% & THERMO-
GENESIS BY 29%!

BURNS FAT
WHILE SPARING LEAN MUSCLE & SHIFTS
METABOLISM TO BURN 56% MORE FAT!

BEFORE	
WEEK	01
(LBS)	254
FAT%	14

AFTER	
WEEK	10
(LBS)	232
FAT%	6.4

**Ripped & Shredded
on Meltdown
in only
10 weeks!**

"I'm amazed at how quickly fat was melting off my body. I've never been this lean after only 10 weeks of dieting. The best part is, I have energy that lasts for the entire day - and it comes without a crash. Meltdown is the best fat-burner I have ever used!"

— Antoine Vaillant, 20 yr. old Bodybuilding Champion

Why has my fat loss been so slow using the top selling fat burners and only moderate even when ephedrine/ caffeine fat burners were legal?

Neither the caffeine/ephedrine stack nor today's other top selling fat burners contain the super potent pharmaceutical grade 11-Hydroxy Yohimbine and alpha-Yohimbine. These potent fat loss agents target mid and lower body fat loss. It's a scientific fact that the lower body and midsection contain disproportionately high levels of tiny signaling centers called "alpha receptors". These nasty receptors create a metabolic fat-burning hormone blockade that prevent fat-loss signals from reaching problematic fat storing areas like the abdominal region. Even with diet and exercise you can still have a tough time shredding abdominal fat unless you address the "alpha" receptors at the biochemical

level. Meltdown deactivates these receptors to stimulate site-specific fat loss in the abdominal area! This action is critical because it increases blood flow to the fat cells causing stubborn fat to be released into the bloodstream allowing it to be burned. Yohimbine is one of the only substances that has this targeted fat burning effect in the body. Together, Meltdown's new 11-hydroxy and alpha-Yohimbine substances work in concert to exert a fat-burning effect for up to 8 hours! Imagine a supplement that burns fat fast for up to 8 hours — MELTDOWN really is THAT powerful! Consequently, your greatest chance of getting ripped is to incorporate the science of Meltdown into your diet and exercise program.

A 3D bar chart with a vertical axis labeled 'KCAL PER MINUTE' ranging from 0.4 to 1.3. There are two blue bars. The first bar, labeled 'CALORIES BURNED', has a value of approximately 1.28. The second bar, labeled 'FAT BURNED', has a value of approximately 0.9. Below the bars, text indicates a '56% INCREASE IN FAT UTILIZATION' and a '29% INCREASE IN THERMOGENESIS'.

Category	Value (Kcal per minute)
CALORIES BURNED	~1.28
FAT BURNED	~0.9

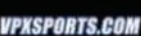
56% INCREASE IN FAT UTILIZATION
29% INCREASE IN THERMOGENESIS

Product	Metabolic Rate per 3 Hrs.
MELTDOWN 3 CAPSULES	~58
EPHEDRINE 20 mg	~22

972% Better Thermogenesis than EPHEDRINE!

REFERENCES: Metabolism, 40(3):323-329, 1991. MELTDOWN data was presented at the 2008 International Society of Sports Nutrition Conference. www.issn.com

Purchase a bottle of Meltdown Today & Receive a FREE Meltdown T-shirt, FREE 3-Ct. Meltdown Sample Packet, FREE Meltdown RTD, FREE NO-Shotgun/NO-Synthesize Samples, FREE Copy of HPM Magazine, and FREE SHIPPING! Log on to vpxsports.com/special-promo



*When combined with regular exercise and proper nutrition. Athlete also used VPX N.O. Shotgun & N.O. Synthesize during his transformation. Results are not typical. Model has been remunerated. Use only as a dietary supplement. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

You will notice MELTDOWN's effects immediately because it comes in a pharmaceutically-inspired BIOLIQ® capsule. This allows Meltdown to be absorbed within seconds and to continue to burn fat for up to 8 hours! You may notice an overall "thermogenic" effect in as little as 15 minutes

after taking MELTDOWN. With powerful fat-loss catalysts like Methyl Synephrine, MTTA, and the active isomer known as R-beta-Methylphenylethylamine, the sky's the limit in regard to the speed and degree of fat loss that you will experience on Meltdown!



REAL STEROID-FREE RESULTS!

The University Study results pictured in the graph indicate that Meltdown boosts metabolic rate 972% higher than Ephedrine and 113% greater than the highly researched combination of both ephedrine and caffeine! Until Meltdown proved to beat the ephedrine/caffeine stack, the EC combo was considered the greatest fat-burning combination on earth. Now the "Daddy of the Mac Daddies" and newly crowned king of fat burners is Meltdown. How fast can you lose body fat on Meltdown?

Take a look at Antoine's pictures. He lost fat so fast that we had to take his pictures off the internet because people didn't believe that a real human being could lose fat that fast. I personally directed Antoine's "before" photo shoot and guarantee his results are 100% authentic. Further, I developed Meltdown in VPX's state of the art scientific laboratories with the most sophisticated fat-loss agents on the planet and the dedicated passion to make YOUR personal fat-loss dreams come true.

**NOW AVAILABLE
IN 8 OZ DRINK &
2 OZ SHOT!**

STUDY RESULTS BASED ON MELTDOWN CAPSULES

MELTDOWN

►BURNS FAT FOR 6+ HOURS LONGER THAN ANY FAT BURNER IN THE WORLD!

**>972% MORE EFFECTIVE
THAN EPHEDRINE!**

>PRESERVES LEAN MUSCLE!

› SHIFTS METABOLISM TO BURN 56% MORE FAT!

> INCREASES THERMOGENESIS BY 29%!

**>BACKED BY 5 UNIVERSITY
RESEARCH STUDIES—MORE
THAN ANY OTHER FAT
BURNER IN THE WORLD!**

NEW

PATENT PENDING

NEW RESEARCH PROVES

MELTDOWN IS 117% TO 273% MORE POTENT
> THAN CAFFEINE + EPHEDRINE! 972% MORE POTENT THAN EPHE-
DRINE & THE ONLY FAT BURNER PROVEN TO BE MORE POTENT
THAN THE EPHEDRINE/ CAFFEINE STACK!

**MELTDOWN
ELEVATES
METABOLIC
RATE OVER
6 HOURS!**

**NEW
DATA**



**THE MOST POWERFUL &
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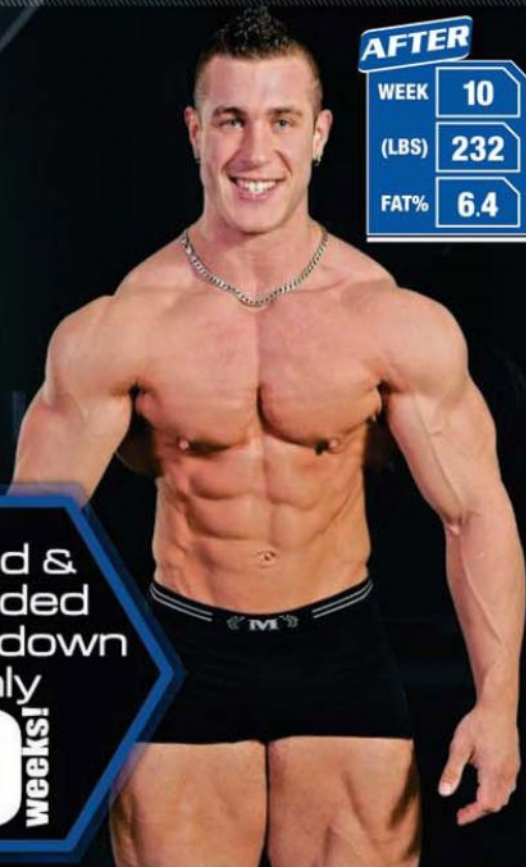
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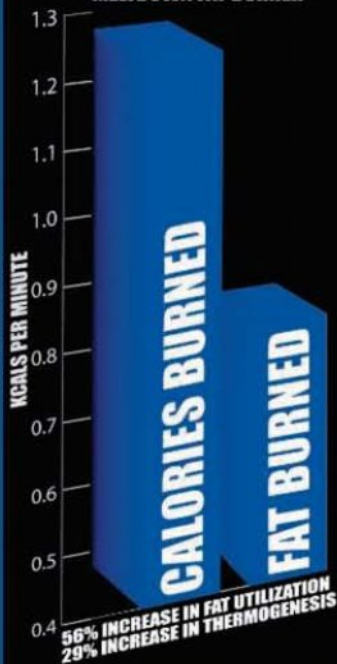
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UNIVERSITY STUDY ON MELTDOWN FAT BURNER



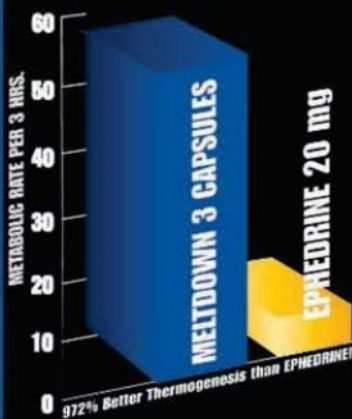
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MELTDOWN COMPARED TO EPHEDRINE



What about losing overall body fat fast?

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Metabolic Rate equals calories burned above normal resting levels per three hours.
REFERENCES: Metabolism, 40(3):323-329, 1991. MELTDOWN data was presented at the 2008 International Society of Sports Nutrition Conference, www.issn.com

SPECIAL OFFER!

Purchase a bottle of Meltdown Today & Receive a **FREE** Meltdown T-shirt, **FREE** 3-Ct. Meltdown Sample Packet, **FREE** Meltdown RTD, **FREE** NO-Shotgun/NO-Synthesize Samples, **FREE** Copy of HPM Magazine, and **FREE** SHIPPING! Log on to vpxsports.com/special-promo

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CAPSULES

NEW



GNC Live Well.
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Vitamin Shoppe
Nutrition for Every Day

RITE AID

BODY BUILDING

VPX VPXSPORTS.COM

*When combined with regular exercise and proper nutrition. Athlete also used VPX N.O. Shotgun & N.O. Synthesize during his transformation. Results are not typical. Model has been remunerated. Use only as a dietary supplement. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

PATENT PENDING



THE ULTIMATE FAT-BURNING PILL

Burn Pure Fat from Your Very First Dose

The ultimate fat burner for any serious lifter must burn pure fat and expose intricately detailed muscularity fast. That's exactly why Cytogenix™ researchers formulated the new Hardcore Strength Xenadrine® RFA-X™ with a precisely calculated key ingredient (catechins) that's documented via independent published research to help test subjects **burn over 360 percent more fat** than a placebo group (5.07 vs. 1.1 lbs.). To amplify your results even further, Hardcore Strength Xenadrine RFA-X is loaded with five scientifically advanced blends designed to work on multiple levels to get you ultra-shredded, FAST!



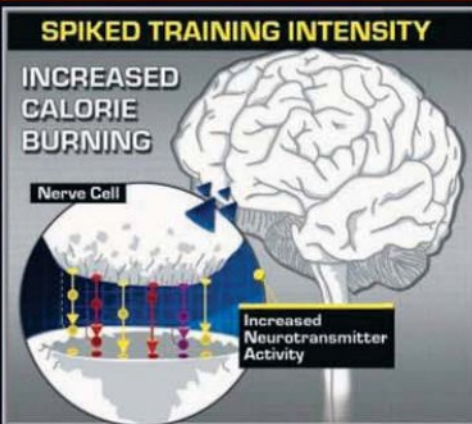
Crank Up Your Fat-Burning Power

To really burn fat, you have to crank up fat-burning hormones like norepinephrine to the max and amplify crucial intracellular fat-burning signals that stimulate the oxidation of fat. Hardcore Strength Xenadrine RFA-X was developed by Cytogenix researchers with a precise amount of two key ingredients (catechins and caffeine) that are proven in a double-blind gold-standard university study conducted at the University of Geneva to crank up cellular level fat-oxidation by 35 percent in just 24 hours (103 vs. 76.2 g). Every dose of this scientifically superior hardcore fat burner hyper-activates your key fat-burning signals into overdrive, so you can attack fat with powerful biochemical accuracy!



Torch Excess Calories with Max Intensity

The more intensity you can generate in the gym, the more excess calories you can burn up for energy. Because it can be difficult to dial up your intensity into a calorie-scorching zone when you're dieting, Hardcore Strength Xenadrine® RFA-X™ is strategically dosed with a key ingredient that gets you there FAST! Every serving works rapidly to make you feel completely energized so your system is primed for max calorie burning. The next time you hit the gym, fire up your fat-burning systems like you're taking a blowtorch to stored fat with Hardcore Strength Xenadrine RFA-X. Get yours at the #1 spot for sports nutrition supplements – GNC.



“ Once I started using Hardcore Strength Xenadrine RFA-X, I was able to burn a lot more fat quicker! I got shredded in almost no time. It really is the best fat burner I have ever used! That's why I recommend it to anyone who wants to get shredded. ”

AHMAD HAIDAR
Cytogenix™ Test Subject

HARDCORE STRENGTH
Xenadrine



FEATURING:
HYPER-FAST Liquid
Dispersion for Fast Delivery

CYTOGENIX™ — SCIENTIFIC INNOVATORS OF —
LABORATORIES **CYTONOX Taraxatone CYTOCELL**

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The average fat lost by subjects
using a key ingredient (catechins) in
Hardcore Strength Xenadrine RFA-X was
5.07 pounds in 12 weeks.

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You get up at the crack of dawn, head for the gym and push yourself to the max. Are your supplements helping you achieve your goals? If you're not happy with the results, it's time to make a change. Unleash the power of Ultimate Nutrition. There's a reason Ultimate Nutrition has been around for 30 years...



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Hardcore Fat Burner to Burn Fat, Delay Exhaustion Time, Increase Power by 21.1%



Iso Mass Xtreme Gainer®

All-In-One Lean Mass Builder Packed With 65 Grams Isolated Proteins, 7 Grams Creatine, Glutamine, Healthy Fats and BCAAs



TestostroGrow 2 HP®

Muscle Mass & Sexual Performance Enhancer

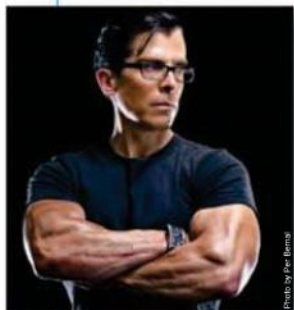
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30
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Kick Ass Issue!

This month, *we're kicking ass!* We've got the training routines of mixed martial artists Rampage and Georges St-Pierre; we've got *explosive* lifting; we've got a *killer* fat-burning diet. We've got ways to increase growth hormone and testosterone naturally— and it's all cutting-edge and scientifically-researched, so there's no guesswork. We're really gonna 'ground and pound' this month, starting with the two hard-hitting dudes on our cover, Quinton 'Rampage' Jackson and Georges St-Pierre.

We're proud to bring you the "UFC Kick-Ass Workout: Comparative Training Of Rampage and Georges St-Pierre," beginning on page 66. Georges St-Pierre is also known as 'Rush'— a nickname he gained by quickly beating opponents in the first round in the cage, using the full-contact form of karate known as Kyokushin. 'Rush' is the reigning UFC middleweight champion. Quinton 'Rampage' Jackson, aka 'God's Street Soldier,' is the former UFC lightweight champion; a brawler with sledgehammer fists, known for his explosive power. See how the contrasting styles of these two warriors measure up; check out how they condition themselves for the battle!

Next, we step up the tempo in "Explosive Lifting For Packing On Muscle," on page 84. Robbie Durand, M.A., presents research comparing slow- and fast-velocity eccentric training, and their effects on muscle strength and size. Can you benefit from adding explosive exercises to your routine? Check out Robbie's timely research and find out.

Robbie also answers the question, "Combining Cardio with Resistance Exercise: Muscle Growth Killer?" on page 96. What happens if you combine aerobic and resistance exercise in the same session? According to a new study published in the *Journal of Applied Physiology*, it just might hinder muscle growth. Researchers from Australia analyzed genes after two different exercise scenarios: cardio *before* resistance exercise and cardio *after* resistance exercise. Find out which genes are 'turned on' by which exercise pattern; and what happens when you have a 'mixed' gene expression.

Then Douglas Kalman, Ph.D. brings you the "All-You-Can-Eat Fat-Burning Diet," on page 100. Douglas discusses *The South Beach Diet*, a carbohydrate-restrictive plan which emphasizes foods that are low on the glycemic index (GI) and low in saturated fat. This plan encourages 'good carbs' such as whole grains and fruit, which sets it apart from other popular diets. Per Doug's research, *The South Beach Diet* is also beneficial for heart health and type 2 diabetes, since it reduces cholesterol and insulin levels.

Tom Fahey, Ed.D. discusses the pros and cons of alcohol consumption in "Party Hardy?" on page 78. Can moderate alcohol consumption benefit your health? According to Danish researchers, moderate consumption may increase longevity, decrease gut fat, and reduce the risk of heart disease and stroke! Of course, alcohol consumption also has its downside; heavy drinking causes cardiomyopathy, liver disease and oxidative damage to the cells. Read Tom's in-depth research on this important topic.

Stephen Alway, Ph.D., brings us a complete Smith machine squat workout in "Develop Granite-Like Density In Your Thighs With Smith Machine Squats," on page 130. Winning thighs are a combination of size and thickness, as well as sharp and defined granite-like symmetrical muscle thigh bellies. The Smith machine targets the quadriceps muscles of the thigh, which makes it the perfect choice to develop refined, granite-hard thigh muscles.

Don't miss Robbie Durand's "Interval Treadmill Running Stimulates Acute Increase in Growth Hormone and Testosterone!" on page 124. Sprinting on a treadmill is a potent stimulator of growth hormone and testosterone; the explosive contractions are great for fat loss.

Burn fat, boost power and strength and pack on that muscle, feel healthier than you ever have before— and make *this* the summer that you really *kick ass!*

Steve

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GAIN OVER 9 LBS. OF PURE MUSCLE

and Jack Up Strength by 39% Fast!

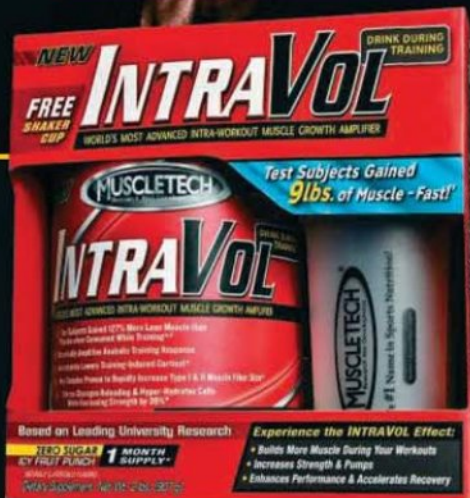
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Introducing INTRAVOL™ — the World's Most Advanced Intra-Workout Muscle Growth Amplifier. In what can easily be called one of the most stunning clinical studies on musclebuilding ever documented, test subjects consuming key components of the INTRAVOL formula during their workout packed on **127 percent** more muscle than the placebo group (9.04 vs. 3.97 lbs.) in 12 weeks. Subjects also jacked up their maximum strength by **39 percent**, increasing their one-rep leg press by an astounding 129 lbs. compared to the placebo group (463 vs. 334 lbs.). That's right, subjects jacked up their gains in both size and strength by astronomical proportions. What's even more amazing is that test subjects who achieved these amazing results were untrained individuals who only worked out twice a week. If they could achieve extraordinary gains like this, just imagine how much muscle you could achieve by adding INTRAVOL™ to your intense bodybuilding training program!



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**HAVE A PROTEIN THAT
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THAT'S WHY I CHOOSE ELITE.**

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TRAIN HARDER AND RECOVER FASTER.
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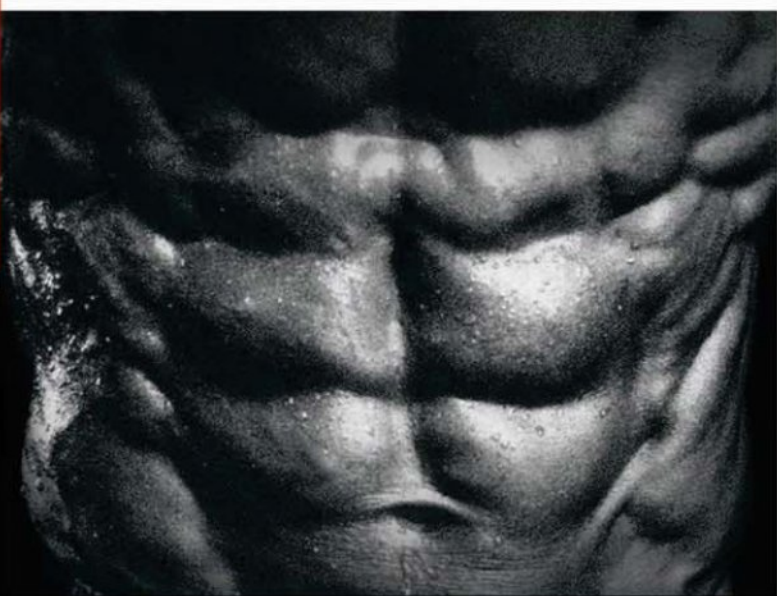
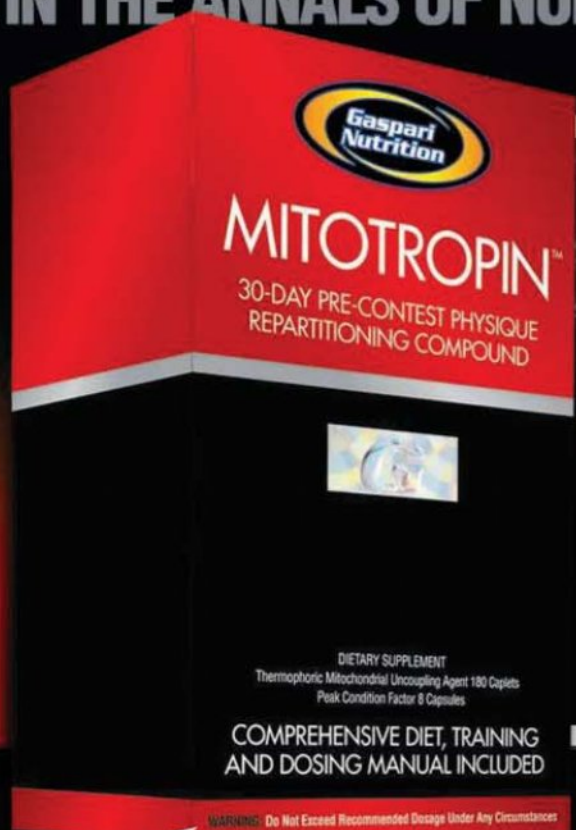
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GASPARI DETONATES ITS NEXT NEUTRON BOMB...

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► When Taken As Directed, MITOTROPIN™ Unleashes The Kind of Absolute "CAN'T MISS" Results Never Before Seen In The History of Sports Nutrition.

When you survey the vast landscape of fat burners in the supplement marketplace today, it is crystal clear to anyone with half a brain that the term **"FAT BURNER"** as a class of products is complete and utter nonsense and has little or nothing to do with actual "fat burning." In fact, you could say that the term **"FAT BURNER"** is dead... or at best, a terribly overplayed joke. For a time, **"FAT BURNER"** was at least to some degree a reality in the supplement market with ingredients like EPHEDRINE and CLENBUTEROL. But since their ban, THE TERM **"FAT BURNER"** HAS STOOD FOR NOTHING MORE THAN TEETH CHATTERING CAFFEINE PILLS with a mere sprinkling of other ingredients PROVEN TO DO NOTHING but add fuel to the outrageous claims of supplement companies touting their wares in an unregulated industry.

What say we put an end to this all? Let's bury (once and for all) this already dead category and begin the business of completely changing the way you look in the shortest amount of time possible. It's time for **HIGH IMPACT RESULTS**, not empty promises.

It's time for a new class of compounds with unrivaled power that can deliver a **TOTAL RECONFIGURATION** of your body composition in just a single box.

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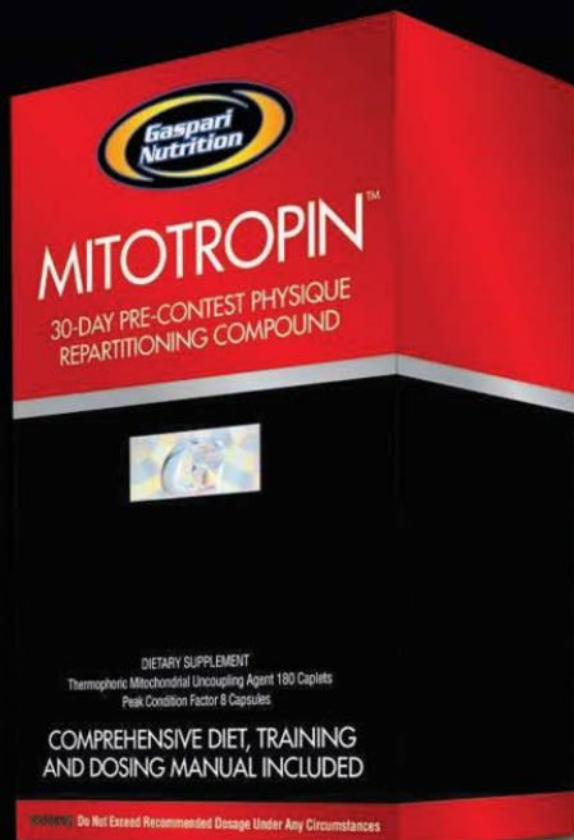
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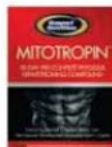
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spaces without **MASSPORT™** might have otherwise lacked sufficient myotrophic power to produce gains. **MASSPORT™** supports accelerated and sustained post-workout gains in whole-muscle mass, strength, definition and hardness; increases plasma volume, vascularity and fullness; and provides recovery and energy stabilization that overall optimizes your workout performance!

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Thanks to FitnessRx for Men

I'm a big fan of FitnessRx for Men and read all the information you guys write for us and just wanted to say thank you. I am 18 years old and one of my goals has been to be in a fitness magazine before I graduate. I would love to be in your magazine. Many people said it would never happen before high school because just a couple of years ago, I was the smallest kid ever. With your magazine's help I have dedicated my life to training, and will be wrestling in college.

Thanks for everything and I look forward to future issues!



Jordan Dix
Richmond, VA

Where's Jennifer Nicole Lee?

I am a BIG fan of your magazine. You always seem to know what men like to read and know about. However, you are leaving us hanging! I remember seeing Jennifer Nicole Lee a few issues back, but now she is hardly ever in FitnessRx for Men. I see her sometimes in the bigger muscle 'bodybuilder' mags, like Muscular Development. But I am not a real big bodybuilder, and her body is the perfect art form of what a woman's body should be.

Readers of FitnessRx for Men are eagerly awaiting to see 'La Tigra' again in this magazine!

By the way, loved the January issue. My training is off to a spectacular start this year.

Christopher Cox
e-mail

Editor's note: Steal a copy of your girl's FitnessRx for Women (April 09), which features several pages of photos of the lovely Jennifer Nicole Lee.



Killer Six-Pack

I wanted to say thanks to you guys. I'm a high school freshman and I play basketball, football, and track. I need arm strength for all of these sports. Before, I could bench press 195 pounds max and 175 pounds 10 times. After one week of following some of the fitness guidelines in your March 2009 issue, I can max 210 pounds and rep 195 pounds 10 times. I also have a killer six-pack.

Thank you, guys, for all your help. Keep up the good work.

Ryan Thompson
e-mail

Food For Thought

Dan Gwartney's "Ultimate Low Carb, Fat-Burning Diet" (May 2009) made many excellent points regarding the importance of nutrition. Diet is the most important part of a fitness and exercise program. You will never look a certain way unless you eat a certain way. You are what you eat. If you eat junk food, you'll look like junk.

James Wyman
e-mail

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Vol. 7, Number 4, July 2009

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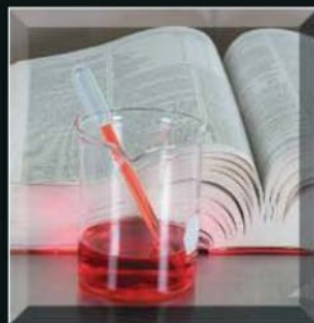
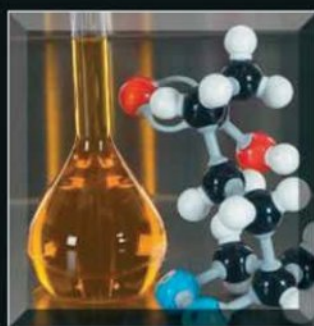
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JULY 2009 FITNESSRx for MEN 19

CELL-TECH Hardcore:

PROVEN 26X MORE POWERFUL

For years, top athletes and weekend warriors have relied on the effectiveness of creatine to build pounds of chiseled muscle. Discover why Cell-Tech™ Hardcore reigns supreme as the world's most powerful creatine formula.



SPECIAL 4-PAGE AD REPORT



Top amateur bodybuilder, Eddie Latoza, proclaimed, "I feel harder, tighter and more recharged by taking Cell-Tech Hardcore after my workouts. You are going to see results quickly!"

HOW CELL-TECH HARDCORE BUILDS MUSCLE

Cell-Tech Hardcore has clearly revolutionized creatine supplementation. Here are just some of the ways this groundbreaking formula will force gains in muscle size and strength:

- Instantly Induces a Musclebuilding Insulin Effect
- Accelerates Glucose and Creatine Transport
- Maximizes Muscle Creatine Saturation and Absorption
- Generates Explosive Energy and Muscle Endurance
- Stimulates Muscle Repair After Intense Training

There's no question, hardcore athletes just like you have gone to great lengths in the hopes of discovering the ultimate secret to building a killer physique that gets noticed. Supplement breakthroughs undoubtedly help athletes of all levels build impressive size and push heavier weight. But unfortunately, there are a ton of so-called revolutionary products that simply don't have the scientific proof to support their outrageous claims. If you want noticeable results, you need a supplement backed by real science – Cell-Tech™ Hardcore.

Find out how this clinically proven formula skyrockets muscle growth and strength. It all starts by harnessing the anabolic power of one of the most powerful musclebuilding hormones – **insulin**.

Insulin (In-su-lin) is a hormone that regulates the metabolism of glucose and other nutrients.

Experience the Musclebuilding Power of Insulin

Unaware of insulin's true anabolic potential? Here's a bit of brain food on this high-powered hormone: Insulin is the body's primary hormone for forcing musclebuilding nutrients into the muscle cell. Peak levels of insulin in the bloodstream prime muscles for maximum creatine saturation.

By spiking insulin levels, Cell-Tech Hardcore shotguns 10 grams of ultra-pure creatine, amino acids and other nutrients directly into your muscles, creating an intense musclebuilding environment – allowing you to build the kind of muscle size that garners attention. With that said, it should be no surprise that insulin's anabolic effects make it a powerful musclebuilder just like naturally occurring testosterone, Growth Hormone (GH) and **IGF-1**. ▶▶▶

IGF-1 [Insulin Growth Factor-1] is a hormone that's able to stimulate new muscle fibers, repair muscle tissue and maximize protein synthesis.



- You sure as hell can't get that from any regular post-workout creatine supplement. You need to get your hands on a superior supplement that amplifies this forceful compound. This is where Cell-Tech™ Hardcore comes in!

The Undisputed King of Creatine

Out of all the novel supplements and ingredients on store shelves today, one stands apart from the rest as the undisputed champion of them all – the highly trusted musclebuilder **creatine**. Not only

Creatine [kree-uh-teen] is an organic acid that is naturally produced by the human body and supplies valuable energy to muscle cells.

does creatine provide energy to muscle cells through muscle cell hydration, but leading-edge research also shows that creatine increases strength and muscle mass! No wonder the current market is flooded with a truck load of different creatine formulas. But do they all deliver the same outstanding results?

Think of it as driving from one point to the next. You can get from point A to B in any rundown

beater of a car, but you can get there a lot faster and easier in a fully loaded sports car. Well, Cell-Tech Hardcore is that fully loaded,

Cell-Tech Hardcore unleashes the musclebuilding power of insulin to build huge amounts of muscle!

supercharged sports car, flooding your muscles with high-quality creatine. This is why thousands of athletes around the world trust the superior Cell-Tech Hardcore formula and why it continues to reign supreme as the world's #1 selling musclebuilding creatine!

Setting the Standard for Superior Muscle Growth

Cell-Tech Hardcore gives you a rare chance to pack on muscle faster than you ever

SHOCKING TRANSFORMATION

BEFORE



**GAINED
34 lbs.
OF MUSCLE!**

AFTER

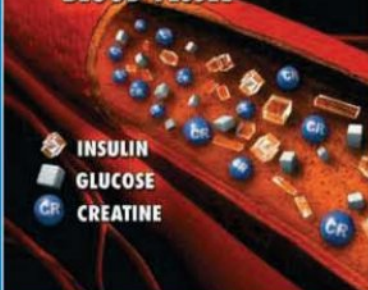


While using Cell-Tech™ Hardcore, police officer John Del Col packed on an incredible 34 lbs. of rock-hard, dense muscle in just 21 weeks! Check out the size he put on his arms, chest and shoulders!

WHAT CELL-TECH HARDCORE DOES IN YOUR MUSCLES

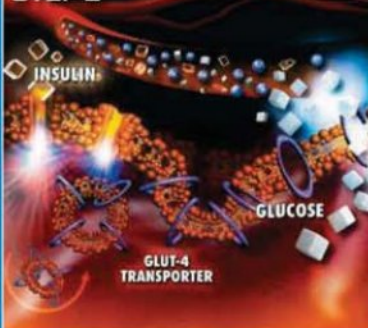
STEP 1

BLOOD VESSEL



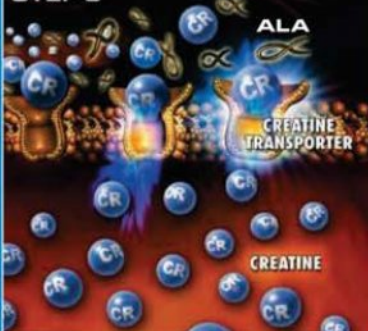
After your first serving of Cell-Tech™ Hardcore, 75 grams of laboratory-tested dextrose creates a powerful insulin spike.

STEP 2



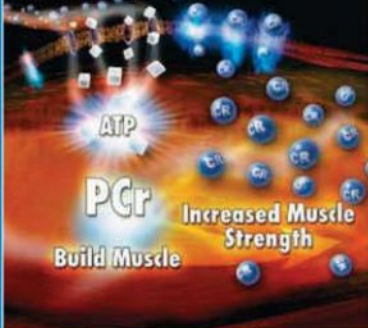
The rise in insulin activates insulin receptors which move GLUT-4 receptors to the surface of your muscles.

STEP 3



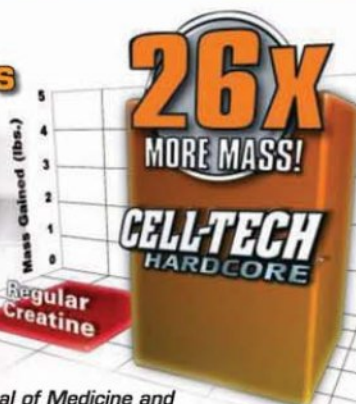
Muscle creatine absorption is supercharged with alpha lipoic acid (ALA) and creatine transporters pull creatine into the muscle.

STEP 4



Your muscles are now saturated with creatine and phosphocreatine (PCr) for incredible strength and massive muscular growth.

CLINICALLY PROVEN SUPERIOR IN MULTIPLE SCIENTIFIC LAB TESTINGS



In a clinical study documented in *Journal of Medicine and Sciences in Sports and Exercise*, subjects taking Cell-Tech Hardcore gained an average of 26 times (4.34 vs. 0.16 lbs.) more mass than subjects who just used regular creatine.

thought possible. Backed by over 44 clinical studies and abstracts on its formula and ingredients, this multi-patented matrix has been formulated with 10 grams of scientifically engineered creatine, 75 grams of HPLC-certified dextrose and 200 mg of creatine-driving **ALA (alpha lipoic acid)**.

Alpha lipoic acid is an organic compound that is used to help boost insulin sensitivity and creatine uptake.

By taking Cell-Tech™ Hardcore post-workout, you're able to increase insulin and force other nutrients into your bloodstream,

priming your muscles for ultimate creatine hypersaturation and unadulterated gains in mass.

World's Most Powerful Creatine Formula – Cell-Tech Hardcore

The stats prove it! Cell-Tech Hardcore is able to load your frame with more mass and help you build attention-grabbing strength. Check out the numbers: In a 28-day study, Cell-Tech Hardcore was clinically proven to be 26 times more powerful than regular creatine for building mass (4.34 vs. 0.16 lbs.). Plus, in the same study, one extraordinary test subject gained an incredible

7 pounds in just 7 days! Bottom line: Cell-Tech™ Hardcore is, without a doubt, the most powerful creatine formula ever developed! Get it today at GNC, GNC Rite-Aid and other fine retailers.

Get on Cell-Tech Hardcore and gain up to 7 pounds of lean, dense mass in just 7 short days!

REFERENCES:

Tarnopolsky, M., et al. (2001). *Med Sci Sports Exerc.*, 33, 2044.
Kalman, D., et al. (2000). *FASEB J.*, 14(4), A619.
Kalman, D., et al. (2000). *Med Sci Sports Exerc.*, 32(5), S136.

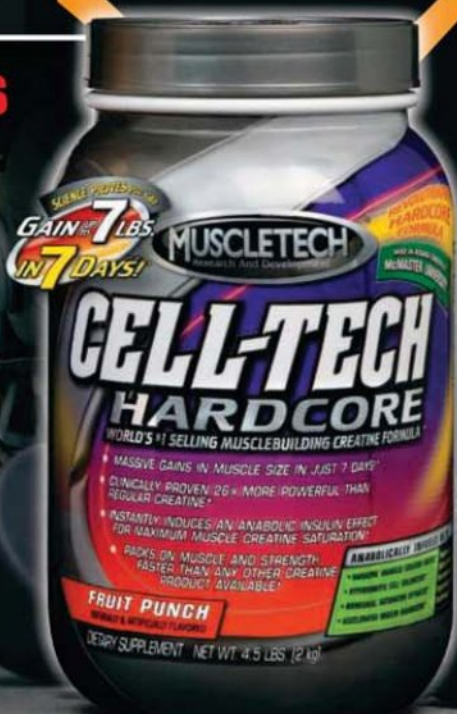
Available at GNC, GNC Rite-Aid, Vitamin Shoppe, Hi-Health, Popeye's, BOSS Distribution and Bodybuilding.com. John Del Col also used other MuscleTech® supplements and has been remunerated. Cell-Tech™ Hardcore is patented. © 2009.

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Martial Arts Workout Kicks Butt

Asian martial arts studios in the U.S. outnumber Dunkin' Donuts stores three to one. Whether you engage in kyudo (Japanese archery), arnis and kali (Filipino street fighting) or wield a samurai sword, martial arts offers physical benefits. Per Pete McCall, an exercise physiologist with the American Council on Exercise, "Their explosive lengthening and contracting of muscles, like a spark plug in an engine, improves strength and dynamic flexibility. Using a number of different body segments at one time, moving and shifting your center of gravity, builds core strength."

So what if you're out of shape? Well, martial arts can strengthen you; however, elite practice requires outstanding condition. Ancient Chinese combat traditions demanded that the military be able to run 90 kilometers in a day and be able to crawl through infested areas.

As for choices, you might try xing yi, a sister art of tai chi. Pronounced 'shing-ee' this discipline relies on power from the body's core. It builds strong muscular 'roots' in the legs, hips and torso, by aligning chi energy. Or you might opt for iaido, a samurai martial arts form pronounced 'ee-eye-doe.' Iaido involves lots of kneeling, squatting and springing, and swordsmanship routines known as kata. Its operative idea is deadly; dance-like movements quickly change to deliberate moves against threatening opponents in imagined scenarios. (*The New York Times*, April 16, 2009)

Weight-Training Principles From ACSM

The American College of Sports Medicine (ACSM) issued a position statement on resistance training principles for healthy adults. Recommendations include:

- Optimal strength-training programs include concentric (shortening), eccentric (lengthening), and isometric (static) muscle contractions and include single and multi-joint exercises.

- Maximize exercise intensity by training large muscle groups before small muscle groups; multiple joint before single-joint exercises; and high intensity before lower-intensity exercises.

- Beginners should do 8-12 reps per set, two or three days per week.

- Intermediate and advanced weight trainers should vary their program between 1-12 reps per set using a periodized program that systematically varies the volume and intensity of the workouts. They should train three to five days per week.

- Intermediate and advanced strength trainers should work toward using heavier loads (1-6 repetition maximum) with 3-5 minutes rest between sets.

- Programs designed to promote muscle hypertrophy should use loads equivalent to 6-12 repetition maximum, with 1-2 minutes rest between sets.

- Power programs should include strength training and light-load exercises performed at fast speeds with 3-5 minutes rest between sets.

Almost any systematic program works. The important thing is to train regularly and consistently. (*American College of Sports Medicine*, 2009)

Stability Balls Less Effective Than Power Lifts For Building Core Strength

Go to almost any gym in America and you'll find a wide variety of exercise balls, balance discs, and wobble boards that are used to build core stability. The core muscles act like a corset around the spine to provide stability for lower

and upper-body movements. For example, squatting on bosu balls (ball with flat surface on the bottom) requires activation of the core muscles so that you can maintain balance and perform the exercise. Unfortunately, training on unstable surfaces decreases the capacity to lift heavier weights. Consequently, stability training decreases the capacity to strengthen major muscle groups. James Nuzzo and colleagues from Appalachian State



University in North Carolina found that common stability ball exercises were less effective than deadlifts or squats for activating core muscles such as the rectus abdominis, obliques, and back extensors. They concluded that stability ball exercises do not provide sufficient overload to increase strength and hypertrophy, and questioned their value in a conditioning program. (*Journal Strength Conditioning Research*, 22: 95-102, 2008)

Interval Training Increases Anabolic Hormones and Inflammation

Interval training involves a series



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of short, high-intensity bouts of exercise with rest periods between each repetition. Canadian researchers reported dramatic improvements in aerobic capacity after only two weeks of high-intensity interval training. Scientists do not fully understand the mechanisms behind these rapid changes. Israeli scientists found that anabolic hormones such as growth hormone and testosterone, in addition to inflammatory chemicals, increased during an interval-training workout consisting of four 250-meter runs with 3 minutes rest between repetitions. Anabolic hormones and inflammation trigger adaptive changes in physical fitness. The magnitude of these changes during a workout is a good marker of the intensity of training and the athlete's response to exercise. (*Journal of Strength Conditioning Research*, 23: 225-230, 2009)

Caffeine Decreases Muscle Pain During Intense Exercise

As governor Arnold said in his first mainstream movie "Stay Hungry," "You must burn to grow!" Your capacity for pain during exercise often determines if you win or lose and whether you make consistent training gains. Researchers from the University of Illinois at Urbana-Champaign and the Center for Sports and Health Sciences at the Iceland University of Education found that caffeine decreased thigh muscle pain during 30 minutes of high-intensity exercise on a stationary bike. The results were similar in chronic and infrequent consumers of caffeine. Caffeine was removed from the International Olympic Committee's banned substance list, even though it is an effective performance-enhancing drug. High levels of caffeine are still banned by the NCAA. Caffeine is a good training supplement because it allows athletes to train harder with less pain. (*International Journal of Sports Nutrition and Exercise Metabolism*,

19: 150-161, 2009)

Rest Interval Between Sets Has No Effect on Strength Gains

Conventional wisdom among weight trainers is that long rest intervals between sets are best for gaining strength, and short rest intervals are best for building muscle mass and endurance. Brazilian scientists found that rest time had no effect on strength gains in beginning weight trainers. The program involved 2 sets of 8-12 reps for five exercises, practiced three times per week for 12 weeks with either 2 or 4 minutes rest between sets.

The results of this study probably don't apply to experienced lifters. Training increases the capacity to push closer to maximum effort. Natural inhibitions against intense muscle contractions decrease with training. Experienced lifters have conditioned their muscles, joints, tendons, and nervous systems to exercise more intensely. The ideal rest interval between sets has not been determined scientifically in well-trained athletes. For experienced weight-trained athletes, conventional wisdom is probably correct. (*Paper presented at International Conference on Strength Training, Colorado Springs, 2008*)

Exercise Order Has No Effect on Strength Gains in Beginning Weight Trainers

A time-honored principle of weight training is performing large-muscle, compound exercises before small-muscle, isolation exercises. For example, most weight trainers do bench presses, incline presses, and military presses before curls, triceps extensions, or deltoid raises. Doing small-muscle exercises first would limit performance during large-mus-

cle, compound exercises.

Brazilian researchers found that the order of exercises did not affect strength gains in beginning weight trainers. A 'large muscles first' group did bench presses, lat pulls, biceps curls and triceps extensions, while a 'small muscles first' group did the exercises in the opposite order. Beginners are not the same as experienced weight trainers. The results of this study might apply to a beginning weight training class, but are probably not applicable to experienced athletes. (*Paper presented at International Conference on Strength Training, Colorado Springs, 2008*)

Core Training Improves Distance Running Performance



The core muscles support the spine and provide the foundation for upper and lower body movements. Barry University researchers found that a six-week core-strengthening program improved performance in the 5,000-meter run in recreational and competitive runners, but had no effect on leg power or lower leg stability. They speculated that a longer program might have had more beneficial effects. Core training is an important exercise component that provides spinal stability, prevents joint pain, and promotes total body control. (*Journal of Strength and Conditioning Research*, 23: 133-140, 2009)



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Acupuncture Has Small Effect on Body Fat

Few people are successful losing weight through diet and exercise. Most don't have the time, self-discipline, or knowledge to sustain a long-term weight-loss program. Not surprisingly, many people turn to exotic alternative medicine techniques, such as acupuncture or hypnosis, to help them lose weight.

Using a statistical technique called meta-analysis, Korean scientists pooled the results of 29 studies on acupuncture that included a total of



3,013 people. They concluded that acupuncture has a small effect on weight loss. The average person receiving acupuncture treatment lost between 2 and 7 pounds, with minimal side effects. However, these studies were hard to evaluate because many had poor research designs and had difficulty establishing valid control groups. Acupuncture has a strong placebo effect, which means that it helps people lose weight by the power of suggestion. People pay a lot of money for treatment—they believe it works, so it does. (*International Journal of Obesity*, 33: 183-196, 2009)

Food Intake Not Influenced by Workout Time

People burn about 100 calories for every 10 minutes of moderate-intensity exercise. That's not a lot for people with busy schedules who want to get the most from an exercise program.

Weight loss depends on taking in fewer calories in the diet than you burn through normal metabolism and exercise. Does the time of day that you exercise influence how much food you eat for the rest of the day?

A study from the School of Sport Science, Exercise and Health at the University of Western Australia found that the time of day that people exercised had no effect on how much food they ate in 24 hours.

Researchers measured daily food intake in people who exercised in the morning, afternoon, or when they didn't exercise. Exercise involved running on a treadmill for 45 minutes at 75 percent of max effort. The subjects did not eat more food on exercise days than they did on rest days, which showed that the added physical activity contributed to weight control. The take-home message is that you should exercise when it is most convenient. (*Meeting abstract #164, Australian Conference Medicine Science in Sport, December 2008*)

Virus Linked to Obesity

Can a virus make you fat? The genetics revolution promises to reveal the answer to medical questions that have baffled humans for centuries. Genes act as controllers for all cell functions, such as storing and using energy, repairing damage, and making new proteins. Interfering with them disturbs basic body processes such as metabolism and immunity. Genes fight off challenges every day from such diverse sources as ultraviolet light from the sun, free radicals produced normally during metabolism, and environmental pollutants. Add viruses to that list. Several studies have linked viral infections to coronary artery disease. Now, scientists have found that viral infections may be linked to obesity. Animals infected with the adenovirus-36, which comes from the same family of viruses that cause colds, diarrhea and pinkeye, had more body fat than animals not infected. In humans, about

20-30 percent of obese people are infected with the virus, compared to only 5 percent of lean people. If viruses really contribute to obesity, scientists may be able to make a vaccine to combat them. (*BBC News, January 26, 2009*)

Does Drinking More Water Promote Fat Loss?

Recent nutritional guidelines issued by the U.S. Department of Agriculture advise people to drink water when they are thirsty. Research does not support previous recommendations that people should drink at least eight 8-ounce glasses of water per day. French researchers speculated that increasing cell water levels promotes fat loss. Increased water intake inhibits angiotensin-converting enzyme (ACE), which helps control blood pressure and thirst. In animal studies, inhibiting ACE led to increased water intake and fat loss. Drugs called ACE-inhibitors combined with increased fluid intake might contribute to weight loss. (*International Journal of Obesity*, 33: 385, 2009)

Decreased Sleep Linked to Higher Fat Intake



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Inadequate sleep is linked to obesity, but scientists aren't sure why. Australian researchers found that fat intake was higher in people who got less sleep. Fat and carbohydrate intake increased with decreased sleep duration, but sleep time was not related to protein intake or blood sugar levels. People eat more fat when they don't get enough sleep, which promotes obesity. The study examined data from nearly 3,000 people living in China. In the United States, average sleep duration decreased from 9 hours per day in 1960 to about 7 hours per day in 2009. The decrease in sleep duration has paralleled the explosive increase in obesity. Lack of sleep might make you fat! (*International Journal of Obesity*, 32: 1835-1840, 2008)

Moderate Protein Diet Helps Sustain Weight Loss

Ninety percent of people gain back the weight they lost within a year. Two-thirds of Americans are obese or overweight, so many of us are chronic yo-yo dieters, following an endless cycle of weight loss and weight gain. These people would be better off staying overweight than constantly increasing and decreasing weight. Donald Layman and colleagues from the University of Illinois found that people could sustain weight loss and promote long-term positive changes in body composition and blood fats by increasing daily protein intake to 1.6 grams of protein per kilogram bodyweight (the RDA for protein is 0.8 grams per kilogram bodyweight). After 12 months, a group following a diet with moderately-increased protein content showed more fat loss, lower blood triglycerides (fat) and higher HDL (good cholesterol), than a group eating less protein and more carbohydrates. Increased dietary pro-



tein promotes long-term weight maintenance and improved body composition. (*Journal Nutrition*, 139: 514-521, 2009)

Resveratrol May Explain the French Paradox

The French have one of the lowest heart disease and obesity rates in the world, in spite of diets rich in butter, cheese and meat—a phenomenon that scientists call the 'French paradox.' Red wine could be the key. The average Frenchman drinks more than 20 liters of red wine a year, while the average American drinks only 2 liters. Red wine is high in resveratrol, which acts as an antioxidant to defend the body against destructive free radicals produced naturally during metabolism that are linked to aging, DNA damage and immune system suppression. Resveratrol also has positive effects on fat and blood sugar metabolism.

Katarzyna Szkudelska and colleagues from the University of Life Sciences in Poznan, Poland found

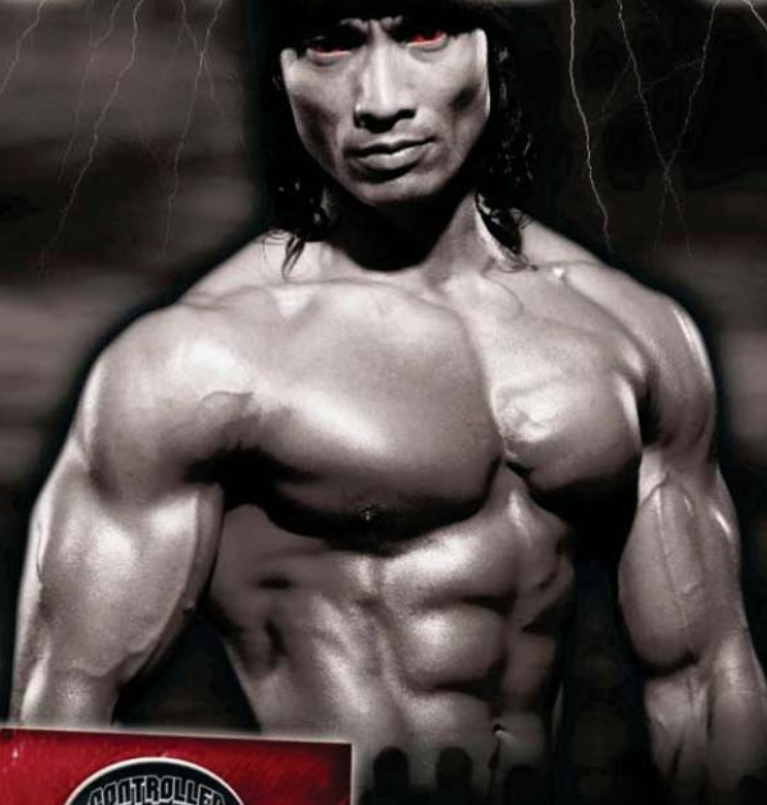
that in laboratory cultures, fat cells converted less glucose (sugar) to fat in the presence of resveratrol. Also, fat cells released more fat in the presence of adrenaline and resveratrol. This could mean that increasing resveratrol intake and boosting adrenaline production through exercise could promote fat loss. The study showed that resveratrol could be an important chemical in the fight against obesity. (*Journal Steroid Biochemistry & Molecular Biology*, 113: 17-24, 2009)

Weight Loss Reduces Symptoms of Sleep Apnea

People with sleep apnea stop breathing periodically during the night, which causes restless sleep and daytime drowsiness. This is an extremely dangerous condition that increases the risk of automobile accidents and fatal heart rhythm disturbances. Many weight trainers snore or wake frequently during the night because their large neck muscles obstruct airflow in the mouth and throat. If you have these symptoms, you might have sleep apnea.

Inadequate sleep caused by sleep apnea contributes to obesity. Obesity also contributes to sleep apnea because extra tissue and poor muscle tone in the throat block the airway during sleep. Excess body fat alters metabolism, which also interferes with normal sleep patterns. Sleep apnea is treatable through weight loss, surgery, or continuous positive airway pressure devices (CPAP). A study from Finland found that weight loss eliminated most of the symptoms associated with mild sleep apnea. See your doctor if you have trouble sleeping or suffer from daytime drowsiness. Don't take this problem lightly, because sleep apnea can kill you. (*American Journal of Respiratory and Critical Care Medicine*, 179: 320-327, 2009)

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Whey Protein, Creatine, and CLA Increase Muscle Mass and Strength

In the real world, serious weight trainers take a variety of substances to support and promote training gains. Researchers, however, typically isolate the effects of single supplements and drugs to determine their effects. Supplements, such as whey protein, creatine monohydrate, and conjugated linoleic acid (CLA) increase muscle mass and strength—at least in some studies.

Researchers from the University of Saskatchewan in Canada, led by Stephen Cornish, found that supplementing a combination of whey protein, creatine and CLA produced greater gains in strength and muscle mass than protein or protein plus creatine alone. Nearly 70 men and women took the supplements while weight training six days per week for five weeks. Strength gains were 50 percent greater, and gains in muscle mass were 2 percent greater in people taking the combined supplements. The study showed the benefits of combining whey protein, creatine monohydrate and CLA supplements for increasing strength and muscle mass during intense weight training. (*International Journal of Sport Nutrition and Exercise Metabolism*, 19: 79-96, 2009)

Green Tea Catechins Promote Ab Fat Loss

Abdominal fat kills and it looks bad. High ab fat levels increase the risk of heart attack, diabetes, high blood pressure and premature death, even in people with normal weight for height. Gut fat turns over quickly, which increases blood triglycerides (blood fat) and impairs blood sugar regulation.

In a study of adults involved in an endurance exercise program, Kevin Maki, from Provident Clinical Research in Bloomington, Indiana,

found that supplementing a green tea beverage containing high levels of catechins (625 milligrams) and caffeine (39 milligrams) promoted abdominal fat loss better than a drink containing caffeine alone. The high-catechin drink also caused greater decreases in total fat and blood triglycerides. This was one of many studies showing that green tea catechins promote abdominal fat loss. (*Journal of Nutrition*, 139: 264-270, 2009)

Whey Protein and the 'Leucine Anabolic Trigger'

Personal trainers and supplement makers argue endlessly about the best protein for building muscle mass. Many promote whey protein because of its rapid absorption and high content of key amino acids. Others argue that a blend of whey, casein and soy is best, because the effects last longer.

A review of literature by Jason Tang and Stuart Phillips from McMaster University in Canada concluded that whey protein stimulated protein synthesis and suppressed protein breakdown better than casein or soy, particularly in older adults. Whey is higher in the amino acid leucine, which acts as a chemical signal to turn on protein synthesis. People lose muscle mass with age—a condition called sarcopenia—in part because of decreased responsiveness to protein in the diet.

Whey protein supplements help older adults maintain muscle mass because they contain more leucine. This 'leucine anabolic trigger' activates protein synthesis in muscle and prevents muscle wasting. Studies from the University of Texas Medical Branch showed that including 25 grams of high-quality protein with major meals could help older adults maintain muscle mass. This practice might also help weight trainers stay anabolic. (*Current Opinion in Clinical Nutrition and Metabolic Care*, 12: 66-71, 2009)

Red Clover Prevents Prostate Cancer Cell Growth



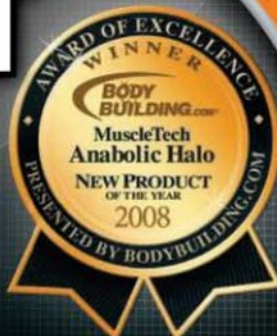
Prostate cancer is the second leading cause of cancer-related deaths in men. Reducing testosterone levels with drugs often shrinks enlarged prostate glands and helps control the disease. Many aging men take DHEA supplements to slow aging, increase sex drive and libido, and prevent muscle loss. DHEA is broken down to testosterone during its metabolism, so it might be dangerous in men with undiagnosed prostate disease.

Researchers from the National Center for Complementary and Alternative Medicine at the National Institutes of Health found that red clover (*Trifolium pretense*) decreased prostate cancer cell growth in the lab in cell cultures supplemented with DHEA. Red clover contains chemicals called isoflavones that prevent prostate cancer growth. DHEA has a variable effect on prostate cancer cells: it speeds growth in some cells but has no effect in others. We need more research on DHEA and red clover to determine its long-term safety and effectiveness. (*Press Release, American Association for Cancer Research*, February 12, 2009)

Creatine Ethyl Ester Is Less Effective Than Creatine Monohydrate

Muscles have a limited ability to store creatine and creatine phosphate. These chemicals are vital energy

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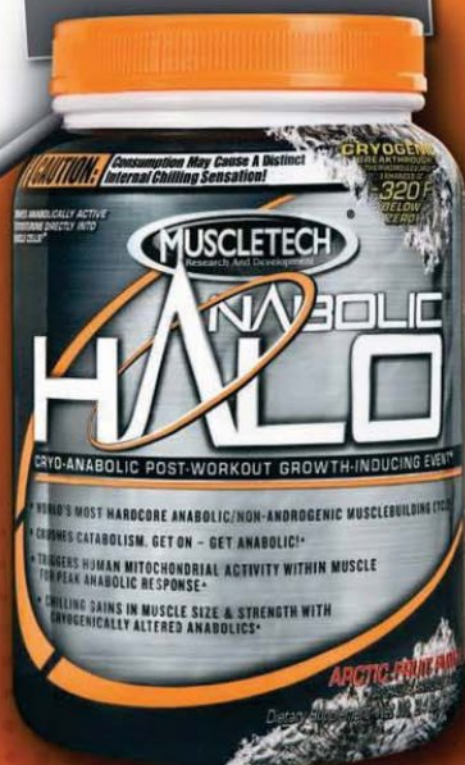
ANABOLIC HALO enhances muscle fiber area by 16.8 percent in 16 weeks and increases muscle satellite cell concentration by more than 100 percent in just 28 days! These satellite cells fuse to muscle tissue to trigger new growth. In yet another clinical study, a key compound in ANABOLIC HALO jacked up muscle androgen receptors – the subcellular site for anabolic signaling – in only 21 days! Feel the instant, glacial-like shock! Get ANABOLIC HALO and start getting bigger today!

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In a 21-day clinical study, subjects using a key ingredient in ANABOLIC HALO gained an average of 4.84 pounds of muscle. © 2009.

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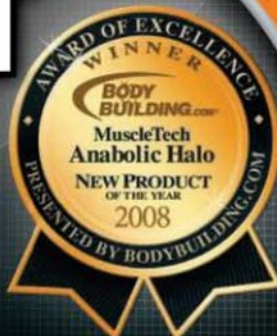
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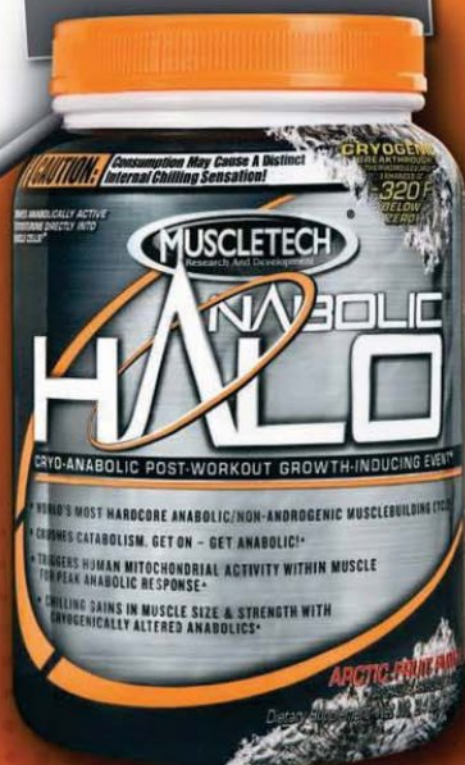
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In a 21-day clinical study, subjects using a key ingredient in ANABOLIC HALO gained an average of 4.84 pounds of muscle. © 2009.

stores that resynthesize ATP— an important high-energy compound that fuels muscle contractions and many other biochemical reactions. Muscles have a limited ability to store creatine and creatine phosphate. Some supplement makers claim that muscles absorb creatine ethyl esters (CEE) faster than creatine monohydrate. A Baylor University study showed that CEE, creatine monohydrate, or a placebo (fake supplement) had no more effect on strength, physical performance, bodyweight, or body fat than weight training alone. Creatine monohydrate increases strength and muscle mass in most people, particularly when accompanied by weight training. However, 20 to 30 percent of people don't respond to the supplement and 20 percent fail to achieve peak levels of muscle creatine and creatine phosphate. Factors such as genetics, training status, and diet determine the effectiveness of creatine supplements. (*Journal International Society Of Sports Nutrition*, published online February 19, 2009)

Whey Increases Innate Immunity

Whey protein supplements promote gains in muscle mass and strength and suppress appetite. Canadian researchers found that whey might also improve innate immunity— a non-specific way that the body fights foreign organisms and heals injured tissue. Inflammation is a non-specific immune response to injury or infection that involves the release of chemicals such as histamine, serotonin, and prostaglandins that cause pain— increased blood flow to the area, and transportation of immune system cells to the injured tissue to promote healing. Beta-lactoglobulin and alpha-lactalbumin, components of whey protein, enhance the response of neutrophils (an important innate immune system cell) to infection and injury. Enhanced immunity is an important benefit of whey protein supplements. (*Journal of Nutrition*, 139: 386-393, 2009)

Betaine Increases Squat Endurance

Betaine is an amino acid compound found in wheat, spinach, shellfish, and sugar beets. It is an important regulator of body water and is useful in reducing homocysteine, an inflammatory chemical that is an important risk factor for coronary artery disease. Ranchers use betaine to increase muscle mass in domestic animals. It assists glutathione with detoxification reactions in the liver and prevents depression. Betaine is an important human nutrient that is rapidly absorbed and utilized as an osmolyte (fluid regulator) and participates in amino acid reactions that help maintain liver, heart, and kidney health.



Betaine might improve athletic performance. Jay Hoffman and colleagues from The College of New Jersey found that 15 days of betaine supplementation improved squat endurance (rep capacity) in college-aged males involved in a weight-training program. Betaine may be an effective supplement for guys who lift weights, but we need more research before we can recommend it. (*Journal International Society of Sports Nutrition*, published online February 27, 2009)

L-Ornithine Prevents Fatigue

L-Ornithine improves nutrition and

cell function in physically-stressed people such as malnourished older adults and burn patients. It stimulates the production of amino acids, such as glutamine, proline, and arginine, and promotes the release of anabolic hormones, such as insulin and growth hormone. It also increases nitric oxide (NO) release, which enhances blood flow throughout the body and is important for sexual performance and muscle growth. Japanese researchers found that supplementing L-Ornithine for eight days (2,000 mg per day for seven days and 6,000 mg per day for one day) reduced fatigue during a two-hour ride on a stationary bike. Ornithine prevented fatigue by increasing energy efficiency and promoting the excretion of ammonia. L-Ornithine shows promise as a supplement for weight trainers, but we need more research before we can recommend it. (*Nutrition Research*, 28: 738-743, 2008)

Some Weight-Loss Supplements Contain Dangerous Drugs

The U.S. Food And Drug Administration found that the weight-loss supplement StarCaps contained a dangerous drug called bumetanide that can have serious side effects. The papaya-based supplement was enthusiastically promoted on "The Today Show" and sold in mainstream supplement outlets. The FDA also found that 69 weight-loss supplements imported from China and South America contained illegal drugs not listed on their ingredients that could cause high blood pressure, seizures, and have dangerous interactions with other medications. These substances included sibutramine (a prescription weight-loss drug), rimonabant (a weight-loss drug legal in Europe but not approved by the FDA), phenytoin (anti-seizure medicine), phenolphthalein (cancer causing chemical), and bumetanide (a diuretic or water pill). Be careful of what you put in your body! (*The New York Times*, February 10, 2009)

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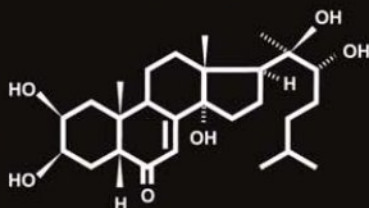
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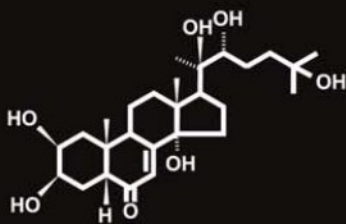


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*Since its introduction just over 18 months ago, D-BOL is fast becoming the most popular oral pro-anabolic available. D-BOL has a special formulation containing methadrostenoITM that may exert a pronounced ergogenic action in the body after oral administration similar to those experienced by users of methandrostenolone. Methandrostenolone is the most popular oral anabolic steroid currently used today. D-BOL, however, lacks the c17 alpha alkylated configuration, which may comparatively lower the risks of certain associated side effects. Several users of D-BOL are reporting of extremely dramatic muscle size and strength gains. Empirical data suggests myocytic anabolism (muscle growth) relative to methandrostenolone tablets with notably less water retention. D-BOL is considered by many authorities to be the most powerful non-prescription performance enhancing oral preparation to date.

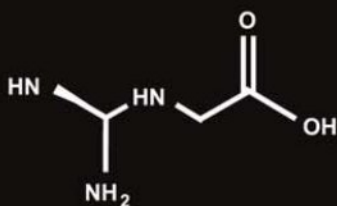


****CYCLOSTANZOOL™**

WINNI-V®

1 Bottle - \$79.95
4 Bottles - \$239.85 Save \$79.95!

*CyclostanozoITM is a powerful non-prescription chemical hybrid that is reputed to possess highly stimulating, non-virilizing and pro-anabolic properties. High quality muscle gains are reported with as little as 1-2 tabs taken before workout, during a cycle. Many users claim of lypolytic (fat reducing) effects analogous to those experienced when using stanozolol tablets. The addition of a potent chemical synergist to this composite has been shown to allow for absorption through the mouth, which allows a high percentage of the active ingredients to bypass digestion. This highly bio-available mixture is extremely fast acting producing a surge of energy in most users. Each tablet takes approximately 30 minutes, if slightly chewed, to completely dissolve under the tongue. The gains made while on a cycle of Winni-V have been reported to be very solid and well maintained once use has been discontinued.



****OXYMETHOBOL™**

LIQUID ANODROL®

1 Bottle - \$109.95
4 Bottles - \$329.85
Save \$109.95!

*Many users claim Liquid Anodrol to be the most powerful OTC pro-anabolic product available. Incredible mass and strength gains have been reported after only two weeks of use. Anodrol is a topical lotion that is applied to the skin surface similar to testosterone creams and patches. The active ingredient in Liquid Anodrol called OxymethobolITM, is not alkylated or methylated in structure and may possess a lower risk factor with use when compared to oral steroids with these toxic configurations. Oxymethobol has a natural time release effect and may produce the most dramatic muscle and strength gains of any product currently available. A few users interviewed claim of improved mass gains when stacked with powerful orals such as D-BOL. Anodrol is definitely recommended as one of the main components of any stack for greatly enhanced results.



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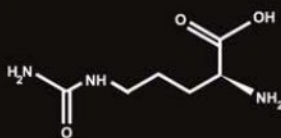
SDI-LABS
SCIENCE DYNAMIC INITIATIVE



TEST SUSPENSION™

1 Bottle - \$109.95
4 Bottles - \$329.85 Save \$109.95!

*Test Suspension is reported by many users to be the most powerful non-prescription water based oral pro-testosterone preparation commercially available. Test Suspension contains the active ingredient of Supratestin Depot™, which is a refined proprietary composite of pro-testosterone analogs. Just one dose of this formulation may radically elevate testosterone blood levels and sustain them for 24 hours. Muscle gains with Suspension are being reported unusually high yet extremely solid. Suspension has virtually no capacity to aromatize into estrogen, which helps prevent side effects such as water retention and bloating. Due to its extremely potent activity, users claim of an extraordinary increase in strength. It is theorized that many lifting records will be broken as a result of using this product. Suspension is orally administered using the special applicator provided. This product pushes the boundaries of OTC performance enhancement technology with its incredible ergogenic efficacy and high-tech delivery method.



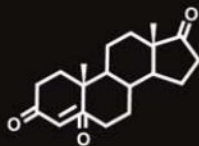
****SUPRATESTIN DEPOT™**



MASTERBOLAN®

1 Bottle - \$79.95
4 Bottles - \$239.85 Save \$79.95!

*Masterbolan™ (Drostanolone) may be typically used as a muscle hardener and strength increaser. It has notably been able to sharpen the appearance of individuals that already carry a low bodyfat percentage. Drostanolone has a chemical structure that may assist in recovery from bouts of extreme body stress including heavy weight training. Upon administration of Drostanolone, subdermal water levels may drop dramatically. Users often report of the skin taking on an almost paper thin appearance. This effect is highly desired in bodybuilders seeking a hard, ripped and dense pre-contest condition. Masterbolan is a highly recommended combination to any cycle to add incredible hardness, strength and enhance recovery during weight training.



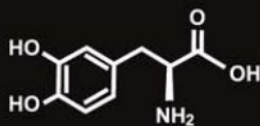
****DROSTANOZOL™**



SOMATROPH HGH™

1 Bottle - \$79.95
4 Bottles - \$239.85 Save \$79.95!

*Growth Hormone is a powerful fat burner and one of the only known substances to actually increase the number of cells in a muscle rather than size alone seen with standard anabolics. Somatroph HGH is a breakthrough in chemistry that may allow dramatic increases of Growth Hormone blood levels without injections. Utilizing the active ingredient of Nutropil Recombinex™, Somatroph HGH is considered by many to be the most powerful non-prescription oral form growth hormone enhancement product available. Users of Somatroph are reporting of dramatic lipolysis (fat loss) and a synergistic bulking action when taken in conjunction with other pro-anabolics. Somatroph is taken at night, which may improve REM sleep. Users often report of feeling refreshed and energetic upon waking. GH also has the reputed ability to enhance mood, sex drive and vigor. When combined in the proper dosages, Somatroph may prove to be a very powerful addition to any anabolic cycle.



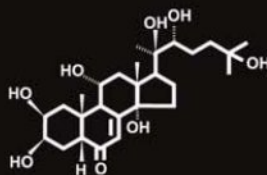
****NUTROPIL RECOMBINEX™**



EQUIDREN™

1 Bottle - \$79.95
4 Bottles - \$239.85 Save \$79.95!

*Equidren (Boldenone) is a highly specialized combination of compounds designed to increase anabolic effect via enhanced vasodilation or "blood pumping effect". This effect is directly produced by conversion of the primary active ingredient into Nitric Oxide, which is responsible for dilating blood vessels. In addition, this process may directly signal cells to increase the uptake of amino acids to stimulate protein synthesis. Furthermore, it may increase the amount of myofibril contractile fibers in the muscle cell to promote enhanced rates of hypertrophy. Additional anabolic constituents in this high powered product may further stimulate this vasodilation effect. MUSCLE PUMPS experienced while using Boldenone are reported to be extremely intense and long lasting for this reason.



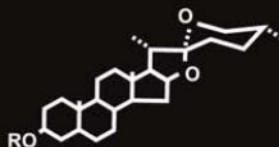
****BOLDENODROL™**



OMIFEN™

1 Bottle - \$79.95
4 Bottles - \$239.85 Save \$79.95!

*This non-steroidal substance has gained much popularity among athletes due to its reputed ability to act as a gonadotropic stimulant and estrogen blocker. Clomex Gonadotropin™, the active ingredient in Omifen, stimulates the pituitary gland to increase levels of gonadotropic hormones. It may also naturally suppress estrogen levels, which can make muscles appear rock hard and dense. Users have been very enthusiastic about Omifen with reports of greatly reduced post cycle crashes. This is a term used to describe the drop in athletic performance and "smoothing out" that commonly occurs upon completing a cycle of effective quantity and duration. Recommended for the final weeks of a cycle, Omifen may dramatically help to prevent side effects, improve muscle hardness and enable the user to keep the gains that were worked so hard for.



****CLOMEX GONADOTROPOL™**



WARNING: The products sold by our company may induce extreme muscle growth during weight training cycles. Due to their profound effects and potencies it is recommended to seek the guidance of a physician prior to use.

Anabolic Cycle Information: Utilizing empirical and anecdotal evidence, scientific research has shown that anabolic compounds are most effective when used in a logical sequence referred to as a cycle. The term cycle refers to the duration of time that passes while concurrently taking pre-determined combinations and dosages of anabolic agents. A synergistic action, or an amplified effect, has been shown to occur when two or more anabolics are administered simultaneously. Along with stacking anabolics, proper consideration must be addressed to the strategic development of the cycle, which effectively maps the muscle cells for receptor downgrade. This deliberate planning prevents attenuation or ever allowing the body to build a tolerance to the administered agents.

The following cycles have been carefully calculated to enhance cell receptor sensitivity, anabolic synergism, and to provide maximal ergogenic benefit. Each cycle has a brief description for use as each is designed for a specific length of time and benefit. Training intensity should be elevated as well as protein intake for the duration of each cycle. A minimum of 1.5 grams of protein per pound of bodyweight is recommended for optimal nitrogen retention. Users should allow a minimum of eight weeks off between cycles in order to effectively rest myocyte (muscle cell) steroid receptors.

*Extremely large muscle size and strength gains have been reported with the following pre-engineered cycles. A dramatic reduction of body fat, which translates into a lean, hard, and ripped pre-contest quality conditioning, is also reported at the cycle's completion. Best of all, users claim that the incredible gains experienced are well maintained after use is discontinued. When choosing a cycle, carefully examine each schedule to determine which quantity and dosing structure best suits your individual needs.

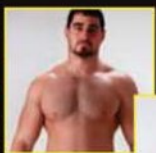
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8 WEEK STAGGERED FORM BLITZ CYCLE

WEEK	D-Bol	Anadrol	Test Sus.
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2	2 / Day	4cc / Day	
3	2 / Day		4cc / Day
4	2 / Day		4cc / Day
5	2 / Day	4cc / Day	
6	2 / Day	4cc / Day	
7	2 / Day		4cc / Day
8	2 / Day		4cc / Day

8 Week Blitz Cycle Before & After Photos

Individual results may vary



Week 1



Week 8

*EXPECTED RESULTS: Intermediate gains in muscle mass, strength, density and volume.

Save \$189.90
Price: \$729.65

14 WEEK INTRINSIC FORM MASS CYCLE

WEEK	D-Bol	Anadrol	Test Sus.	Winni-V	Omifen
1	4 / Day	4cc / Day		†	
2	4 / Day	4cc / Day		†	
3	4 / Day	4cc / Day		†	
4	4 / Day	4cc / Day		†	
5	4 / Day	4cc / Day		†	
6	4 / Day	4cc / Day		†	
7	4 / Day	4cc / Day		†	
8	4 / Day	4cc / Day		†	
9		4cc / Day	4cc / Day	†	
10		4cc / Day	4cc / Day	†	
11		4cc / Day	4cc / Day	†	
12		4cc / Day	4cc / Day	†	
13					4 / Day
14					4 / Day

*EXPECTED RESULTS: Advanced gains in muscle mass, strength, density and volume.

† Winni-V is taken 1 tablet prior to working out only.

10 WEEK PRECISION FORM MINI CYCLE

Save \$159.90

Price: \$539.70

WEEK	D-Bol	Anadrol	Test Sus.	Equidren	Master.	Winni-V	HGH	Omifen
1	2 / Day	4cc / Day				†		
2	2 / Day	4cc / Day				†		
3	2 / Day	4cc / Day				†	††	
4	2 / Day	4cc / Day				†	††	
5			4cc / Day	3 / Day		†	††	
6			4cc / Day	3 / Day	3 / Day	†	††	
7			4cc / Day	2 / Day	3 / Day	†	††	
8			4cc / Day		2 / Day	†	††	
9							††	4 / Day
10							††	4 / Day

*EXPECTED RESULTS: Intermediate gains in muscle mass, strength, definition and hardness.

† Winni-V is taken 1 tablet prior to working out only.

†† Somatroph HGH is to be taken nightly using 1 dropperful.

14 WEEK PRECISION FORM PEAKING CYCLE

Save \$159.90

Price: \$809.55

WEEK	D-Bol	Anadrol	Test Sus.	Equidren	Master.	Winni-V	HGH	Omifen
1	2 / Day	4cc / Day				†		
2	2 / Day	4cc / Day				†		
3	2 / Day	4cc / Day				†		
4	3 / Day	4cc / Day				†		
5	3 / Day	4cc / Day				†		
6	3 / Day	4cc / Day				†		
7	4 / Day	4cc / Day				†	††	
8	4 / Day	4cc / Day				†	††	
9	2 / Day		4cc / Day	3 / Day		†	††	
10			4cc / Day	3 / Day	3 / Day	†	††	
11			4cc / Day	2 / Day	3 / Day	†	††	
12			4cc / Day		2 / Day	†	††	3 / Day
13							††	3 / Day
14							††	3 / Day

*EXPECTED RESULTS: Advanced gains in muscle mass, strength, definition and hardness.

† Winni-V is taken 1 tablet prior to working out only.

†† Somatroph HGH is to be taken nightly using 1 dropperful.

REAL TESTIMONIALS:

Dear SDI-LABS,

"One week into the cycle and my muscles feel so full, tight, hard and pumped after my work out... It literally felt like they would explode!" Dan M - Bronx NY

Dear SDI-LABS,

"Please send 4 more bottles of D-BOL... I am absolutely shocked at the intense muscle growth I am experiencing from your products!" George A - Boynton Beach FL

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Some NSAIDs Linked to Heart Attack and Sudden Death



Intense training hurts, and drugs like ibuprofen and naproxen help take the pain away. Many weight trainers take nonsteroidal anti-inflammatory drugs (NSAIDs) after almost every workout. That could be a mistake. A Danish study involving more than 1 million apparently healthy people showed that those who used high doses of these drugs had an increased risk of heart attack and heart-related sudden death. Some NSAIDs presented a higher risk than others. While drugs such as ibuprofen and naproxen posed no increased risk, celecoxib, diclofenac, and rofecoxib increased the risk by 50 to 200 percent above that of non-users. The researchers advised people to minimize the use of these drugs and avoid high doses. (*Clinical Pharmacology & Therapeutics*, 85: 190-197, 2009)

Value of PSA Test Questioned

Prostate cancer is the second leading cancer-related cause of death in men. Screening for

prostate cancer involves a digital rectal exam and measurement of blood levels of prostate-specific antigen (PSA). The PSA test was introduced in 1986. Before that, many men avoided prostate cancer screening because rectal exams are uncomfortable and embarrassing. Now, PSA screening is standard procedure during medical exams for men. Two recent large-scale medical studies questioned the value of PSA tests. Nearly 50 percent of positive PSAs were false-positives, which means that the test showed prostate cancer when none existed. Prostate cancer treatment can lead to impotence (erection problems) and incontinence (urine leakage); so false-positive tests have serious consequences. PSA screening resulted in seven fewer deaths from prostate cancer per 10,000 men screened. One of the studies found that the death rate from prostate cancer was actually lower in unscreened men. These studies have created a whirlwind of controversy about the value of the PSA test that will probably take years to settle. (*The New York Times*, March 19, 2009)

Weight Training Helps Reduce Resting Blood Pressure

Regular endurance exercise reduces resting blood pressure, but weight training helps too. Most studies show that recreational-level weight training decreases systolic blood pressure (higher blood pressure number) by 2 percent and diastolic pressure (lower number) by 4 percent. It works by reducing resistance in the blood vessels, inhibiting the sympathetic nervous system after exercise (fight-or-flight system), enhancing the health of the cells lining the blood vessels and modifying hormone systems that regulate blood pressure.

We have less information about the effect of intense weight training on blood pressure. Systolic blood pressure can exceed 400 mm Hg during heavy squats (120 mm Hg is normal resting systolic blood pressure). Heavy lifting can increase arterial stiffness, which could increase resting blood pressure. We need more studies on the effect of strength training in advanced weight-trained athletes. However, moderate-intensity weight training can help reduce resting blood pressure in most people. (*Strength Conditioning Journal*, 31 (1): 33-38, 2009)

Good Quad Strength Prevents Knee Arthritis Pain

Osteoarthritis involves the deterioration of joint cartilage and bone, formation of fibrous tissue in the joints, and abnormal joint lubrication. Increased muscle mass and strength helps stabilize the joints and prevents abnormal motion that causes further deterioration. A 30-month Mayo Clinic study of 265 men and women with knee arthritis showed that good quad strength reduced kneecap cartilage loss, pain, and disability. Those with the greatest strength also had the best knee joint function.

We think this study missed an important point. Experienced weight trainers know the importance of glute and hamstring strength and proper squatting mechanics in sparing the knee joint. Most people are quad-dominant when they sit in a chair or squat. This puts excessive stress on the knees and back and probably contributes to knee arthritis later in life. Strong quad muscles are important, but building the posterior chain muscles and teaching proper movement mechanics would probably be more effective for preventing knee

Male Enhancement Pills . . .

Is it a Hoax or Do They Really Work?

Dr. Daniel Stein, M.D.

I wish I had a dollar for every patient or person that asked me over the last few years about increasing the size of "that certain part of the male body." The preoccupation with size that men have is a mystery to most women. The fact is it is completely normal for most men to want to be larger. It doesn't matter if they are smaller than average, average, or larger than average. It's even been my experience that guys that are almost too big, so big in fact that many women won't go near them with a ten foot pole (sorry about that) still want to be larger!

I was so intrigued by this fact that I started to do research about the "so called" male enhancement pills that came on the market several years ago. The concept that a simple pill could noticeably increase the size of a man's organ seemed plausible, but I wanted to know more. I had done much research over the years about certain sexually enhancing compounds available, so I believed the concept was sound that a pill could be made to make a man larger.

My first task was to look at some of the ads I had seen in magazines for male enhancement. There were some amazing claims by many of these makers. My personal favorite was a cream that claimed to make men instantly larger. I had to laugh out loud when I read what it said. The ad read, "apply cream, rub vigorously, increase your size." I thought for a minute and then decided you could put virtually anything on a man, including guacamole, and if he rubbed vigorously it would increase his size. Then there was an ad for a pill, that if taken daily, would increase the length of a man by 3 to 4 inches in just a few short days (sorry about the "short" comment).

I'm sorry, but after all those years of medical school, I know enough about anatomy to know that a guy who is 5 inches in length isn't going to add 3 to 4 inches to his little friend unless he buys a rope, gets a large brick, finds a bridge and...well, you get the picture. At about this time I was beginning to think that perhaps these makers hadn't found the magic mixture of compounds I had hoped they might have.

As the founder of both the Stein Medical Institute and the Foundation for Intimacy, I have spent most

convinced that their product really worked, and they claim to have sold over 100 million capsules to men all over the world. "Over 100 million capsules taken by men." With that single declaration, they had my interest. Either Extenze really worked or these guys were the world's greatest snake oil salesmen. So I requested that they send me Extenze formula so I could review it, then we would talk.



I then visited the Extenze.com web site, where I found a page that showed the top twelve adult film stars, all holding Extenze and endorsing it. I thought to myself, "Is it possible Extenze actually works?"

The next day I received the proprietary Extenze formula and there it was, virtually all of the ingredients that I hoped would be in a male enhancement product, 19 pharmaceutical grade nutraceuticals. There was Yohimbe (which used to be available by prescription only,) L-Arginine, Maca...all of it was there.



I contacted the makers of Extenze the very next day and asked them what they needed me for. They explained that they had a desire to have a medical doctor in their T.V. commercials to talk about the effectiveness of the ingredients in Extenze. At that moment an idea sprang into my head. I told them if they would let me improve the formula of Extenze, I would do the commercial for free!

Before I knew it I was working with their

"they claim to have sold almost a quarter of a billion capsules to men."

chemists at the manufacturing plant where we added the most revolutionary thing to the formula of Extenze. We added DHEA, also known as the "mother of all hormones." DHEA is the most important human prohormone and is the prohormone that converts into testosterone in men. DHEA levels decrease with the aging. Production peaks in a man's early 20's, and declines about 10% every 10 years. Low levels of testosterone can lead to low sex drive and a smaller sex organ.

After a few more weeks of tweaking the formula of Extenze, we were done. The new Extenze formula has been selling even better than the old formula, with over 75% of sales to repeat customers. Extenze has been on the market for 7 years and has sold almost a quarter of a billion capsules to men all over the world. It doesn't matter if you're 18 or 80 years old. In my opinion Extenze can make you larger, harder and increase both your intensity and pleasure and it is as simple as taking a single tablet daily. Extenze is so sure it would work for anyone that they're sending out a free one-week supply of Extenze for nothing more than the cost of a postage stamp. You can contact them directly at 800-491-4533. I recommend any man healthy enough to engage in sexual activity should try Extenze. You have nothing to lose but a lot to gain.

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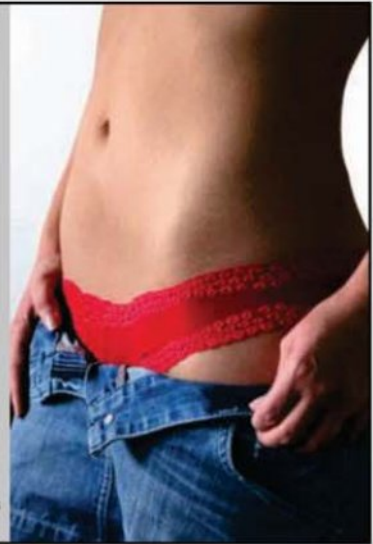
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"a pill that, if taken daily, would increase the length of a man by 3 to 4 inches."

women's sexual health. I pride myself on being the best medical doctor I can be and my reputation is important to me. So, when out of the clear blue sky, I got a call from the makers of Extenze, the leader in male enhancement, wanting me to be in one of their TV commercials, I thought, "Boy, did they pick the wrong guy!"

Little did they know that I had done real research into this concept and had recently looked at some of these male enhancement products. But the makers of Extenze seemed to be genuinely

arthritis pain, than simply building the quadriceps muscles. (*Arthritis & Rheumatism in press; cited in ScienceDaily, January 20, 2009*)

Eccentric Exercise Reduces Blood Fats

Elevated triglycerides (blood fat) increase the risk of coronary artery disease, which can lead to heart attack and stroke. A single bout of moderate-intensity aerobic exercise lasting 20-30 minutes reduces blood triglycerides. Exercising moderately for at least 150 minutes per week reduces triglycerides and reduces the risk of heart attack. Researchers from the University of Athens in Greece found that low-intensity eccentric exercise also reduced blood triglyceride levels.

Eccentric exercise or negatives involves contracting the muscles as they lengthen. Eccentric contractions create high levels of muscle tension and are the principle cause of delayed onset muscle soreness. Nine males performed 8 sets of 6 reps on an inclined leg press that resulted in muscle soreness. They ate high-fat meals 16 hours and 40 hours after the workout. Blood triglyceride levels were lower compared to when they ate the meals without exercising. The study showed that weight training had beneficial metabolic effects. (*Medicine Science Sports Exercise, 41: 375-382, 2009*)

Intense Aerobic Exercise Reduces Nighttime Blood Pressure

Hypertension (high blood pressure) is a significant risk factor of coronary artery disease that can lead to heart attack, stroke, kidney failure, erectile dysfunction and heart failure. Physicians typically treat hypertension with drugs,

which can have side effects. If possible, it is better to reduce blood pressure through lifestyle changes. Aerobic exercise reduces resting blood pressure for up to 24 hours.

A study from the Liverpool John Moores University in the UK found that nighttime blood pressure decreased more following intense exercise (75 percent of maximum effort for 30 minutes) than following low-intensity, long-duration exercise (40 percent, 60 min); low-intensity, short-duration exercise (40 percent, 30 minutes); or control (no exercise). Blood pressure averaged 106/54 during the night following intense exercise versus 134/62 with no exercise. Blood pressure following other exercise sessions also decreased, but not as much as following intense exercise. Intense aerobic exercise can have long-lasting beneficial effects on nighttime blood pressure, which could promote health and longevity. (*International Journal Sports Medicine, 30: 94-99, 2009*)

Botox Reduces Symptoms of Prostate Enlargement

Many aging men suffer from enlarged prostate glands (benign prostate hypertrophy, BPH). Symptoms include difficulty urinating, urinary urgency, frequent urination (particularly at night), painful urination and decreased sexual performance. Botox is a poison that has medical benefits if used sparingly. Many older adults use Botox injections to relax muscles that cause facial wrinkling.

Italian urologists reported that Botox injections in the prostate relieved symptoms of BPH in men for up to 60 months. They injected Botox into the prostate glands of 77 men aged 50 to 80 who had BPH. The beneficial effects peaked at 2 months after the injection. Prostate volume decreased by 40

percent and peak urine flow nearly doubled. Botox might be a temporary solution to a difficult problem for aging men. (*Reuters Health, February 10, 2009*)

Low Testosterone Linked to Declining Health in Aging Men

Testosterone levels decrease gradually with age after 30. Low levels are linked to decreases in muscle and bone mass, strength and mental ability. Low testosterone may cause depression, decreased vitality and increase the risk of heart disease, diabetes, prostate cancer and stroke. Is the link between low testosterone and disease a natural effect of aging? Increasing exercise capacity is probably more effective for increasing health, well-being and longevity in older adults than testosterone supplements. We need more research to determine the optimal balance between physical activity, physical fitness and blood testosterone levels. The best course might be to maximize all three. (*Nature Clinical Practice Endocrinology & Metabolism, 5: 113-121, 2009*) ■



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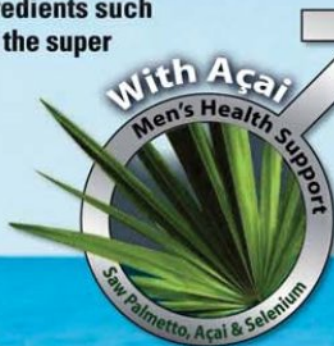
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Optimizes digestive function

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ACSM Position Statement on Nutrition and Athletic Performance

The American College of Sports Medicine, the American Dietetic Association, and Dietitians of Canada issued a joint position statement on nutritional factors important for athletic performance.

- Athletes must consume enough energy during high-intensity or high-volume training to maintain body-weight, maximize performance, and sustain health.

- Athletes should not be overly concerned with weight or body composition. Fat loss should occur during the off-season.

- Carbohydrates are the main fuel for intense exercise and are important for maintaining blood sugar and replacing muscle and liver glycogen (stored carbohydrate).

- Endurance and strength athletes should consume 1.2-1.7 grams of protein per kilogram bodyweight per day.

- Fat intake should be 20-35 percent of the total caloric intake. Fats are important sources of energy, fat-soluble vitamins, and essential fatty acids.

- Athletes who restrict energy intake are at risk for nutritional deficiencies.

- Athletes should consume adequate amounts of fluid before, during, and after exercise.

- Pre-game or pre-practice meals should promote hydration, include little fat or fiber, and contain high amounts of carbohydrates in moderate amounts of protein.

- Nutrient consumption during exercise should maintain hydration and blood sugar levels.

- Post-exercise meals should contain enough fluids, electrolytes, energy, and carbohydrates to promote recovery and replenish muscle and liver glycogen.

- Athletes don't need vitamin and mineral supplements if they consume enough energy to supply their needs.

- Vegetarian athletes are particularly at risk for developing nutritional deficiencies and should consult a sports dietitian to avoid problems.

(*American College of Sports Medicine*, 2009)

Does High Fructose Intake Contribute to Obesity?

The explosive rise in obesity since 1970 coincided with the increased use of high-fructose corn syrup (HFCS) in high-sugar soft drinks and many processed foods. HFCS is extremely sweet, inexpensive, and acts as an effective food preservative. Fructose consumption, mainly in the form of HFCS, represents up to 10 percent of the caloric intake of many Americans. George Bray from the Pennington Biomedical Research Center in Baton Rouge, Louisiana concluded that the sweet taste of HFCS encouraged a small but persistent positive energy balance in the majority of Americans that has contributed to the obesity epidemic. The high consumption of HFCS also increased the number of people suffering from Metabolic Syndrome— with symptoms that include high blood pressure, abdominal fat deposition, abnormal blood fats, insulin resistance, and abnormal blood clotting. (*International Journal of Obesity*, 32: S127-S131, 2008)

Moderate Fish Intake Reduces Risk of Heart Attack, But Not Cancer

Moderate fish intake prevents sudden death from heart attack and abnormal heart rhythms, but its effect on other health problems is not well studied. A Harvard Medical School study showed that neither moderate fish intake nor consumption of omega-3 fatty acids in the diet were related to the incidence of major chronic diseases such as cancer and stroke. Also, omega-6 fatty acid intake (considered dangerous by nutritionists if consumed in excess) was not related to the incidence of major diseases. People can reduce the risk of cardiovascular disease by consuming between one and four servings of fish per week. (*American Journal of Clinical Nutrition*, 88: 1618-1625, 2009)



Eggs Contain High-Quality Proteins That Help Build Muscle

Eggs are high in quality proteins that contain key amino acids, important for activating muscle protein synthesis and preventing protein breakdown. They are particularly high in leucine, which is central to stimulating muscle hypertrophy. Eggs are high in B vitamins thiamin, riboflavin, folate, B-12, and B-6. Eggs are an excellent food for athletes because they help maintain blood sugar levels without triggering an abrupt increase in insulin. This helps prevent hunger and can promote weight control.

Eggs have been a pariah food for nearly 40 years because of their high cholesterol content. However, recent studies found that people can safely eat eggs almost every day without affecting blood cholesterol. Old-school weight trainers often ate raw eggs as part of their protein shakes. This is not a good idea, because raw eggs increase the risk of Salmonella poisoning. (*Nutrition Today*, February 17, 2009)

Excessive Egg Consumption Linked to Diabetes

Just when you thought it was safe to eat eggs again, scientists leave you with egg on your face. A Harvard Medical School study of 57,000 U.S.



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adults showed that eating only one egg per day increased the risk of type 2 diabetes by up to 77 percent. However, eating up to five eggs per week increased the risk of the disease only slightly. The relationship does not mean that eating eggs causes diabetes, only that they are related. The relationship nearly disappeared when total cholesterol intake was also considered. The researchers speculated that high dietary intake of cholesterol may interfere with insulin metabolism. Studies targeting specific foods and diets can be highly misleading. The best approach is to eat a variety of foods— particularly fruits, vegetables and whole grains— and lead a healthy lifestyle that includes regular physical activity. (*Diabetes Care*, 32: 295-300 2009)

How Safe Are Diets High in Protein?

Weight-trained athletes receive mixed messages from nutritionists and educational material about the risks and benefits of increased dietary proteins. A review of literature on dietary protein safety by Lonnie Lowery and Lorena Devia showed that much of the advice is based on urban legend or misinterpretation of published research. For example, some nutritionists warn that high protein intake interferes with calcium absorption. This is true only when calcium intake is extremely low. Otherwise, high protein intake promotes calcium metabolism.

Others say that protein supplements are worthless. They ignore the exciting research conducted in places like the University of Texas Medical Branch, showing the key role of protein and the amino acid leucine in muscle hypertrophy. The International Society of Sports Nutrition Position Stand on Protein and Exercise concluded, "Concerns that protein intake within this range (1.4-2.0 g/kg body weight per day) is unhealthy are unfounded in healthy, exercising individuals."

Most studies of the effect of protein on health examined sedentary people who often had degenerative diseases. We need more research on the effect of increased dietary protein in healthy athletes to assess the long-term benefits and risks. (*Journal International Society Sports Nutrition*, 6:3, 2009)

Do Meat Eaters Die Young?

Many nutritionists advise people to avoid eating excessive amounts of red and processed meats. What is the evidence? A 10-year study of 500,000 people aged 50-71 conducted by the National Institutes of Health and the American Association of Retired People (AARP) showed that high intake of red and processed meats was linked to a slight increase in the risk of premature death from all causes, and deaths from cancer and cardiovascular disease.

Compared to people with low meat intake, red meat eaters increased the risk of heart attack death by 36 percent and processed meat eaters increased the risk by 16 percent. Cancer deaths increased by 22 percent in red meat eaters, and by 12 percent in processed meat eaters. Eating more white meat, such as turkey and chicken, reduced the risk of death from heart attack and cancer. High intake of red and processed meats moderately increased the risk of premature death from all causes, and from cancer and heart disease. (*Archives Internal Medicine*, 169: 562-571, 2009)

Low Glycemic Index Diets Have Positive Short-Term Effects

Glycemic index is a measure of how fast a food increases blood sugar in relation to glucose or white bread. Foods higher in fats, proteins, or fiber tend to have lower glycemic indexes. Romanian researchers, in a review of literature, concluded that in the short run (three to four months), eating lower glycemic index foods contributes to weight loss and reduces the risk of cardiovascular disease.

While glycemic index tells you how fast a food turns into blood sugar, it doesn't reveal the carbohydrate content of the food. For that, scientists use glycemic load, which is calculated from glycemic index and the total carbohydrate levels in the food. These terms have caused great confusion and controversy among nutritionists and interfered with nutritional recommendations to the general public. At this point, we can't say for sure whether the glycemic index is significant in human disease and metabolic health. (*Nutrition Journal*, 8:5, 2009) ■



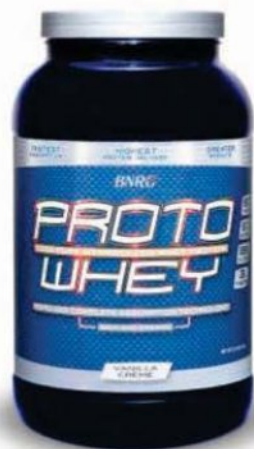
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Get Hard Through Exercise And Weight Loss

Erectile dysfunction (ED) is common in middle-aged and older men. The problem stems mainly from unhealthy cells lining the blood vessels that have difficulty producing a chemical called nitric oxide that regulates blood flow to the penis. Abdominal obesity, poor blood sugar control, abnormal blood fats, and high blood pressure damage the blood vessels and increase the risk of ED, heart disease, diabetes, and stroke. Drugs like Viagra and Cialis help men with poor blood vessel health increase nitric oxide, which makes it easier to get an erection.

Katherine Esposito and colleagues from the University of Naples in Italy found that lifestyle changes involving weight loss and increased exercise over a two-year period improved the capacity for erections. The improvement was greatest in men who made the most lifestyle changes. This study agrees with a German study that showed that regular exercise improved erection quality as well as Viagra. Run and lift weights if you want to stay hard! (*Journal Sexual Medicine*, 6:243-250, 2009)

Ex-Boozers Can't Get It Up

A classic storyline in college fraternity films is a guy gets drunk at a bar, goes home with a perfect 10, but can't get it up when he gets a chance at the big score. Most people believe that good sex and booze don't mix. Many physicians urge their patients to give up drinking if they want to improve sexual performance.

An Australian study of nearly 2,000 men showed that this advice is based on urban legend. Drinkers were 25-30 percent less likely to suffer from erectile dysfunction (ED) than non-drinkers. In fact, ex-drinkers had the highest risk of developing erection problems. Moderate alcohol con-

sumption promotes blood vessel health and prevents heart attack and stroke. Scientists have found a common link between blood vessel disease, heart attack and erection problems. Smoking and aging contribute to ED, which has clouded the beneficial effects of moderate alcohol consumption on sexual function (old smokers usually drink, too). (*Journal Sexual Medicine*, in press; published online February 2009)

Male Pride Interferes With ED Treatment

Erectile dysfunction (ED) is extremely embarrassing to most men. Dr. D. Hatzichristou from the Aristotle University of Thessaloniki in Greece, in a review of literature, concluded that moderate ED harmed quality-of-life as much as severe ED. Men with any degree of erectile dysfunction are often reluctant to seek medical treatment. ED is an important symptom of cardiovascular disease, so failure to seek treatment could have deadly consequences. Physicians should consider general metabolic health when treating patients for erectile dysfunction. ED could be the tip of the iceberg and a symptom for more serious conditions that could lead to heart attack, stroke and diabetes. (*International Journal Impotence Research*, 20: S15-S20, 2008)

Sex Duration More Important Than Foreplay For Orgasm In Women

Women complain that men don't give them enough foreplay, which interferes with their capacity for orgasm. Men, they say, just want to stick it in as soon as they can for as long as they can. A study from the Institute for Sexology, Charles University in Prague, Czech Republic

showed that men had the right idea all along.

A study of nearly 2,400 women showed that the time of penis-vagina penetration was more important for orgasm than foreplay. Orgasms were also less consistent with age. Sex therapists should place less emphasis on foreplay and more on increasing the capacity for prolonged intercourse. We can infer from this study that physical fitness is important for good sex because fit men have more stamina. (*Journal Sexual Medicine*, 6: 135-141, 2009)

Bad Teeth Equals Bad Sex

Most people have heard the old saying, "Be true to your teeth or they'll be false to you." However, few guys know that bad teeth and gums increase the risk of erectile dysfunction. Yehuda Zadik from the Israeli Medical Corps found a link between poor dental health and erectile dysfunction (ED) in a study of 305 40-year-old men. The link was not strong,



however. Only 19 percent of men with ED had periodontal disease. Smoking was also a risk factor for ED and poor dental health. Poor blood vessel health is the common link between erection and dental problems. Scientists have discovered that erectile dysfunction is a good predictor of heart attack. This study showed that it's also related to bad teeth and gums. (*Journal of Sexual Medicine*, in press; Published online February 2009)



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Frequent Masturbation Linked To Prostate Cancer

An urban legend is that frequent masturbation during the teen years leads to blindness. While that's false, it might increase the risk of prostate cancer later in life. British researchers found that men who had the most sex in their 20s and 30s, particularly those who masturbated the most, had an increased risk of prostate cancer. However, frequent sex prevented prostate disease in men between 40 and 60.

The researchers speculated that increased sex drive in younger men was linked to higher levels of sex hormones, such as testosterone, which could have a long-term effect on prostate cancer growth. The data were gathered from questionnaires distributed during normal medical examinations. The study showed that 59 percent of men in their 20s had sex at least 12 times per month. This dropped to 48 percent of men in their 30s, 28 percent of men in their 40s, and 13 percent of men in their 50s. Frequent masturbation increased the eventual risk of prostate cancer by nearly 30 percent in 20-30 year old men. This study did not show that masturbation caused prostate cancer—only that they were related. (*British Journal Urology International*, 103: 178-185, 2009)

Erectile Dysfunction Common In Obese Men With Low Testosterone Levels

Erectile dysfunction (ED) is an early warning sign of coronary artery disease and heart attack. At least 50 percent of men with ED have heart disease. Obesity and low testosterone levels contribute to blood vessel abnormalities and ED. Fat cells release dangerous chemicals called cytokines that disrupt the inner lining of the blood vessels and promote hardening of the arteries.

Adequate testosterone levels are also important for maintaining blood vessel health. Researchers from the Harbor-UCLA Medical Center concluded that erectile dysfunction, obesity, and low testosterone levels are important markers of poor metabolic health and each is a predictor of diabetes and coronary artery disease. (*International Journal of Impotence Research*, 21: 89-98, 2009)

Stretching Machine Increases Penis Size

Most guys are inundated with spam e-mails touting supplements and tech-



niques to increase the size of their penis. Nearly 75 percent of men wish they had larger dicks, so the potential market for an effective penis enlarger is enormous.

Italian researchers from the University of Turin found that men who wore a penis extender for 4-6 hours a day for a year increased the flaccid size of their penis by 32 percent and the stretched size by 18 percent.

Erectile performance improved by 36 percent, but there were no changes in penile girth. The extender caused bruising and soreness in some men, but most were satisfied with the treatment. Penile traction extenders are widely available on the Internet. Manual traction might be effective for men who can't afford the devices. (*British Journal Urology*, 103:793-797, 2009)

Exercise and Weight Loss Improves Erection Capacity

Erectile dysfunction (ED) is usually caused by poor metabolic health and blood vessel dysfunction. Blood vessel disease disrupts the capacity of the cells lining the arteries to secrete a chemical called nitric oxide, which controls blood flow. Erection-promoting drugs, such as Viagra and Cialis, increase erectile capacity by boosting the release of nitric oxide.

Canadian researchers, in a review of literature, concluded that weight loss and physical activity promote erectile function. Several long-term studies in Europe showed that increased physical activity and improved diet boosted erectile performance as well as drugs. Regular exercise is essential to optimal metabolic health and sexual performance. (*Journal Sexual Medicine*, 6 (Supplement 3): 254-261, 2009)



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YOU SNOOZE To LOSE THE FAT



Weight-loss gurus on television advise “exercise more” and “eat less,” as though these statements should have been included in the original 10 Commandments. There is a principle in logic called ‘Ockham’s Razor,’ which tells us that the simplest solution is usually the correct one. Well, what could be simpler than exercise more, eat less? Unfortunately, even Ockham’s Razor is not that simple. Friar William of Ockham stated that when making a choice, any assumptions that *do not* make a difference should be excluded; however, it is *vital* to include assumptions that are relevant.

Step away from the high-tech world of liposuction, gastric bypass, appetite suppressants, thermogenic and lipolytic drugs; the human body adapts to its environment. At the most basic level, that includes the amount of food available, the amount of activity needed to acquire that food, and the amount of rest one can obtain before needing to forage again.

Sleep is an under-appreciated need in American society. In fact, society often rewards individuals who forego sleep in order to work longer hours, party harder, watch adult entertainment and enjoy the ‘night life.’ People go to great lengths to eradicate the need for sleep. It is not just post-adolescent ravers taking methamphetamines and ecstasy to prolong nights of hedonism; the ranks of the sleep-deprived are filled with students and professors using Adderall® to allow for academic all-nighters; physicians and nurses using Provigil® to stay sharp during careers of extended hours; policemen and power plant workers walk the health store aisles looking for energy supplements that will get them through rotating shifts; children guzzle Red Bull® to pwn [*sic*] friends and strangers through early morning online gaming; and mothers

brew coffee every morning to meet the demands of family.^{1,5}

Prior to the information age, most jobs were labor or service related; social norms were more conservative and people were praised for being practical, not outrageous or risk-taking. One popular axiom was “Early to bed, early to rise, makes a man healthy, wealthy and wise.” These observations would suggest that previous generations may have actually hibernated. In fact, sleep patterns were not overly different from today, on a day-to-day basis. Of course, leisure time has been extended and the introduction of electric lighting and varied forms of entertainment remove many of the cues that would normally send one to sleep. Most conventioners can attest to the temporal (time) confusion experienced inside the casinos of Las Vegas where fluorescent lights and the absence of clocks mask the passage of time.

Nonetheless, there has been an overall trend toward sleep deficit. In comparison to several decades ago, Americans are sleeping, on average, 90 minutes less per night.⁶ An hour or two makes little difference in the short-term, but over time, a chronic sleep deficit dramatically affects one’s health. A number of studies have shown that sleep deprivation results in reduced cognitive function (thinking), hormonal changes, negative changes in blood pressure, worsened insulin sensitivity, etc.⁷⁻⁹

In fact, during the recent daylight savings time-related time change, news channels reported the findings of a 2008 Swedish study published in the *New England Journal of Medicine*, showing that the risk of a heart attack increases 5 percent during the three days immediately following the ‘spring forward’ change that results in the loss of an hour’s sleep for

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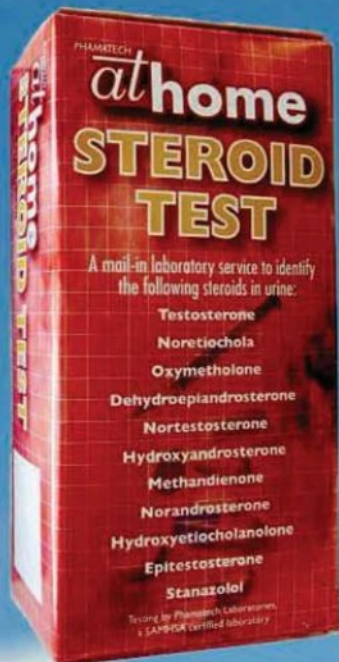
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most. Conversely, there was a smaller reduction in risk during the three days following the 'fall back' that gifts an extra hour of sleep. The authors posited that the increase in heart attacks following the loss of an hour of sleep was due to an increase in sympathetic tone (adrenalin) and a pro-inflammatory state.¹⁰ These factors are already elevated in the obese, making the time change very risky in this group.¹¹ Perhaps it is time for the FDA to review daylight savings time.

Sleep Deprivation and Obesity

Sleep deprivation does not just increase risks associated with obesity, but it also increases the risk of obesity. Several studies have associated sleep deprivation with obesity, as well as the Metabolic Syndrome, which includes negative changes to cardiovascular health and insulin sensitivity, and changes in hormones that promote fat storage.¹² Even as this article is being written, new studies are linking sleep deprivation with poor health. Research is being presented at the American Heart Association, reporting an increase in the risk of developing type II diabetes in people who sleep less than 6 hours per night, compared to those who sleep 6 to 8 hours.¹³

Is there more to the inverse association between sleep loss and weight loss than metabolic and hormonal changes? Could the increased number of waking hours somehow relate to foraging behavior as well? After all, except for the rare case of somnambulist bingers (those who sleepwalk to the refrigerator to eat), people don't break their diet while they are asleep.¹⁴

Researchers investigated the effect of shorter daily sleep with food intake, confirming what many suspected— people who stay awake longer tend to be sedentary during those additional waking hours and increase their food intake by snacking. Look at the question from a personal perspective— late-night study sessions require pizza and Mountain Dew®; Left 4 Dead gamers down energy drinks and chips while waiting to be re-spawn; dates and parties take place over dinner, drinks and hors d'oeuvres; movie marathons require popcorn and Good & Plenty candy.

Anecdotal rumors of culture-wide, dark-dependent gluttony do not constitute scientific evidence; thus, Dr. Nedeltcheva and colleagues at the University of Chicago recruited 11 non-obese subjects who agreed to be followed in a controlled environment for 14 days on two separate occasions, in a study published in the *American Journal of Clinical Nutrition*.¹⁵ These five women and six men were healthy, normal individuals who were not actively trying to lose weight and did not exercise. During the study periods, they were allowed to follow a normal routine, including normal leisure activities such as watching television, reading, using the Internet, etc.; access to food was unlimited. They were not allowed to leave the observation area for more than 30 minutes a day. Prior to each two-week 'vacation,' scientists measured 24-hour energy expenditure, total calories consumed (divided into meals and snacks), and the appetite-regulating hormones leptin and ghrelin.

The study periods differed only in the number of hours of sleep allowed to the subjects; no naps were allowed at any time. During one session, subjects slept 8½ hours daily for the 14 days; during the second, they only slept 5½ hours per day. Surprisingly, there was not much difference in the total energy expenditure when these subjects were awake 3 hours more. Considering that the activity options were limited to normal, couch-potato activities, this shows that there is not a lot of difference metabolically between sitting on the couch versus sleeping. →

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The appetite-regulating hormones, leptin and ghrelin, were similar between the groups as well. Of course, there was no calorie-restriction, so the subjects never experienced periods of hunger or starvation during this time.

The subjects were not provided with diet guidelines; they ate what they wanted and were provided with snacks of their choice throughout the study. As might be expected, with no restrictions and little to focus on, the subjects ate plenty. On average, the amount consumed during the three meals (breakfast, lunch and dinner) was similar during the two study periods. The macronutrient profile of the meals was typical American fare, with an approximate 52:34:14 ratio of carbohydrate:protein:fat by calories. The primary difference seen between the sleep-deprived state and sleep-ample state was in calories consumed as snacks. When restricted to 5½ hours of sleep daily, subjects consumed significantly more calories during snack time and tended to increase carbohydrate content of these snacks. Most importantly, the biggest difference was seen in snacking occurred between 7 p.m. and 7 a.m.¹⁵ It is believed that access to and temptation of snacks is a deciding factor in dieting success.

All subjects consumed in excess of the number of calories expended, eating more than 1,000 calories in excess every day when rested (1,012 calories during the 8½-hour daily sleep period). When sleep was restricted to 5½ hours for 14 days, 1,173 calories were consumed in excess. Those numbers (calories in excess) were calculated by measuring the food intake and subtracting the measured daily energy expenditure, so the number is as accurate as possible. Thus, when 2-3 hours of sleep deficit occurred, subjects consumed more food that resulted in an additional 161 calories per day; 161 calories above a baseline that was already over 1,000 calories in excess.

Lost Sleep Is Lost Muscle

The question that logically follows is: did the additional calorie burden result in weight gain, or more importantly, fat gain? The subjects underwent both regular weigh-ins and DXA scans to measure body composition. Not surprisingly, subjects gained a similar amount of weight during both periods, approximately 2 kg; this follows the study design of sedentary conditions supplemented with freely available food.

Though the results were not significant, there was a noticeable trend in the character of that weight gained. During the 8½-hour sleep period, subjects gained (on average) 2.1 kg with 1.5 kg being fat— 71 percent. When restricted to 5½ hours of sleep, 1.9 kg weight gain was recorded, with 1.7 kg arising from fat gain— almost 90 percent. The authors did not comment on this observation, but it appears to suggest that the ‘stress’ of losing sleep is catabolic to lean mass (muscle). Given that the subjects consumed a similar

amount of protein, the sleep-deprived conditions included a greater amount of calories, and the consumption of more carbohydrates would maintain a higher insulin concentration, one would expect that muscle would be better preserved and the sleep-deprived conditions would lead to equivalent changes in body composition, if not a preference to lean mass gains. Instead, the opposite was seen. Another explanation may be that adequate sleep promotes anabolic processes, allowing muscle to be maintained or increased when adequate rest is obtained.

It is likely no coincidence that as sleep hours have decreased society-wide, Americans have become fat and are developing metabolic conditions that are threatening the stability of the national health system. An impressive body of evidence is being reported, associating the loss of sleep with a number of health risks. Yet, people still burn the midnight oil, determined to squeeze the last bit of productivity or enjoyment out of each day if it kills them. Guess what? It might.¹⁶ Don’t sleep in, though— too much sleep can be just as bad for you. For all the people who are attempting to lose weight to attract Mr. Right or Ms. Sweetheart, those late nights are taking a toll, not just on one’s health and lifespan, but also on the ability to be a hard body. Grabbing a good night’s sleep regularly is vital to promoting optimal weight management. Perhaps more relevant to the man or woman working to improve his/her physique is the negative impact those extra hours have on fat gain. Slip between the sheets for your ‘daily eight’ and if conditions require you to stay awake longer, put away the snacks.

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Partying All Night With No Sleep Lowers Testosterone/GH

By Robbie Durand, M.A.

Sleep is commonly viewed as a restorative process that influences the nervous, neuroendocrine and immune systems. Sleep is considered critical for the maintenance of health; abnormal sleep patterns are associated with increased risk of cardiovascular disease, mood disorders, chronic pain and a shortened lifespan. In a lot of ways, sleep is like sex—you can never get too much of it. In addition, sleep is a lot like your boss when he's working... don't disturb him or he gets pissed. Well, your body is the same way—don't disturb its sleep or 'he' will take it out on you.

Consequences of No Sleep

All men know that getting 8 to 10 hours of sleep a night is important for training recuperation, but this guideline is often neglected. Who the hell has time for 8 to 10 hours of sleep anymore? People have chaotic work deadlines, kids, a social life and are hitting it hard in the gym. Sleep is the one thing that active men (or anyone else, for that matter) will sacrifice to get a few more things done.

Not getting the right amount of sleep will cause harmful effects on glucose tolerance, GH secretion and will lower immune parameters, as well as increase cortisol and adrenaline. A 1999 study in *The Lancet* reported that when healthy young men had 4 hours of sleep for six nights, it resulted in a harmful impact on carbohydrate metabolism and endocrine function. Subjects experienced an increase in insulin resistance and reduced thyroid levels. In addition, evening cortisol and increased sympathetic activity of the nervous system was also reported.

Other studies documented that sleep deprivation doesn't give the nervous system a chance to rest, and results in elevated adrenaline levels. One study demonstrated that subjects exposed to sleep deprivation (i.e., 3.3 hours of sleep) had significant elevation in circulating levels of norepinephrine and epinephrine during the night. Circulating catecholamines are supposed to decline with sleep.

Partying Without Sleep Is Bad for Testosterone

Who wants to stay home at night when you could be dancing with some hot MILF at the club? Well, while you're trying to 'score,' the loss of sleep can be detrimental to your testosterone levels. Another study reported that in healthy young men, sleep deprivation causes decreases in sleep quality and REM episodes, which were associated with lower bioavailable testosterone levels, regardless of one's age.

Every weight trainer knows he should be getting 8 to 10 hours of sleep a night, but most of us take it with a grain of salt. A single night of disrupted sleep can really take its toll on your testosterone levels. For example, when young men were exposed to a night of partial sleep loss, it resulted in a blunted testosterone response during the night. In that study, when men were allowed to get a full 8 hours of continuous sleep, all subjects had a nocturnal rise in testosterone. When the same subjects were allowed 2 hours of sleep, none of the subjects without REM sleep showed any rise in testosterone during the night.

Another study examined testosterone levels of internal resident students in medical school. As you know, internal medical students work all hours of the night and don't get much sleep. When the serum testosterone levels of the medical student residents were compared to other hospital personnel, the LH responses were similar, but the internal medicine residents demonstrated subnormal testosterone levels.

Just about any occupation that doesn't allow a good night's sleep is going to impair testosterone production, and that's especially true for new shift workers. Shift work can wreak havoc on a person's life during the initial adaptation period. Working at night and sleeping during the day can lead to disrupted sleep patterns. As documented in a 2005 *Journal of Clinical Endocrinology & Metabolism* study, when normal sleep patterns are established there are no differences in testosterone levels between those who work at night compared to those who work during the day—if they're getting restful sleep.

A previous study reported that low testosterone levels were found in workers who needed more sleep, had disturbed sleep/wakefulness and increased need for recovery after a work shift. The study included 62 shift workers who related how satisfied they were with their jobs, sleep quality and mood; this information was compared to the workers' testosterone levels. Dissatisfied workers had significantly lower testosterone levels that were not related to cortisol or prolactin levels, but were associated with a greater need for sleep quality. Unlike the dissatisfied shift workers, higher testosterone levels were found in shift workers who were happy with their jobs and correlated with being well-rested and having less disturbed sleep before their morning shifts. The studies seem to suggest that getting the right amount of sleep is important for anabolic hormones.

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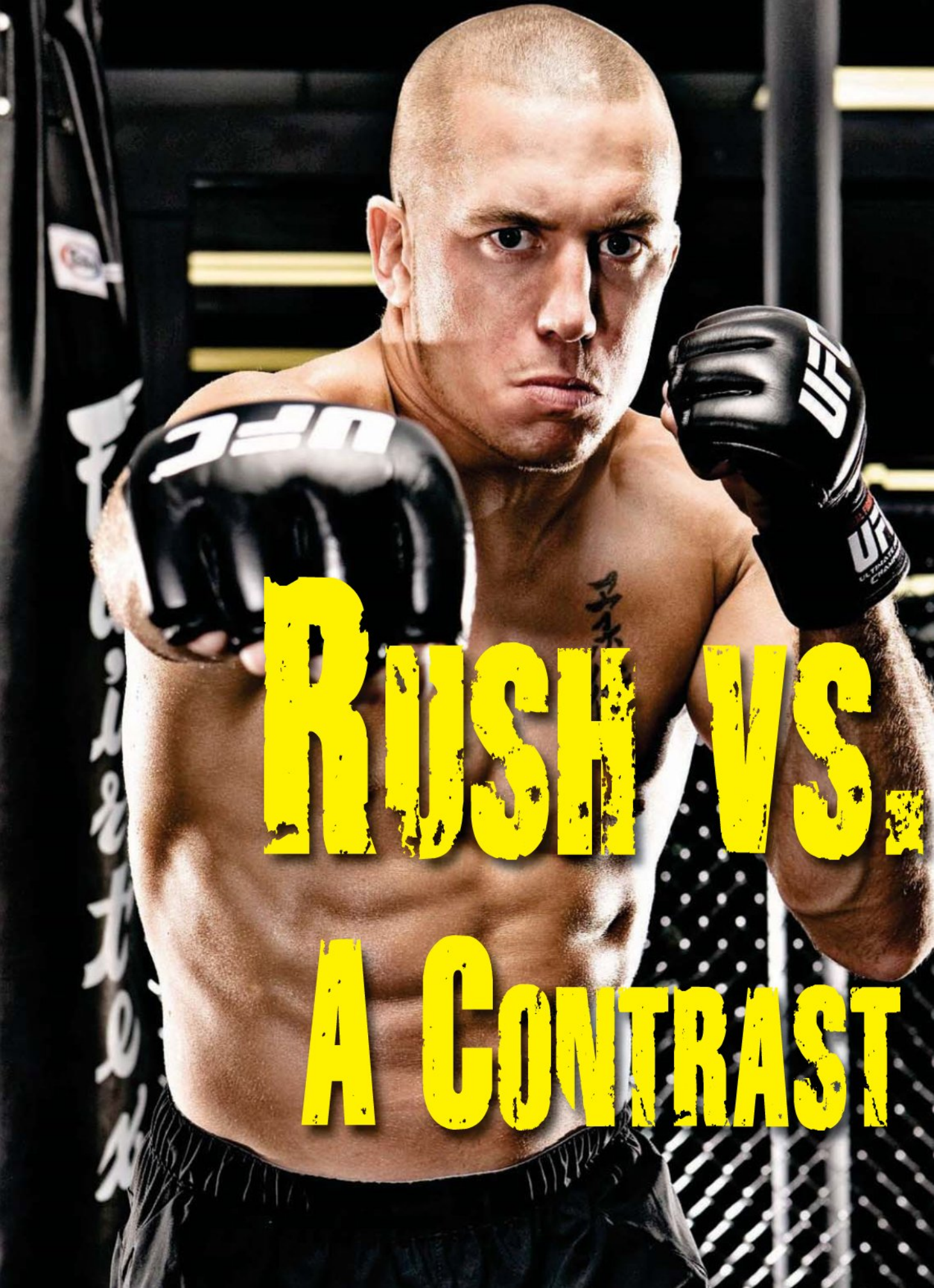
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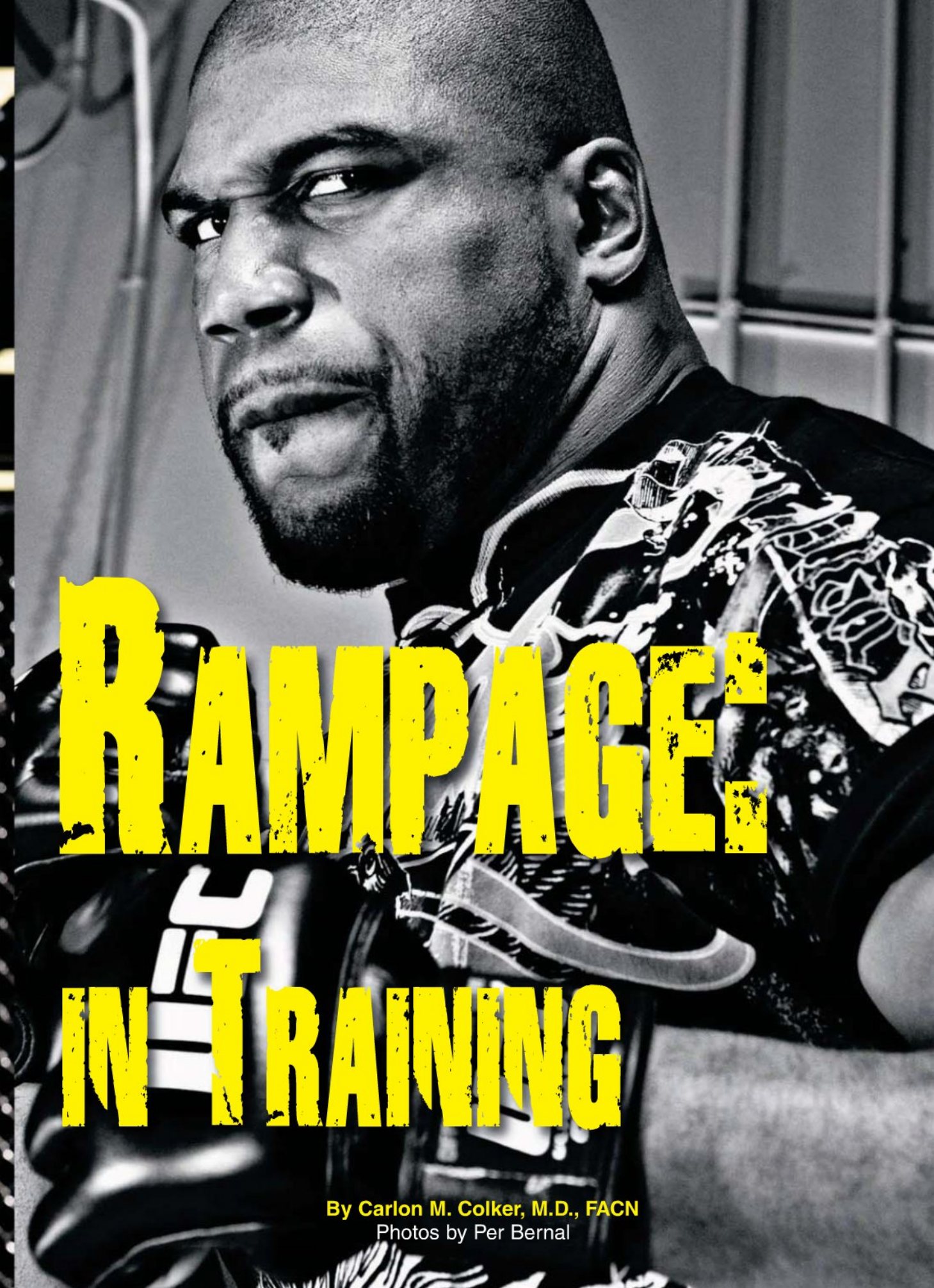


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A shirtless male MMA fighter with a shaved head and a focused expression is shown in a boxing stance. He is wearing black UFC boxing gloves with white 'UFC' logos. He has a small tattoo on his left chest. The background is a dark, out-of-focus gym setting with a chain-link fence. The text 'RUSH VS.' and 'A CONTRAST' is overlaid in a large, bold, yellow, distressed font.

RUSH VS.

A CONTRAST

A black and white photograph of a man with a short beard and intense gaze, looking slightly to the left. He is wearing a dark shirt with a white, abstract, splatter-like pattern. The background is out of focus, showing what appears to be a gym or training facility with metal bars.

RAMPAGE IN TRAINING

By Carlon M. Colker, M.D., FACN
Photos by Per Bernal

I've worked with dozens of world champion athletes, a number of which are mixed martial artists. I can tell you firsthand that each fighter, as with athletes in other sports, tends to have a unique way of approaching their non-fight training. You cannot be an MMA fighter without liberal amounts of fight training. But you can't become one of the great champions without reaching well beyond just fight training incorporating a diverse fitness regimen. Comparing and contrasting two great UFC champions in separate weight classes is proof positive that each is built and wired differently— and the key to achieving greatness for these champions is to recognize and cater to these individual nuances.

Georges 'Rush' St.-Pierre, abbreviated as 'GSP' but also known as 'Rush' for his penchant for quickly beating opponents in the first round, is the reigning UFC middleweight champion. In terms of style, GSP has a well-constructed fight game, based on superb wrestling and submission skills on a backdrop of being a black belt in Kyokushin karate. Kyokushin is a brand of full-contact karate known for such thunderous and punishing kicks that many believe it's the toughest form of karate. Having been on the receiving end of his leg kicks, I can tell you firsthand how devastating they truly are. In the cage he is particularly tenacious and a fighter who battles with a determined and full-steam-ahead style.

Standing in sharp contrast is 'God's Street Soldier,' Quinton 'Rampage' Jackson. He's the former UFC light heavyweight champion. In his own self-described fighting style, he's a brawler with sledgehammer fists. In fact, I think he's the hardest-hitting mixed martial artist in history. He once described his way to me saying, "The truth is that I'm a brawler. You're not supposed to say that, but that's what I really am... brawling is what I do well." Having been slammed by Rampage in the cage, I can personally attest to the ferocity of his fighting style.

In order for individuals with these contrasting styles to both reach the same degree of success, they necessitate a contrast in non-fight training techniques crafted around their strengths and carefully constructed around how they are each wired.

In the case of GSP, in addition to being well-rounded and very, very good at almost all aspects of fighting, his true gift is explosive power. The proper definition of athletic power is a combination of strength and speed. You can be massively strong and not be powerful. For example if you are standing still in front of a giant boulder, it poses no immediate danger to you if it's not moving toward you. In obvious contrast, a small .22 caliber metal pellet can kill you if it's travelling at you with the velocity generated by a gunshot. So for GSP to support his fight training, his conditioning routine is crafted around building strength with explosiveness.

His conditioning workout is a combination of circuits involving plyometric and calisthenic movements in line with some free weights, medicine ball motions, and other specialized training equipment. Though he tends to vary the sequence and change exercises, the theme is always to march through the circuit sequence with the highest degree of speed and intensity. In addition, the circuit is always timed so as to mimic the duration of the fight. Championship fights last five 5-minute rounds with one minute off in between. So each circuit is laid out for 5 minutes in duration. In addition, GSP works on flexibility and stretches frequently.

In contrast to GSP's training focus on strength and speed, Rampage describes his greatest assets as his physical strength and endurance. Simply stated, Rampage is naturally strong as hell! In particular, his lower back is enormously strong. That's why guys who try and get him in a triangle choke pay for it, getting slammed from that position. It's something no opponent ever logically expects, because guys aren't supposed to have that much strength from a 'no leverage' position. In order to slam a guy from a triangle choke you basically have to stand up off the ground with them hanging upside down on your neck with your arm trapped in between their legs! In fact, the slam usually needs to be generated with the full weight of the opponent hoisted in the air on just one arm!

In addition to this freakish degree of strength, Rampage also manages to couple it with a high level of muscular endurance. This way he is able to assert his maximum effort and do it throughout the full length of the fight in unrelenting fashion. In other words, he brings the heat and the heat never lets up, until you do!

As one can imagine, such an approach requires a great deal of cardio in the form of movements that challenge muscular endurance. Whereas earlier in his career he would do a great deal of lower-intensity road or track work, running six days a week in training camp with no cardio equipment, he now focuses on running steps and doing StepMill® for cardio. Unlike GSP, who tends to perform round mimicking circuits, Rampage simply looks for shorter, more high-intensity cardio training intervals. Though no heavy free-weight training built his power, in preparation for just the past two fights he has begun to incorporate free weight movements. One of his favorites is dumbbell jump squats, which feed in perfectly to his fight strength. Rampage has also adopted several other plyometric and calisthenic movements, including sprawls into his pre-fight training camp preparation. Also in sharp contrast to GSP, Rampage rarely stretches. Instead he ironically views his inflexibility as being somewhat protective while fighting.





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So the moral of the story really comes down to one command: Know thyself. Don't just blindly train. Instead, take the time like GSP and Rampage have, for self-analysis and honestly assess your strengths and weaknesses. Also, while improving weaknesses is important from a protective standpoint, it is much more fruitful to focus on your strengths. Hear this loud and clear: only bringing your weaknesses up to par does not make a great champion. Great champions do what they do at a great level. Overworking your weaknesses may help protect you from being vulnera-

ble, but will come at the cost of neglecting maximum performance. Furthermore, rarely does a true weakness become a true strength.

Think of bodybuilding. There are so many examples from this sport. Former Mr. Olympia Ronnie Coleman did some amazing things to bring up his calves. But they still are not proportional and no one would ever call them his strength. Lee Haney was also a former Mr. Olympia. He suffered early on in his career from arms that were just a bit undersized for his physique. He worked his ass off for years and through the sweat and tears finally built some respectable arms. But even so, they still slightly dimmed in comparison to the rest of him. Even the great Mr. Olympia legend Arnold Schwarzenegger struggled to get his legs close to proportion with his upper body. Yet through it all, he never lost sight of the fact that it was those big arms and massive chest that were going to bring him to victory. All this training of weaker areas helped make them well-rounded, but still they never deviated far from their strengths.

The same concept holds true in mixed martial arts. From a fight standpoint, if you are great on your feet but suck on the ground, you obviously need to work on your ground game. But it will be much more fruitful to focus the most on developing a great takedown defense so you can keep things standing and then refocus on your striking (UFC fighter Cheik Congo is a perfect example). The converse is also true. If your stand-up sucks and you are better

on the ground, while obviously needing to improve your striking skills, the best return on your investment will be to focus on not getting hit and getting inside to shoot the takedown and bring things quickly to the ground where you should be focusing your excellence (former UFC middleweight champion Matt Hughes is a perfect example).

As a humorous aside, I recall my son's judo coach Sauveur Chris Soriano, Olympic silver medalist and owner of Westchester Judo Club, tell me about the great Koga. Koga was a Japanese

world champion and Olympic gold medalist who no one could figure out how to beat. What made him interesting is that he was only exquisitely proficient at one move. But the kicker was that he was so incomparably and freakishly good at it that no one could figure out how to stop it. What was equally unusual was that the move, an arm lock takedown known as 'ippon seoinage,' was nothing unusual and, in fact, an ancient staple of judo training. All his opponents knew that this was Koga's only move, plus they all knew it was coming, yet they all were taken down.

Make no mistake about it— a modern mixed martial artist must still be remarkably proficient in nearly all areas of pugilism. The point I'm making is that you will experience your greatest success by knowing yourself and not just by bringing weaknesses up to par with specialty training, but by building a smart routine that feeds your strengths. ■

Dr. Colker's book, *Extreme Muscle Enhancement: Bodybuilding's Most Powerful Techniques* is available by calling 1-800-310-1555 or ordering the book online at www.prosource.net.



A full-page photograph of a bodybuilder, Jim Cordova, flexing his right arm. He is shirtless, showing extreme muscle definition and vascularity. The lighting is dramatic, highlighting the contours of his muscles. The background is dark with some horizontal lines.

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EXCLUSIVE RESEARCH: **NITRO-TECH** VS. **100% WHEY PROTEIN** **THE SHOCKING TRUTH**



When it comes to packing on muscle, there are literally thousands of options. As an athlete, you know that any musclebuilding stack starts with a rock-solid protein supplement. But which one is best for building thick muscle and jacking up strength? Read on to discover the truth!

WE'VE ALL BEEN THERE BEFORE - YOU WALK INTO YOUR LOCAL SUPPLEMENT STORE AND YOU TAKE A LOOK AT ALL OF THE PROTEINS AND you think, "Which one is going to ACTUALLY help me put on muscle and increase strength?" You know that, as a serious athlete, your muscles need protein to grow. So what's your best choice for a powerful musclebuilding protein? To find the answer, this special report on proteins examines the differences between America's #1 selling musclebuilding protein formula, Nitro-Tech® Hardcore, and other protein sources. What you'll learn throughout this report will be invaluable when it comes to choosing the best protein for your hardcore lifestyle!

The Musclebuilding Power of Protein

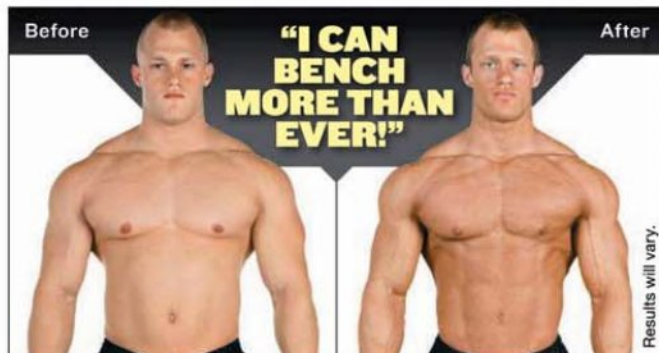
Before you decide which protein is your best option, you need to understand why protein is critical for packing on muscle. Muscles are comprised of protein and during

**Countless athletes
all over America use
Nitro-Tech Hardcore
more than ANY other
protein!**

training, your muscle fibers begin to tear apart. Your body then signals key repair functions. This repair process utilizes the amino acids found in protein to force your muscles to repair themselves bigger and stronger.

Why Regular Proteins Are Inferior

Why do serious athletes across the globe continue to use Nitro-Tech® Hardcore? Because it's proven to be far superior to 100% whey protein for packing on muscle and increasing strength! 100% whey proteins lack added musclebuilding ingredients and they also lack a delivery



"After upgrading to Nitro-Tech Hardcore for just 16 weeks, I was able to pack on serious muscle and my bench press went through the roof!" - Matt Roberts

Results will vary.

INFERIOR PROTEIN SOURCES - THE HIDDEN TRUTH



Casein

This is a type of milk protein. However, it's superior to milk in some senses because it's gone through a filtration process. The problem is that casein's slow to absorb. This means it isn't an ideal protein source for

critical musclebuilding times, such as post-workout - the anabolic window when amino acids must be shuttled into muscles as fast as possible to pack on serious muscle size.

100% Whey Protein

This form of protein is derived from milk but goes through special processing that removes unwanted fat and carbs and isolates the higher biological value (BV) protein fraction. This means that more of it is absorbed quickly by muscles.

As good as regular whey may be, it lacks delivery technologies and musclebuilding blends. It also lacks an additional key ingredient that's clinically proven to amplify the gains athletes can make while using this protein source.



Goat Protein

Some companies claim goat protein has the highest Biological Value (BV) - a measure of protein quality. This scale was based on eggs,

so they were given a value of 100. Some companies claim that, with a BV higher than an egg, goat protein has the highest BV of any protein source. This is not true. There is no scientific evidence to prove that goat protein is superior to any other protein source.



Beware of inferior protein sources. They may be adding unwanted fat to your diet and hindering you from maximizing your results.

Milk Protein

This protein is not the best choice for athletes because it hasn't been specially processed to remove unwanted fats and carbs. This can have dire consequences on the size of your stomach.

This type of protein is slowly absorbed, which is the last thing you want post-workout when it's important to minimize digestion time. Although it may taste good, read the label before making a decision. Can your diet handle all that added fat?



system. For more information, check out the special report above, *Inferior Protein Sources - The Hidden Truth!* After reading it, you'll understand why Nitro-Tech® Hardcore is the best formula for maximizing your muscle growth.

Pack On 24x More Muscle with Nitro-Tech Hardcore!

Nitro-Tech Hardcore delivers BOTH amazing flavors and massive gains in strength and size, unlike other fat-laden

Pack on up to 8.4 lbs. of pure, lean muscle in just 14 days with Nitro-Tech Hardcore!

protein formulas! Team MuscleTech™ researchers developed Nitro-Tech Hardcore to be the most advanced protein formula, ever, by maximizing the delivery and

absorption of musclebuilding amino acid peptides! These intense results are demonstrated by multiple human clinical studies conducted at independent research facilities. In one 28-day clinical study conducted at a state-of-the-art research institution in Greenwich, CT, the results proved that Nitro-Tech Hardcore was 24 times (2.75 vs. 0.11 lbs.) more powerful than 100% whey protein for packing on muscle! And even more shocking is the fact that one extraordinary test subject packed on 8.4 pounds of sleeve-stretching muscle in just 14 days! These results may be extraordinary but you can be sure that when you upgrade to Nitro-Tech Hardcore's scientifically advanced formula, you'll see the best muscle and strength gains of your life! That's why when you upgrade to Nitro-Tech Hardcore it's like trading in your beat-up rust bucket for a brand new Ferrari!

The Most Scientifically Advanced Musclebuilding Protein Formula

So what makes Nitro-Tech Hardcore so much more powerful than 100% whey? Scientific research - this ensures that Nitro-Tech® Hardcore will always be the

EXCLUSIVE RESEARCH: **NITRO-TECH** VS. REGULAR WHEY

most advanced protein formula! Nitro-Tech® Hardcore is also infused with three scientifically advanced musclebuilding blends designed to:

- ➔ **Increase amino acid peptide delivery**
- ➔ **Super-sensitize muscles to the uptake of key anabolic ingredients**
- ➔ **Harness the musclebuilding power of nitric oxide**

On top of this Nitrogen Delivery System, Nitro-Tech Hardcore contains a precise portion of nanoparticulated amino acid peptides that are designed to enter the blood stream as fast as possible!

America's #1 Selling Musclebuilding Protein Formula

Serious athletes across America and the globe have experienced the musclebuilding power of Nitro-Tech Hardcore. And every year, more athletes continue to turn to Nitro-Tech Hardcore for head-turning muscle and strength gains! The scientific results speak for themselves – if you're serious about building the best body ever, then you know that 100% whey protein is not your best bet for reaching your musclebuilding goals. Get on America's #1 selling musclebuilding protein formula, Nitro-Tech Hardcore, and pack on pounds of ripped muscle, fast!

"Nitro-Tech Hardcore is the only protein I use because it has scientifically advanced ingredients and technologies that other proteins can't match. It's allowed me to build tons of solid muscle and jack up my strength!"

— JIM CORDOVA, 2007 MR. UNIVERSE

DON'T SETTLE FOR THE MEDIOCRE RESULTS OF 100% WHEY PROTEIN. GET ON NITRO-TECH HARDCORE FOR SERIOUS GAINS IN MASSIVE, LEAN MUSCLE!

Nitro-Tech Hardcore is clinically engineered to help you build a massive 24 times (2.75 vs. 0.11 lbs.) more muscle than regular whey, in just 28 days. It contains premium amino acid peptides and three musclebuilding blends scientifically designed to make your body explode with new muscle growth!



“PARTY

THE PROS & CONS OF ALCOHOL CONSUMPTION

By Thomas Fahey, Ed.D

“**N**o animal ever invented anything as bad as drunkenness— or as good as drink.” Gilbert Keith Chesterton’s quote sums up America’s confusion and ambivalence about alcohol. About 65 percent of Americans drink alcohol (9 quarts per year), which ranks us 20th in the world. Beer is a staple among college students, sports fans, and pizza lovers, while wine is an indispensable part of any nice meal. Many guys wouldn’t think of going to bed without their bourbon and branch water. Others equate drinking with sin and social disorder, which has resulted in laws restricting the sale and distribution of alcohol and high taxes aimed at limiting drinking.

Recent scientific studies have tossed a monkey wrench into the anti-alcohol agenda. People who drink moderately live longer, have fewer heart attacks and strokes, and a reduced risk of Alzheimer’s disease and rheumatoid arthritis. Moderate drinking improves metabolic health by lowering insulin resistance, which influences sexual performance, abdominal fat deposition, blood pressure, blood fats (i.e., LDL and HDL cholesterol), and inflammation. High alcohol consumption might be one reason for the greater longevity in countries like France, Italy, Spain, and Portugal.

Conflicting information about alcohol causes problems for health experts, politicians, religious leaders,

and consumers. On the plus side, the evidence showing the health benefits of moderate alcohol consumption is overwhelming. It prevents a myriad of diseases, increases lifespan, and can act as a positive social force. Conversely, heavy alcohol consumption has disastrous health consequences and is linked to a smorgasbord of social ills that include automobile accidents, violent crime, domestic violence, and sexual assault. Many people have trouble limiting alcohol intake, so recommending moderate drinking might not be the best advice. Obviously, it’s not a simple problem that has simple solutions.

The Upside of Alcohol

In the movie “Sleeper,” Woody Allen woke after hundreds of years in cold storage and was told that cigarettes, coffee, alcohol, and chocolate promoted good health. “We used to think these were unhealthy,” said the doctor, “now we know they are the best things for you.” Could it be that all of us are coming out of cold storage? In the past, physicians routinely told patients to cut down on alcohol as part of a healthier lifestyle. That may be a mistake— moderate alcohol consumption has significant health benefits.

Longevity: Moderate drinking makes you live

HARDY?"



longer. People who drink moderately live longer than nondrinkers or heavy drinkers. The results are not due to heavy drinkers who quit or healthier lifestyles in moderate drinkers. Early studies showed that red wine drinkers lived longer, but scientists found that white wine, beer, and liquor had the same effect. For example, Danish researchers found that moderate alcohol consumption had about the same effect on longevity as regular moderate exercise. People who drank 1 to 14 drinks per week reduced their risk of premature death. They examined 12,000 people over a 20-year period and found that inactive nondrinkers died at the same rate as active nondrinkers. Active people who drank moderately fared best of all and cut their risk of heart attacks by 50 percent. Heavy drinking increased the risk of premature death by 7 percent in women and 13 percent in men. In another study, nondrinkers were more than twice as likely to enter a nursing home as moderate drinkers.

Heart attack and stroke: Moderate alcohol consumption reduces the risk of heart disease and stroke. Some medical experts think the evidence is so strong that if you don't drink you should start! More than 10 long-term, large population studies showed that moderate alcohol consumption decreased the risk of premature death from heart attack and stroke by up to 38 per-

cent. Moderate drinking was defined as two drinks per day for men and one drink per day for women. The death rate was only slightly lower for teetotalers than for heavy drinkers.

Body composition and metabolic health: Most people associate alcohol consumption with beer guts. Alcohol is high in calories—7.5 calories per gram, which is almost as much as fat. It suppresses the activity of hormone-sensitive lipase, an enzyme that causes the release and use of fat. It seems like a no-brainer that drinking alcohol increases gut fat. Danish researchers found opposite results: men who drank alcohol regularly were less likely to increase waist circumference over time. They studied more than 160,000 Danish men during a five-year period. Men who drank alcohol most frequently were less likely to gain inches around the middle.

Large waist circumference is an important factor in the Metabolic Syndrome—a group of symptoms linked to heart disease that include insulin resistance, high cholesterol, type 2 diabetes, high blood pressure, inflammation, and blood-clotting abnormalities. Moderate alcohol consumption prevents fat accumulation in the abdomen, which reduces the severity of the Metabolic Syndrome and promotes health.

Scientists coined the term '*French paradox*' to describe the discrepancy between the high-fat intake of the French and their longevity. While the '*French paradox*' and its causes are controversial, impressive evidence supports the health benefits of red wine. It contains powerful chemicals such as resveratrol and polyphenols that prevent cell damage, increase HDL (good cholesterol), and prevent blood clot formation. Chronic inflammation is related to atherosclerosis (blood vessel disease) caused by obesity, cigarette smoking, and high blood pressure. Drinking alcohol, particularly red wine, lowers levels of the inflammatory chemical C-reactive protein.

Sexual performance: Moderate alcohol consumption reduces the risk of premature ejaculation and erectile dysfunction (ED). ED is linked to increased insulin resistance, which decreases blood vessel control in the penis. Its effects on premature ejaculation might be coincidental—people who drink tend to have more sexual experience.

Prostate enlargement: Heavy alcohol consumption increases the risk of prostate enlargement and cancer, but moderate consumption is protective. Scientists from the Fred Hutchinson Cancer Research Center in Seattle found that 33 men per 1,000 developed prostate enlargement, but that consuming two alcoholic beverages per day decreased the risk by 30 percent.

Rheumatoid arthritis is an autoimmune disease (the body turns on itself) that inflames and damages the joints. It can also cause deterioration in other tissues, including the heart, lungs, and skin. Nearly 1.3 million Americans have the disease. It is painful and progressive, and you don't want to get it! A Swedish study from the Karolinska Institute found that people who drank alcohol (five drinks per week or more) were 50 percent less likely to get rheumatoid arthritis. Scientists think that alcohol prevents the disease by suppressing inflammation.

The Downside of Alcohol

America has the highest rate of alcoholism among western countries. This is in spite of a high drinking age, warning against the social and health consequences of drink by government agencies such as the Centers for Disease Control and Prevention, bans on drinking by religious groups such as the Mormons, Seventh Day Adventists, Muslims and anti-alcohol campaigns by organizations such as Mothers Against Drunk Driving and the Robert Wood Johnson Foundation. Heavy alcohol consumption causes many health problems and leads to premature death. America has more than 12 million alcoholics, so it is a significant public health problem.

America's alcohol problem might have more to do with culture than failed efforts by government, religious, and secular groups to prevent excessive alcohol con-

sumption. Portugal and Russia have few restrictions on alcohol, but very different social problems as a result. In Portugal, children have ready access to wine and beer, yet the country has a low rate of alcoholism. Children are brought up to view moderate drinking as part of the lifestyle and not a taboo that eventually leads to overdrinking. Conversely, alcoholism is a significant problem in Russia and other former Eastern Bloc countries. In those cultures, people often drink to get drunk. Alcoholism is one reason why the life expectancy of men in those countries is 20 percent less than in developed western countries.

In America, the late drinking age and the general anti-alcohol rhetoric of the government and various groups give alcohol an aura of forbidden fruit that can lead to overconsumption. However, loosening the laws by dropping the drinking age to 18 and allowing the open sale and consumption of alcohol probably wouldn't work because alcohol abuse is so ingrained in our society.

Heavy drinking has serious social and health consequences. Alcohol is a factor in a significant portion of automobile deaths, violence, sexual assault, and unwed pregnancies. According to the U.S. Bureau of Crime Statistics, 36 percent of people sentenced to prison had been drinking when they committed their offense. Alcohol is a factor in more than 66 percent of cases of domestic violence and more than 40 percent of fatal car crashes. Stringent anti-drunk driving laws have reduced alcohol-related fatalities by 20 percent and DUI arrests by 34 percent in the last 10 years.

Binge drinking is a serious problem on college campuses. We love to watch films like "*Animal House*" and "*Revenge of the Nerds*" that show college party animals getting stewed to the gills every night instead of studying. Unfortunately, art reflects reality—according to a Federal task force on underage drinking. More than 1,400 18 to 21-year-olds are killed and 500,000 injured each year in alcohol-related accidents. Drinking contributes to more than 70,000 cases of sexual assault or date rape per year. More than 400,000 college students admitted to having unprotected sex while under the influence. As Dean Wormer said in "*Animal House*," "Fat, drunk, and stupid is no way to go through life."

Moderate drinking has positive health effects, but heavy drinking—consuming three or more drinks per day—is unhealthy, particularly as the daily volume of alcohol increases. Excessive alcohol consumption can have disastrous health consequences that include an increased risk of heart, liver, kidney, and gallbladder disease; psychological depression, suppression of the immune system, prostate and breast cancer, decreased bone density, and premature death.

Heart disease: While moderate drinking is good for the heart and blood vessels, heavy drinking is not. Heavy drinking causes cardiomyopathy, a disease of the heart muscle that leads to decreased heart function. An Irish study showed that men who drank more than 21 drinks per week and women who drank more than 14

GENE^{ANTI}DOPE

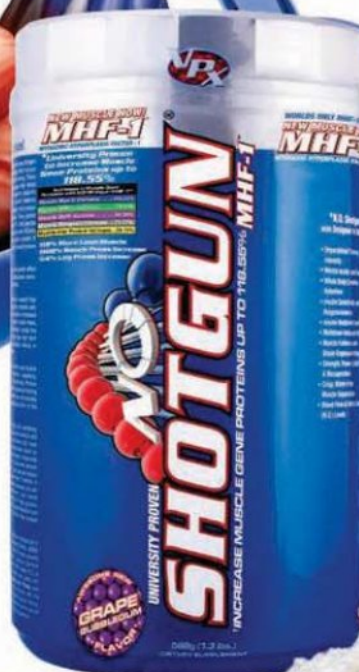
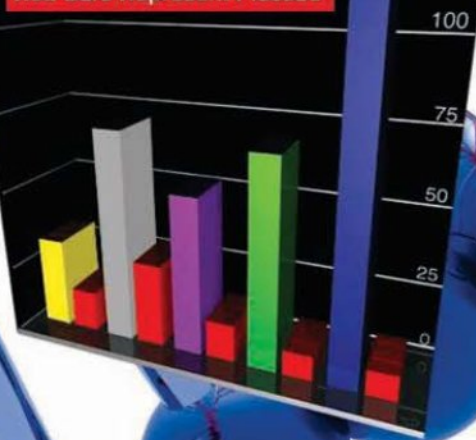
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drinks per week were more likely to develop high blood pressure, stiff arteries, and enlarged hearts. An enlarged heart increases the risk of heart failure, heart attack, and stroke by five to six times. Once the heart is enlarged and weakened it is very difficult to restore it to normal. Moderate alcohol consumption (one or two drinks per day) is healthy and promotes longevity for most people. However, excessive consumption damages the heart and blood vessels.

Liver disease: Chronically high alcohol intake increases the risk of fatty liver, hepatitis (liver inflammation), and cirrhosis of the liver (replacement of normal liver cells with scar tissue). These diseases are life-threatening and irreversible, but might stabilize if you stop drinking.

Muscle protein synthesis: In the late 1800s, men often lifted weights in the back rooms of saloons. Fortunately, people no longer train this way— but many drink more beer, wine, and hard liquor than they should. Alcohol intoxication can impair progress and interfere with muscle hypertrophy. The effects appear to get worse with age. Alcohol interferes with the MTOR system, that is critical for protein synthesis. Excessive alcohol consumption is not consistent with a healthy lifestyle.

Oxidative damage: Cells naturally produce highly-reactive chemicals called free radicals that break down cell membranes, damage DNA, promote aging, and depress the immune system. The problem increases with age and alcohol accelerates the damage. Japanese researchers, in a study on rats, found that while the destructive effects of alcohol on cell membranes increased with age, exercise prevented cell membrane breakdown in young and older animals. It is not known if these results apply to humans. It appears that with exercise, you can have your cup and drink it, too.

Pancreatic Cancer: Pancreatic cancer is almost always fatal. Last year, nearly 38,000 people in the United States were diagnosed with the disease and more than 34,000 died. Once diagnosed, less than 5 percent of people with the disease are alive five years later. A University of Michigan study showed that men who drank three or more beers per day and were diagnosed with pancreatic cancer were 10 years younger than the average pancreatic cancer patient. The researchers speculated that heavy alcohol consumption caused inflammatory changes in the pancreas that might have promoted the disease.

To Drink or Not to Drink?

Moderate drinking promotes health, while heavy drinking causes significant social and health problems. The National Institute on Alcohol Abuse and Alcoholism predicted an additional 80,000 deaths per year in the United States if everyone stopped drinking. They took

accidents and violence into consideration when they made the statement. Taken together, alcohol actually saves more lives than it takes. Moderate alcohol consumption has a marked effect on all-cause mortality and deaths linked to heart disease, stroke, and diabetes. The important message is that moderate drinking is healthy—except for people who have problems with excessive consumption. People who drive drunk or become violent when they drink are better off not drinking. For others, moderate drinking is healthy.

We have to weigh the social price of widespread alcohol consumption against the health benefits. The ideal situation is that people drink responsibly. We help people by enforcing laws dealing with drunk driving and public drunkenness. However, it is also important that public health experts acknowledge the health benefits of alcohol. ■



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Vitamin Shoppe Manager Shocked

Customer Complains,
"New Fat Loss Pill
Works Too Fast..."

By JAMES JONES
Staff Writer

LEVITTOWN, NY — "Let me get this straight, you want to return it because your results are too good?" sputtered Greg Wenskus, nutritional supplement authority and seasoned Vitamin Shoppe manager.

Wenskus remarked that over the past decade, he's "seen thousands of supplements come and go". As well as "heard every positive review, compliant and excuse in the book."

Or so he thought.

That was until the historic day when one of Wenskus' regular customers returned a new fat loss product called RECREATE because it worked too well.

"I had to make the customer repeat it, because I just couldn't believe what I was hearing..." commented Wenskus. "I said 'Let me get this straight, you want to return it because your results are too good?'"

Evidently, the customer went on to explain how in just two weeks of using RECREATE, they had burned inches off their waist, felt alive with energy, and how it simply "killed all food cravings."

The customer explained that they knew it was a crazy request to return it, and that it was hands down "the best fat loss product they had ever used". Nevertheless, they were worried because nothing they had ever used worked so well, so fast. "There has to be something illegal in it."

Wenskus explained that the ingredients were natural and safe, but the customer had already made up their mind.

In today's ultra competitive fat-loss market, thousands of weight loss products come and go each year. "Mostly fads", Wenskus advised. "But RECREATE..." the USPlabs product the customer returned, "...is different. It's the real deal."

Market research into this competitive \$61 billion dollar industry



Levittown, NY Vitamin Shoppe Store Manager Greg Wenskus

indicated that "fat-burners" generally need millions in advertising, a celebrity endorsement, or some kind of manufactured "hype" to drive sales for a short period of time. After which then sales come to a grinding halt because the product simply doesn't work.

RECREATE is obviously different, and breaking new ground, as pro-bodybuilders, elite athletes, and even your every day "Soccer Mom" cannot stop talking about it. Positive word of mouth is the ultimate gold standard if a product really works, and RECREATE seems to have it in spades.

As for Wenskus? He had so many customers coming back raving about how good RECREATE worked, that he told us that he just had to try it himself!

When asked how his results were, Wenskus reported "Well, I've been on for about 2 weeks."

"I've lost close to two inches from my waist and, with school and work, I really haven't had much time to workout as much as I'd like or do any cardio at all. So, I'd say the results have been phenomenal. I feel great and am getting plenty of positive comments from friends, family and customers."

When asked what made RECREATE different from the overwhelming selection of weight loss products, Wenskus replied bluntly, "It works. Even the most hardcore guys love it."

He then went on to explain, "Because we were selling so many of these, I had to do a great deal of research into it. I learned that RECREATE contains unique, all-natural ingredients that naturally



"Is Recreate The Most Potent Fat Burner Ever Developed? Thousands of satisfied customers are saying it is."

and safely burn fat from 23 separate pathways. Most fat burners only hit through 1 or 2 pathways."

Our own research validated Wenskus' findings. We also learned that RECREATE is the only product on the market to contain a natural ingredient called Cir20x, which has been shown in studies to burn fat 20 times greater than caffeine.

The "Endless energy" is created by burning your own bodyfat. "In the end, that's what everyone wants. Burning your fat away and revealing lean, healthy muscle."

Interesting enough, we also found that most weight loss supplements contain 200-400 milligrams of caffeine per dose, which is why you "crash" after a few hours. "Your caffeine high is gone and you feel like you've been hit by a ton of bricks", explains Dr. Norman Eng of Atlanta, Ga.

High amounts of caffeine can be dangerous, including increase risk of cancer. It can also be counter-productive as after just a few weeks of high caffeine intake (over 150 milligrams a day) adrenal glands become exhausted and your body begins to release massive amounts of the stress hormone cortisol.

Increased cortisol can lead to bodyfat gain, especially around the stomach, hips and thighs. Which

concludes that the product you are taking to burn fat can actually make you fatter.

RECREATE only contains about 25% of the caffeine found in a small cup of coffee. Truly an accomplishment for a product generating such favorable, word of mouth praise.

"This is truly a big concern for customers, they don't want to be 'wired out' on stimulants, which is un-healthy, counter-productive & actually very scary. This really is the best weight loss product out there."

Wenskus' customers rely on him to tell the truth and only recommend products that will work.

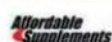
"It's the lifeline of our business...Trust. If I lose my customers trust, they will never come back. That's why I recommend RECREATE to my customers. I know it's safe, proven by science and it flat out works. Every time. Evidently too fast in this one customer's case."

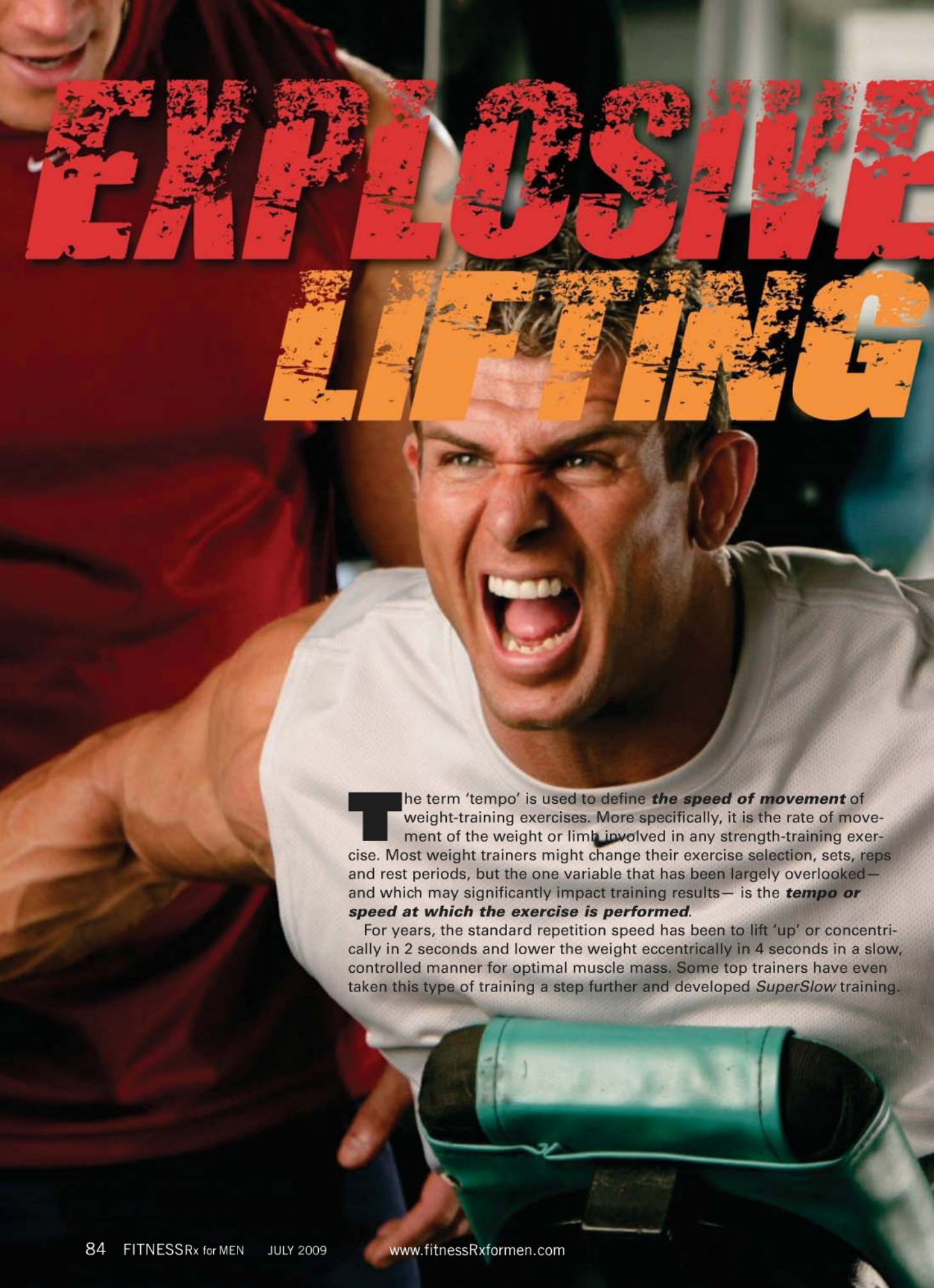
A problem, I'm sure, all of us would love to have.

RECREATE: Clinical Strength Fat Loss by USPlabs is available at supplement stores nationwide.



www.USPlabsDirect.com





EXPLOSIVE LIFTING

The term 'tempo' is used to define **the speed of movement** of weight-training exercises. More specifically, it is the rate of movement of the weight or limb involved in any strength-training exercise. Most weight trainers might change their exercise selection, sets, reps and rest periods, but the one variable that has been largely overlooked—and which may significantly impact training results—is the **tempo or speed at which the exercise is performed.**

For years, the standard repetition speed has been to lift 'up' or concentrically in 2 seconds and lower the weight eccentrically in 4 seconds in a slow, controlled manner for optimal muscle mass. Some top trainers have even taken this type of training a step further and developed *SuperSlow* training.



The interesting fact is that there is no research to validate that this tempo is the optimal pace for increasing muscle hypertrophy.

According to a study published in the *European Journal of Applied Physiology*, lowering the weight slowly may not be the best way to increase muscle mass and strength. In the study, male and female subjects were assigned to train for 10 weeks using either slow- or fast-velocity eccentric training while lowering the weight. At the end of the study, the group who trained with fast eccentric contractions had the greatest increase in muscle hypertrophy. Muscle hypertrophy of the type IIB fibers (fast-twitch fibers) increased from 6 percent to 13 percent in those subjects. The 'slow' group did not experience any gain in muscle mass.¹

This was not the only study to show that training with fast eccentric contractions is best for increasing muscle mass. In a follow-up study by

the same research group, researchers compared fast and slow training in a group of 12 untrained men who exercised both arms, three days per week for eight weeks. The men trained one arm using a fast velocity, while they did the same number of repetitions for the other arm at a slow velocity. At the end of the study, type I muscle fibers (slow-twitch, aerobic fibers) increased in size by an average of 9 percent, with no significant difference between fast or slow training. The change in fiber area after training for the type II fibers was greater in the fast-trained versus the slow-trained arm. In addition to greater increase in type IIB fibers, the fast eccentric contractions group increased strength more than the slow contractions group.² These studies demonstrate that lifting explosively can enhance the recruitment of type II muscle fibers, which are more prone to muscle hypertrophy. What about explosive lifting, concentrically?

FOR POWER, STRENGTH & MUSCLE

By Robbie Durand M.A.

New Study: Explosive Weightlifting Induces Muscle Hypertrophy Greater Than Traditional Weightlifting

Researchers from Brazil conducted a new study that should raise awareness that weight trainers need to incorporate some explosive lifting into their routine. Researchers took two groups of men and had them perform all exercises with an equal work output. The exercises were performed with rest intervals of 90 seconds between sets. The men were divided into a fast, explosive concentric group with a normal eccentric phase, or traditional weight training with 2-3 seconds 'up' and the weight lowered in 2-3 seconds. ***The explosive group performed all exercises moving the weights as fast as possible in the concentric phase, and took 2-3 seconds to complete the eccentric phase.*** The

concentric action was performed in approximately 1 second. The traditional weight-training group spent 2-3 seconds in the concentric phase and 2-3 seconds in the eccentric phase. Here are the results of the study after 10 weeks of training:

Strength: Training-induced gains in strength were similar between groups; however, ***explosive lifting induced significantly greater development in muscle power.***

Muscle Size: Explosive lifting was more effective than traditional weight training for increasing muscle size. Both training regimens led to significant increase in arm muscle thickness; ***however, the results obtained by the explosive lifting group were greater than traditional weight training. Additionally, only explosive lifting was effective for improving leg muscle size.***

The protocols used in the study involved the same resistance training exercises with an equal work output, and the only difference between the two methods was the speed at which the exercises were performed. ***It was demonstrated that a high-velocity power training program appears to be more effective in improving muscular hypertrophy than traditional resistance training.***¹³ This seems to contradict the current practice of many weight trainers, who typically employ low-velocity contractions in their training.

Why Lift Fast And Explosive for Muscle Hypertrophy?

In order to induce hypertrophy, either the exercise intensity or volume must be increased. Most lifters perform enough sets, but may have difficulty increasing training intensity to make additional gains in strength and size. Since the amount of weight cannot be increased, an alternative to increasing the intensity must be implemented.

Moving the weight at a higher speed implies using more power, and more power translates directly to a higher intensity. Speed training provides an alternative path to the progressive resistance principle, which states that in order to induce muscle hypertrophy, one has to constantly keep increasing the weight used. Muscle hypertrophy is defined as an increase in muscle mass that is related to two factors: the amount of workload employed and the tension developed during muscle contraction.³ Most weight trainers focus mainly on workload or the amount of sets utilized during their training routine to increase muscle hypertrophy, seldom changing repetition speed. Speed training may develop motor unit recruitment patterns different from traditional weight training, thus potentiating better gains with subsequent regular training cycles.

According to world-renowned strength coach Dr. Verkhoshansky, the tempo of resistance exercise has a significant effect on the development of muscular strength (because of fast-twitch fiber enhancement). Dr. Verkhoshansky reported that a combination of different movement tempos produced superior gains in strength, compared to a set tempo. In that 10-week study, men who trained with a combination of tempos produced a 48-pound increase in strength, but using a standard tempo pace only resulted in a 36-pound

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increase in strength.⁴ The results of the study demonstrate the importance of changing repetition speed during a training cycle.

The amount of weight lifted depends on the laws of physics. Simply, $\text{FORCE} = \text{MASS} \times \text{ACCELERATION}$. This means the amount of force you generate during weightlifting can be increased by lifting more weight or lifting the same amount of weight at a faster speed. If you are performing the same number of reps with the same amount of weight but lifting with more acceleration, you are producing more force— and this means larger central nervous system activation. This is not a new concept. A study in 1954 by Bigland-Ritchie and Lippold demonstrated that the faster a weight is accelerated through a lift, the more nervous system activation is required for the movement.⁵ The more motor units or muscle fibers that are activated in a repetition, the greater the activation in the central nervous system. This represents an increase in training intensity.

During muscle contraction, motor units or muscle fibers are recruited in relation to the force generated by the muscle. For example, during slow muscle contractions, type I fibers are recruited, but as workload increases, more type IIA and finally, IIB fibers are recruited. This is a basic tenet of motor unit recruitment. What is unique about eccentric contractions is that there's evidence that the size principle could be altered or even reversed during certain types of movements— specifically those that contain an eccentric (muscle-lengthening) component— such that fast-twitch motor units are recruited before slow-twitch motor units. It is possible that a preferential recruitment of fast-twitch motor units is influenced by the speed of the eccentric contraction, and can only occur using moderate to fast speeds.

When examining the potential for hypertrophy between muscle fibers (i.e., slow type I and fast type II), there are differences. In general, type IIB muscle fibers have the greatest potential for muscle hypertrophy, yet are the last fibers recruited during a lift. This is a basic flaw in the *SuperSlow* training principles. With low force or slow activities, type I fibers are activated first and as the exercise becomes more fatiguing, type IIA and then type IIB fibers are recruited later. When using fast explosive exercises, faster-twitch motor units are activated and more hypertrophy can occur. Hypertrophy will only occur in those muscle fibers that are overloaded, so that fast-twitch fibers must be recruited during training for hypertrophy to occur.⁶

Most weight trainers do not train explosively and can benefit from incorporating explosive multi-component plyometric or speed

resistance movements into their training regimen. For example, professional weightlifters experience increases in type IIA fibers during resistance training studies, with no changes in type IIB fibers.⁷ This may be partially due to using high-volume (i.e., 5-8 sets) and high-repetition (i.e., 10-15 reps) training. However, incorporating plyometrics and other explosive lifts may cause additional muscle growth of IIB fibers. ➔



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There have been numerous studies that have documented increases in type IIB fibers after explosive weight training^{8, 9} and plyometrics.^{10, 11} When male subjects performed plyometric training for three days a week for eight weeks, this resulted in significant increases in type IIB fiber hypertrophy and peak power production. The plyometric training consisted of vertical jumping, bounding, and depth jumping.¹²

Type IIB fibers are utilized during high force-generating movements. Just remember, at any given speed, the force production of the muscle increases with the percentage of fast-twitch fibers and, conversely, at any given force output, the velocity increases with the percentage of fast-twitch fibers. For example, look at the thighs of 100-meter sprinters compared to distance runners. World-class sprinters have legs that would make some musclemen jealous. Sprinters train fast and explosively, utilizing a lot of type IIA and type IIB fibers during training, compared to distance runners— who rely mainly on type I fibers. Sprinters train in the gym the way they run... fast and explosive.

A typical sprinter trains with explosive squatting, lots of plyometric jumps, and bounding exercises. Training specificity states that you should weight train like you perform in your competitions. For example, basketball players were assigned to either train with traditional weight training or traditional weight training plus explosive, eccentric plyometrics for six weeks. While both groups had increases in their vertical jump at the end of the study, the group that trained

with weight training and plyometrics



increased their mean overall vertical jump by 8 percent. Thus, high-force eccentric training can possibly increase gains and muscle power by increasing muscle size.

In conclusion, many weight trainers and fitness-oriented athletes would benefit from adding a few explosive exercises such as plyometrics to their training regimen. In competitive athletics, when all other factors are equal, power is the deciding factor between winning and losing. The ability to generate concentric and eccentric force over a range of contraction velocities is often a critical determinant of athletic success. For years, weight training was considered to slow an athlete down and make him inflexible. Fifteen years ago, the University of Nebraska started training their football team using only explosive Olympic lifts and squats. Performing explosive lifts such as power cleans, jump squats, and depth jumps recruits entirely fast-twitch motor units. The training effect produced a stronger, faster and more mobile athlete— and a winning record. Now, virtually all football teams incorporate Olympic lifts for explosive strength and power. Incorporating these movements into your training routine will increase size and strength beyond traditional weight training. ■

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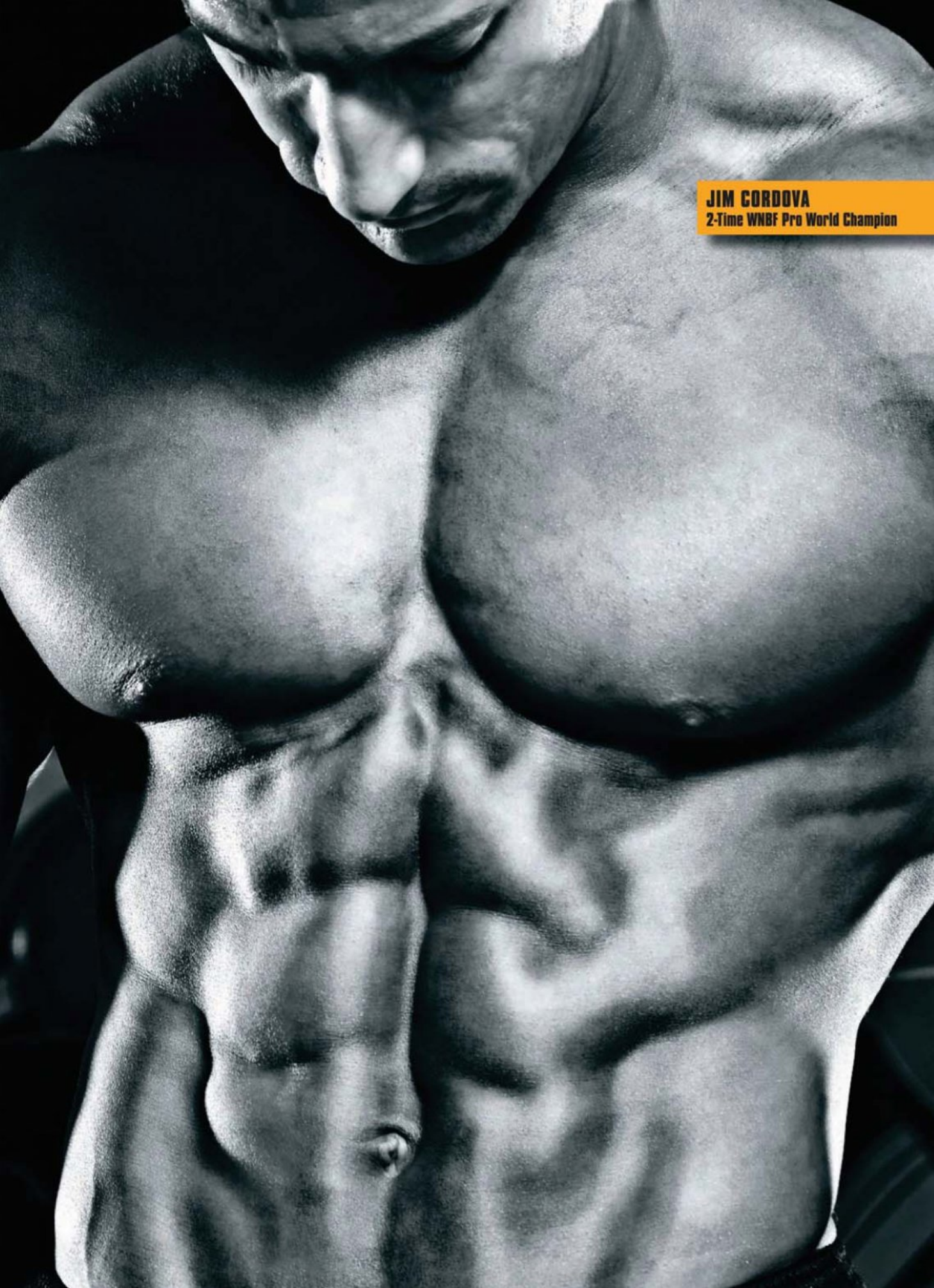
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A high-contrast, black and white photograph of a muscular man, Jim Cordova, looking down. The image focuses on his chest and abdominal muscles, which are highly defined. The lighting creates deep shadows and bright highlights, emphasizing the texture and shape of his skin and muscle. His head is tilted down, and his eyes are closed or looking towards the ground. The background is dark and out of focus.

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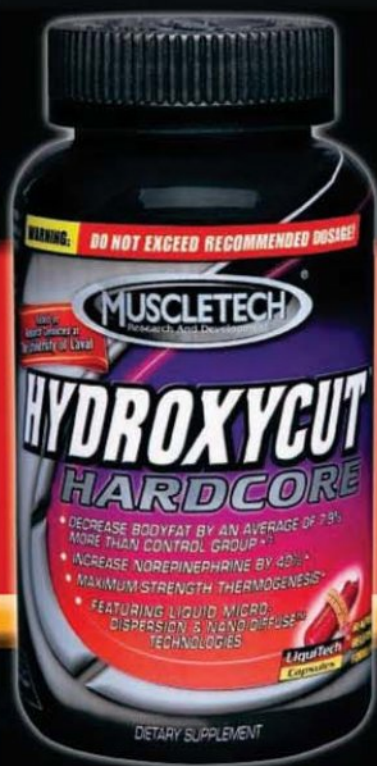
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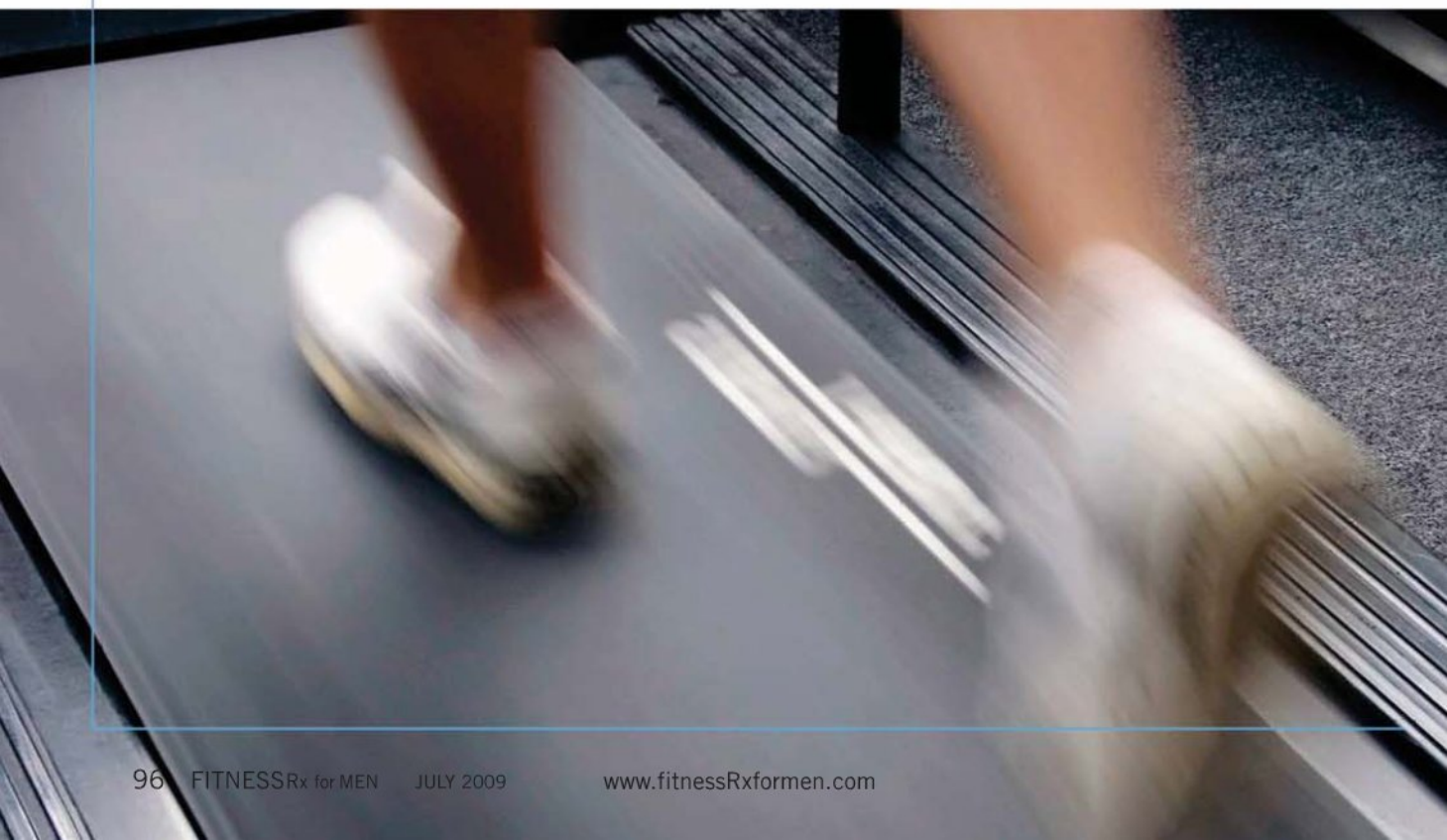
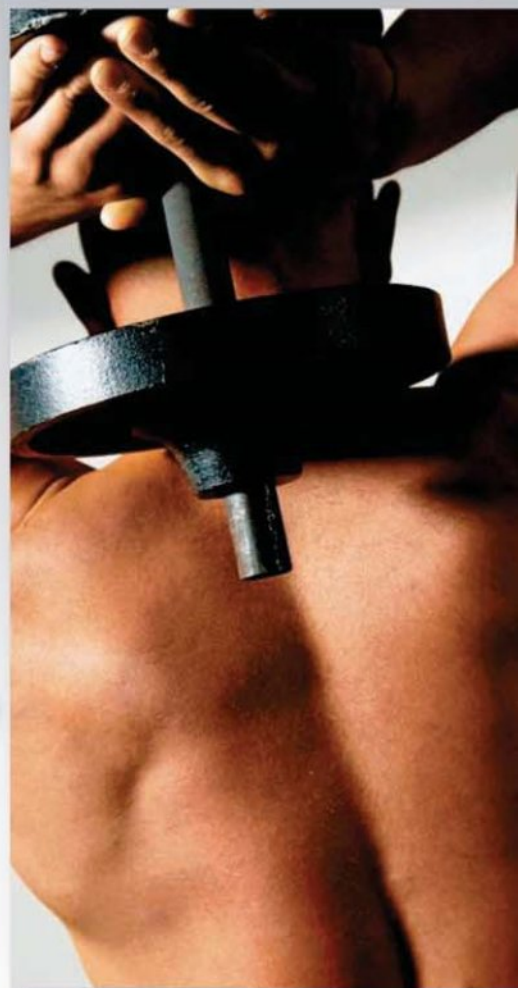
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**Combining Cardio
With Resistance
Exercise:**

Muscle Growth Killer?

By Robbie Durand, M.A.



You just finished a grueling session of working out and now it's time to do some cardio. *Wait...* combining cardio with resistance exercise may hinder muscle growth, according to a new study.

In the *Journal of Applied Physiology*, researchers reported that if you are trying to gain muscle mass, **combining resistance exercise and cardio in the same session may disrupt genes for anabolism.**⁴ It has been shown that repeated high-intensity, short-duration contraction promotes muscle hypertrophy and strength gains,^{1,2} whereas prolonged, low-intensity contractile activity is associated with increased mitochondrial density and enhanced resistance to fatigue (an aerobic muscle fiber type).³ Previous research observed only *modest hypertrophy* with endurance training, combined with resistance exercise in skeletal muscle of subjects.

Type of Exercise Influences Gene Expression

Researchers from Australia, in a study published in *Medicine and Sports Science and Exercise*, examined genes from well-trained endurance athletes and resistance-trained athletes to determine if a particular type of exercise turns 'on' different genes. Twenty healthy males volunteered for this investigation. Seven were endurance-trained cyclists who had been training for eight years (cycling 250-600 kilometers per week). These subjects had no history of strength/resistance training. Six subjects were strength-trained (ST) powerlifters who had been strength/resistance training exclusively for nine years (three to four sessions per week).

As might be expected, genes chronically altered in

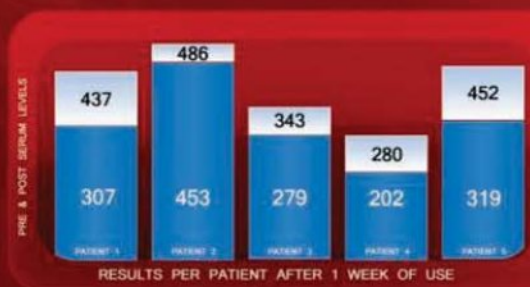
endurance subjects are predominantly involved in energy metabolism and mitochondrial function, membrane transport, and blood vessel growth, whereas those upregulated by prolonged strength training are involved in processes that regulate protein synthesis and transcription and translation. The research group reported for the first time that a great number of genes that regulate these processes are chronically elevated, specific to this type of training.

Strength-trained individuals, on the other hand, are characterized by muscle hypertrophy/protein synthesis, which is reflected in the novel genes and the gene clusters upregulated. These data support the notion that regular strength training chronically alters skeletal muscle gene expression to promote protein synthesis and hypertrophy, thus maintaining the phenotype for improved muscle force production. In contrast, the endurance training phenotype has a strong association with aspects related to mitochondrial biogenesis, improved oxygen supply, and energy metabolism. The novel genes and the gene clusters highlight the chronic upregulation of genes specific to the characteristic phenotype for efficient energy provision from metabolism during rhythmic, continuous muscle contractions in endurance exercise.

In summary, there is evidence that basal gene expression patterns in human skeletal muscle are altered after chronic (greater than eight years) endurance and strength training. In particular, training-specific differences exist in groups of genes that are involved in adaptive processes that are important in response to different types of training.⁵ On the basis of this perspective, it is

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probable that chronic training subtly regulates numerous genes from important functional groups in human skeletal muscle, possibly through modulation of processes that control mRNA degradation, as a long-term adaptive mechanism to cope with repeated training stimuli.

What Happens If You Combine Aerobic and Resistance Exercise In the Same Session?

If doing certain exercises turns on specific genes, then combining exercises may result in a 'mixed' signal in muscle. Therefore, the possibility exists that the cumulative, adaptive effect with consecutive resistance and endurance exercise bouts results in an 'interference effect' with concurrent training. This means that cardiovascular training turns on genes for an aerobic fiber type (increased type I fibers, increased mitochondria), while resistance exercise turns on a resistance training gene phenotype in muscle (increased type IIAB muscle fibers, increased anaerobic threshold, etc.). By combining the two, you have a 'mixed' gene expression being translated in muscle.

Researchers from Australia took trained men and assigned them to either one of two conditions. One experimental trial consisted of a bout of resistance exercise followed by a bout of endurance exercise (cycling), while in the other trial, subjects performed the reverse exercise order (i.e., endurance, then resistance exercise).

- Following a standardized warm-up (2 x 5 repetitions at 50 percent and 60 percent of 1RM, respectively), subjects performed 8 sets of 5 repetitions at ~80 percent of 1RM. Each set was separated by a 3-minute recovery, during which the subject remained seated on the leg extension machine.

- Subjects performed 30 minutes of continuous cycling at a power output that elicited ~70 percent of individual $\dot{V}_{O_2}$ peak.

Muscle biopsies were taken before, 15 minutes after, and 3 hours after exercise.

Combining Cardio and Resistance Exercise Disrupts Genes for Anabolism

Basically, it's a 'no win' situation no matter which way you look at it. Combining cardio and resistance exercise disrupted genes for muscle anabolism. For example, here is what the researchers found when genes were analyzed.

- **Cardio Before Resistance Exercise:** A novel finding was that an endurance bout undertaken prior to resistance exercise suppressed IGF-1 Ea (a gene splice of IGF-1) mRNA (~42 percent) and also induced small declines in mechano growth factor (~27 percent). The findings represent the collective effect of diverse contraction modes, and it is tempting to speculate that endurance exercise immediately preceding resistance exercise attenuates anabolic response.

- **Resistance Exercise, Then Cardio:** Cardio performed after resistance exercise increased genes for muscle tissue breakdown. Muscle breakdown genes were elevated (atrogin, 21 percent and MuRF mRNA, 53

percent) when cycling was performed subsequent to resistance exercise. Previous studies showed that following a single bout of endurance exercise, atrogin and MuRF mRNA (genes for muscle tissue breakdown) were elevated. Thus, the results indicate that endurance activity after resistance training may have the capacity to exacerbate genes for catabolism and subsequent protein degradation. Consequently, when resistance exercise is undertaken after endurance exercise, upregulation of ubiquitin ligase expression may be suppressed. Moreover, PGC-1-alpha mRNA— a gene that turns 'on' an aerobic phenotype— was elevated when cycling preceded resistance exercise.

The results indicate that endurance activity prior to resistance exercise may diminish anabolic response, while endurance activity after resistance exercise may exacerbate inflammation and protein degradation. AMPK has been termed a metabolic 'master controller' activated by exercise and changes in glycogen content in skeletal muscle. AMPK activation was not different 15 minutes after each successive exercise bout. However, AMPK above resting baseline was higher 3 hours after cycling was done after resistance exercise, indicating metabolic stress may have been exacerbated when endurance exercise was performed subsequent to resistance exercise.

The results provide support for the contention that (acute) combination of cardio and resistance exercise training back-to-back does not promote optimal activation of anabolic pathways.⁴ Thus, undertaking both resistance exercise/cardio together in close proximity influences the acute molecular profile and likely exacerbates acute 'interference' of key anabolic-signaling pathways.

One of the things I was highly critical of in this paper was that after exercise, the subjects did not eat for 3 hours— a huge flaw in the study. I contacted Dr. Hawley and he said that this was a preliminary study, and researchers have samples where the subjects consumed a post-exercise protein/carbohydrate shake to see if there was a different effect on the genes in muscle. The study is set to be released in a few months.

If you going to do cardio, it may be better— for an optimal anabolic effect— to do it earlier or later in the day, as opposed to doing it before or after resistance exercise.

To listen to Dr. Hawley's interview, go to MuscularDevelopment.com and click on **Audio Online:** <http://www.musculardevelopment.com/content/view/1463/182/>. ■

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A close-up photograph of several skewers of food grilling on a black metal grill. The skewers contain a variety of ingredients including pieces of grilled chicken, mushrooms, green bell peppers, yellow bell peppers, and red bell peppers. The food is sizzling, and the grill marks are visible on the chicken and vegetables.

THE "ALL-YOU-CAN-EAT

Would you like to follow an eating strategy that may just be the answer that you have been looking for? You know, a lifestyle nutrition plan that helps keep your weight in check, body fat levels down, glucose and insulin under control, while also helping to reduce risk factors for heart disease? The type of eating style I will discuss is often used for weight loss and has been shown to be beneficial for heart health and for those with type 2 diabetes.

You may be asking, what does a dietary strategy used to reduce risks of diabetes and heart disease have to do with me— I'm a fit, athletic guy? Well, while your fitness status may differ from others, learning how to improve your health from the inside out may allow your body to reap the rewards of your training to an even greater degree. The nutrition plan that I am about to share with you is one that can be used by those looking to be more 'beach ready' as well as to improve overall health risk profile.

The Basics

This lifestyle or nutrition plan actually is the first 'Phase' of the South Beach Diet (as per the 2003 first South Beach book and more recently, *The South*

Beach Diet Supercharged). However, before discussing the Phases of the diet, it is wise to understand the basic tenets of the South Beach Diet. The South Beach Diet is considered a carbohydrate-restrictive diet. It emphasizes foods that are low on the glycemic index (GI) and low in saturated fat. The major carbohydrate difference between South Beach and diets such as Atkins or Zone is that the South Beach Diet encourages 'good carbohydrates' such as whole grains and fruit. This diet was the brainchild of the famed cardiologist, Arthur Agatston, M.D. (Mt. Sinai Hospital and University of Miami, School of Medicine, Miami, Florida). He, along with Marie Almon, R.D., devised the first version of the South Beach Diet.

The answer.com website concisely reports that "after consumption, food is metabolized into sugars and promotes the release of the hormone insulin. When the blood contains excess sugar, insulin removes it from the bloodstream by storing it in cells, including fat cells. High-glycemic carbohydrates (greater than 70 on the GI spectrum) are metabolized rapidly, which causes elevated insulin production. High levels of insulin result in more blood sugar being stored as fat, thus causing weight gain. This pattern



FAT-BURNING DIET"

By Douglas S. Kalman, Ph.D., RD, FACN

induces the craving for more carbohydrates, thus leading to the consumption of more high-GI foods. Low-to-moderate-GI foods, however, raise insulin levels more slowly and sugars are metabolized more effectively, thus reducing the amount of blood sugar stored as fat. Cravings for more food are reduced. In addition, by eating these low-GI foods, the risk of insulin resistance that can lead to atherosclerosis and diabetes is reduced. Dr. Agatston designed the South Beach Diet to promote foods low on the GI and eliminate the body's craving for high-GI foods."

Dr. Agatston states that the primary benefit of the South Beach Diet is considered by many to be its initial rapid and significant weight loss— 8-13 pounds (4-6 kg) in the first two weeks. After the first two weeks, weight loss continues at a slower rate, averaging 1-2 pounds (0.4-1 kg) weekly. In addition to weight loss, the diet reduces cholesterol and insulin levels, thus reducing the risks of diabetes and heart disease. It is claimed that the diet is easy to follow because it is designed to eliminate cravings and has more flexible food options after the first two weeks.

It is the rapid 8 to 13 pounds that we find most interesting. If we apply this fat-burning, weight loss-inducing

eating strategy to an active lifestyle, would the fat-burning effects be enhanced? Many physiologists think so. Since we know that eating the South Beach Diet can aid in weight loss and health improvement, we believe that eating the Phase 1 aspect of the South Beach Diet while training would allow for accelerated fat loss, muscle retention and the avoidance of hunger or perceived starvation. The trick here is that you have to eat until you feel full and **only eat the foods on the Phase 1 portion and as intended or instructed.**

The South Beach Diet website describes the much-needed Phase 1 as: "the shortest Phase, lasting for just two weeks, is designed to eliminate cravings for sugar and refined starches— and to jump-start your weight loss. The purpose of Phase 1 is to stabilize blood sugar (which minimizes cravings), making it ideal for people who are pre-diabetic or diabetic, as well as for those who need to lose a lot of weight.

"The focus of this two-week period is on eating plenty of nutrient-dense, fiber-rich (and guaranteed delicious!) foods that satisfy your appetite. Your meals include lean protein, such as fish and other seafood; skinless white-meat poultry; lean cuts of beef (vegetarians can enjoy meat substitutes, such as tofu and beans); high-fiber

veggies; reduced-fat cheeses; eggs; low-fat dairy; and healthy, unsaturated fats, such as those found in avocados, nuts, seeds, and extra-virgin olive and canola oils.

"During Phase 1, you'll fill up on dishes like Chicken Breasts Stuffed with Spinach and Goat Cheese, Seared Pecan Salmon With Lentils, Garlic and Soy Grilled Pork Chops, and more. The South Beach Diet encourages snacking, so you'll also get to choose two tasty snacks each day, like Spicy Nut Mix, reduced-fat cheese, and veggies with our zesty Peanut Dip. Plus, you'll dine on delicious desserts (every day!), including Chilled Espresso Custard, Heavenly Lemon Mousse, and our famed Ricotta Crème. With all the options— from gourmet meals to on-the-go snacks to quick weeknight dinners— you won't feel hungry or deprived!"

Phase 1, The Reality

The Phase 1 aspect of the South Beach ('SoBe') diet is the strictest in terms of what you can and cannot eat. The diet is purposely designed so that with limited food choices and avoidance of potential 'trigger' foods, which are typically high-glycemic, weight loss and immediate weight loss will be easier. Easy weight loss is often motivating and thus a positive mindset is already in motion for long-term success.

During this aspect of the SoBe diet, you'll eat normal-size helpings of meat, chicken, turkey, fish, and shellfish. You'll have plenty of vegetables, eggs, cheese, and nuts. You'll have salads with real olive oil in the dressing. You'll have three balanced meals a day and it will be your job to eat so that your hunger is satisfied. In other words, portion sizes are not necessarily worried about, but food choices are. If you are eating a diet that is mostly a combination of protein, vegetables with whole grains, your satiety levels and fat loss should be easily supported.

Dr. Agatston believes that nothing undermines a weight-loss plan more than the distressing sensation of feeling deprived. This is why so many people joke that the first three letters of the word diet spell die! To be successful, no real eating program expects you to go through life feeling discomfort or crazed hunger. You should be having a mid-morning and a mid-afternoon snack in order to keep your blood sugar levels in check, your hunger at bay and success in front of you. You may have dessert after dinner, but only from the foods that this phase indicates is OK.

Keep in mind that during Phase 1, you will not be eating any bread, rice, potatoes, pasta, baked goods or fruit. This aspect of the diet only lasts 14 days (~two weeks), so do not panic or get nutritionally worried. Of course, you should also be taking a multivitamin with minerals daily. You cannot have candy, cake, cookies, ice cream, or sugar for two weeks, either. No beer or alcohol of any kind. After this phase, you'll be free to drink wine, which is beneficial for a variety of reasons!

An Interruption Before the Menu Plan

It is important before diving right into the menu plan

or sample menus for Phase 1 of the South Beach Diet to share insight into the second and 'lifestyle' (third) phases of the diet.

Online marketing of the South Beach Diet includes: "Phase 2 is the long-term weight-loss phase of the plan. It's also the perfect place to start for those people who have 10 pounds or less to lose, who don't have problems with cravings, for those who don't have excess belly fat, or who simply want to improve their health.

"In Phase 2, you'll eat everything from Phase 1 plus good carbs, such as whole-grain bread, brown rice, whole-wheat pasta, fruits, and even more veggies, like sweet potatoes, pumpkin, and peas. Of course, you'll continue to enjoy snacks and dessert too, including dark chocolate!"

The marketing continues to state: "In fact, you'll eat delicious meals, like Coconut Chicken, Shrimp Scampi, Pesto Pasta Salad, and Pork and Black Bean Quesadillas. Side dishes include Nutty Brown Rice and Baked Sweet Potato Fries. And don't forget snacks: Smoked Salmon Canapés with Horseradish Cream, Peppery Cheese Popcorn, and black bean dip with baked whole-grain tortilla chips are a few of the many snacks you'll choose from.

"Then, cap off your dinner with a decadent dessert, like Green Tea Truffles, Chocolate Berry Cups, or Dark Chocolate Bark with Walnuts. Best of all, you'll eat all these delicious foods and still lose weight and get healthier."

Phase 3 (Lifestyle Maintenance) is described online as: "By now, you've adopted the South Beach Diet lifestyle, making smart food choices that fit the way you live. That's what Phase 3 is all about, and it begins once you reach your healthy weight. In Phase 3, you'll continue to follow the principles you learned in Phases 1 and 2, but because it's the lifelong stage of the plan, it includes almost every kind of food and it allows for additional occasional indulgences. It is the key to maintaining a healthy weight for life."

In reality, my take is that for Phase 2, the dietary plan is one where a person can start adding in some carbohydrates to the diet. During Phase 1, you are asked to eliminate almost all sources of carbohydrate such as bread, rice, potatoes, pasta, or baked goods, fruit, candy, cake, cookies, ice cream, or sugar for two weeks. No beer or alcohol of any kind is permitted. In other words, the main or only type of carbohydrates you are allowed to ingest are vegetables. Phase 2 of the South Beach Diet is a tad more liberal. In fact, you can start adding carbohydrates, but the minute weight loss stops or slows, you are instructed to decrease your non-vegetable or fruit sources of carbohydrate. A more complete and exact list of foods allowed is in *The South Beach Diet Supercharged*.

The marketing also says that for Phase 3 of the diet, "you can dine on meals like Dutch Apple Pancakes (a terrific weekend brunch), Chicken Pot Pie, Asian Chicken Salad With Wonton Crisps, and Pepper-Spiked Beef Stew. Phase 3-friendly sides include Farmers' Market Pasta

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Daily

Pre

During

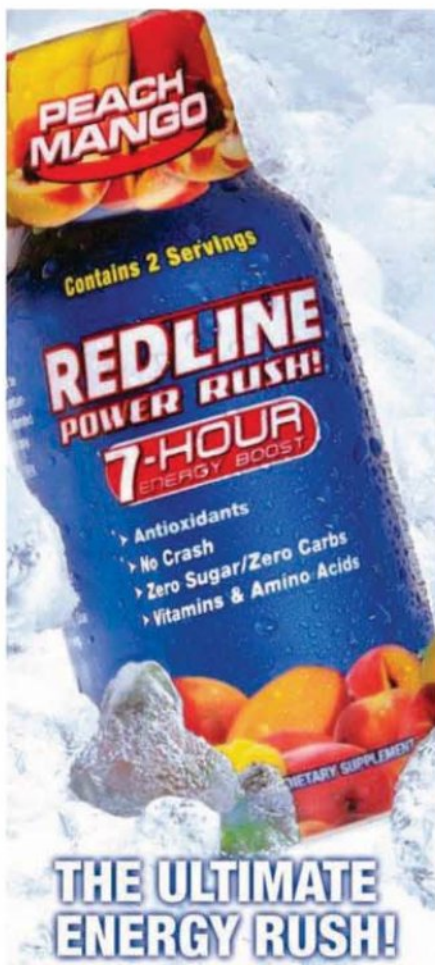
Post

Night

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Salad, Apple-Butternut Squash Soup, and corn on the cob. As for snacks, you can choose from fare like Triple-Berry Cooler, Pecan-Stuffed Dates, and tropical fruit salad. And you'll indulge in desserts like Chocolate Pie with Crispy Peanut Butter Crust and Chocolate Fondue. Imagine eating this way for the rest of your life!" The data supports this form of eating for a healthy, life-promoting lifestyle.

House Rules

If you are serious and want to get started on the 'Fat Loss Accelerator' (Phase 1), there is a 'kitchen makeover' that will need to be done. This means that the kitchen pantry will have to be cleaned out.

The strictest and most important part of the South Beach Diet is the first phase— which lasts two weeks. This is the diet that if you eat until you feel satisfied, you will still be able to *nutrient partition* and aid in your exercise-induced fat loss. This is what you will need to do in order to be "kitchen ready":

Baked foods: Remove all breads, cakes, crackers, cookies, cupcakes, pastries and waffles. Of course, any other foods that are in the grain family (including pasta, rice and snack foods) must also be banished during Phase 1.

Beverages: Rid your kitchen of any and all liquids that contain calories. For example, colas, fruit juices, sweetened teas, and mocha Frappuccino are all banished. This 'banned' list also includes alcoholic beverages, such as martinis, wine coolers and beer.

Cereals: All varieties of cereals are not allowed during the first two weeks of the diet. While some cereals are healthier than others, for now we want to minimize carbohydrate and sugar intake; it is easier to do so by eliminating the foods that the USDA utilizes as the foundation of its food pyramid.

Condiments: These are foods such as barbecue sauce, teriyaki dressing, honey mustard, ketchup or any sauce made with high-fructose corn syrup (the devil's candy, if you ask me) or sugar. Avoid even the low-fat or fat-free versions of dressings and sauces because fat is usually replaced by adding sugar. For your salads (and you will be eating salads!), try olive oil/vinegar dressings (vinaigrettes).

Dairy: Whole milk is a no-brainer to be eliminated (it is high in saturated fat) for the rest of your South Beach life; however, for right now you will also avoid dairy items until you graduate to Phase 2 of the diet.

Fish or Shellfish: We recommend eating these, and eating them often (but not batter-dipped and fried!). Do not throw these foods out— stock up on them.

Flour: As in the cereals and grains or breads, for now all flour is verboten.

Fruit: Since Phase 1 is very strict and about getting your body in gear for being used to eating a low-sugar, high-fiber diet, eliminate all fruit during the first phase of the diet. Don't worry, you'll start adding fruit back in— in just two short weeks.

Meats: On the whole, you will be allowed to eat plenty of meat on this diet, but not processed meats (key phrases to look for include 'honey-baked', 'maple-cured' or 'nuggets'). Also, during the first two weeks it is advised that dark, fatty meats (e.g., duck, goose, chicken or dark-meat turkey, liver, bacon, sausage, brisket, rib steak) be avoided.

Oils: No fats that are saturated. No butter or lard allowed on the South Beach Diet.

Vegetables: While in general vegetables are the safest foods to eat, Dr. Agatston asks that you do not eat potatoes, corn, beets, butternut squash and acorn squash during the first phase of the diet.

In general, if you follow these rules for cleaning out your kitchen, you are on the right track for being successful with the South Beach Diet. →

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A Meal Plan Overview

BREAKFAST COULD CONSIST OF:

- A serving of protein, such as eggs, lean meat, poultry, or cottage cheese
- At least one serving of vegetables or tomato juice or vegetable cocktail juice (V8)
- A calorie-free beverage such as coffee or tea

There is no limit on any of these foods except the dairy, so if you are still hungry, eat a little more.

LUNCH COULD CONSIST OF:

- A serving of approved protein (serving size not limited, but don't overeat)
- Several servings of vegetables, including beans (legumes). (In the South Beach book, almost all of the Phase 1 lunches are or include salads.)
- 1 to 2 tablespoons of salad dressing
- Dairy if desired (remembering the limits)
- Calorie-free beverage, such as water (sugar-free drinks, preferably with Splenda®)

DINNERS COULD CONSIST OF THE FOLLOWING:

Meals can be combined and cooked in any way, and spiced how you like. Some possibilities are: Mexican, Asian, or Italian-style, for example. The South Beach Diet book series has excellent recipes.

- A serving of approved protein (serving size not limited, but don't overeat)
- Several servings of vegetables, including beans (legumes)
- Dairy— check how much you have left, and add in as desired— you might want to save it for dessert.
- Approved fat for cooking or dressing vegetables— 1-2 tablespoons
- Calorie-free beverage

The South Beach Diet requires two snacks per day. The ideal snack has both a vegetable and a protein source. Are you sensing a theme? This is a controlled-carbohydrate diet, and all low-carb diets rely heavily on these two food categories.

You could stuff celery with tuna salad, dip raw veggies into a bean dip, or have a hard-boiled egg along with whatever raw veggies you fancy. Nuts are also an excellent snack, as they have protein and fiber together (note serving size).

For the carbohydrate-controlled eater, the post-workout recovery and repair nutrition can be one of these snacks. A post-workout carbohydrate/protein drink is recommended and can be counted as a snack. It should not be avoided on this diet at all or in any phase of the diet.

Sample Seven-Day South Beach Fat-Burning Plan

This menu plan assumes that you are active and engage in three workouts per week for 45-60 minutes, at a minimum. Therefore, the snacks. When you see a carbohydrate-protein drink, these should always be ingested within one hour of completing the exercise session.

KEY: Meals are listed as Meals 1 through 5. It is suggested that you do not go longer than 4-5 hours maximum between meals or meals and

snacks. Factor in exercise-recovery nutrition, too, in order to optimize your response to the exercise.

Every Day: It is important to drink plenty of fluids on this diet and lifestyle change program (especially prior to and between meals) and to consider supplementing with the following:

- Calcium (such as Tums®, Viactiv®, or a calcium-vitamin D supplement).
- Multivitamin with minerals (such as Twinlab Daily One without iron).
- Fiber (such as Benefiber or Metamucil with your nighttime meal).

Day One

Meal 1

12 oz. water
2 scrambled eggs (prefer the Omega-3 eggs)
¼ cup diced/cut mushrooms (add to eggs)
1 oz. low-fat cheese (mix in omelet)
2 strips of extra-lean to lean bacon
Coffee or tea (to taste)

Meal 2

Carbohydrate/protein drink (e.g., Myoplex Carb Control)
12 oz. water

Meal 3

2 cups of sliced lettuce (romaine, arugula, etc.)
1 cup of diced baby carrots and broccoli spears (mix into salad)
6 oz. grilled chicken breast (spice to taste, dice into salad)
South Beach's Caesar salad dressing (see supermarket), 2 tbspn.
16 oz. water

Meal 4

1 cup low-fat yogurt, sugar-free
12 oz. water

Meal 5

1 cup of miso soup
4 oz. grilled pork chop
1 cup of steamed (or microwaved) broccoli
1 small baked sweet potato (use SB book for recipe)
12 oz. water



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Day Two

Meal 1

1 cup 1 percent cottage cheese with ¼ cup chopped scallions
2 soft or hard-boiled eggs
1/2 small tomato, sliced
Coffee/tea (spiced to taste)
8 oz. water

Meal 2

Carbohydrate-protein drink (e.g., Myoplex Carb Control)
12 oz. water

Meal 3

Tuna salad: 1 cup tuna, 1 tbsp. mayonnaise, spices to taste; mix tuna and mayonnaise together.
2 cups lettuce (other than iceberg), assorted greens
Cucumbers, peppers, mushrooms, etc., sliced
1 tbsp. salad dressing (e.g., Kraft South Beach)
Top green salad with tuna salad
16 oz. water

Meal 4

'Roll-ups'— 3 slices deli meat, 3 slices low-fat cheese, 3 leaves romaine lettuce (e.g., deli ham, low-fat Swiss cheese, lettuce)
Place the cheese on the meat and lettuce on top, then roll up.
16 oz. water

Meal 5

6 oz. grilled salmon, brushed with 1 tbsp. olive oil, spices to taste
1 cup steamed broccoli
1 cup steamed cauliflower
16 oz. water

Day Three

Meal 1

4-6 egg-white omelet with ½ cup chopped spinach, 2 tbsp. chopped onions, ¼ cup chopped mushrooms
2 oz. low-fat cheese
6 oz. tomato or V8 juice
Coffee/tea (spiced to taste)
16 oz. water

Meal 2

Carbohydrate/protein drink (e.g., Myoplex Carb Control)
12 oz. water

Meal 3

Make a grilled chicken salad: 6 oz. chicken breast, grilled, sliced.
2 cups lettuce (other than iceberg) with other vegetables to make a salad
1½ tbsp. regular salad dressing (Kraft's South Beach).
12-16 oz. water

Meal 4

1 pear or apple
1-2 slices low-fat string cheese
12 oz. water

Meal 5

6 oz. salmon, baked or broiled with lemon juice, brushed with 1 tbsp. olive oil and chopped dill
10 stalks steamed asparagus
1 cup steamed summer squash
12-16 oz. water



Day Four

Meal 1

4-6 egg whites scrambled with 2 oz. low-fat cheddar cheese, ½ small tomato chopped, ½ cup chopped peppers
Coffee/tea (spiced to taste)
12-16 oz. water

Meal 2

Carbohydrate-protein drink (e.g., Myoplex Carb Control)
12 oz. water

Meal 3

6 oz. stir-fried shrimp with 2-4 cups total of: bamboo shoots, broccoli, snow peas, water chestnuts, peppers, etc. in 1 tbsp. sesame oil and 1 tbsp. light soy sauce
8 oz. water

Meal 4

1 cup low-fat or fat-free ricotta or cottage cheese with salt and pepper or sugar substitute and a sprinkling of cinnamon

Meal 5

6-8 oz. tenderloin steak, broiled
1 cup steamed zucchini, spiced to taste
1 cup pepper and onions stir-fry in 1 tbsp. olive oil, with 1 clove garlic and ½ small tomato, chopped
12 to 16 oz. water

Day Five

Meal 1

Omelet: 6 eggs (4 whole eggs and 2 egg whites)
Cut or diced mushrooms, onions, peppers
1 oz. shredded cheese
12-16 oz. water
Coffee/tea (spiced to taste)

Meal 2

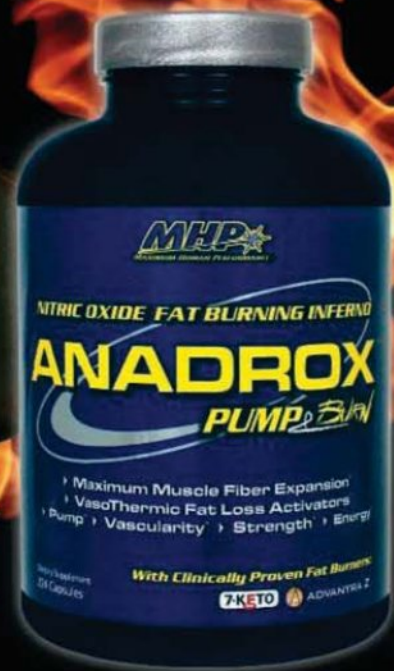
Carbohydrate/protein drink (e.g., Myoplex Carb Control)
12 oz. water

Meal 3

6 oz. grilled chicken breast
2 cups of steamed (spiced to taste) mixed vegetables
12-16 oz. water

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Meal 4
20 small nuts
12 oz. water

Meal 5
2 cups mixed

greens salad
Sliced and diced meats (2 oz. of each extra lean ham and turkey, cut into the salad)
1 cup of mixed vegetables (mixed into salad)
2 tbsp. salad dressing (South Beach)
12-16 oz. water

Day Six

Meal 1

3 whole eggs (fried egg, cook in Pam® or olive oil)
½ cup diced peppers and mixed vegetables, stir-fried, spiced to taste
6 oz. tomato or V8 juice
12-16 oz. water
Coffee/tea

Meal 2

Carbohydrate/protein drink (e.g., Myoplex Carb Control)
12 oz. water

Meal 3

2 cups of roasted mixed vegetables (to your taste, variety up to you)
4 oz. grilled chicken breast (spiced to taste)
12-16 oz. water

Meal 4

1 Sugar-free Jell-O®
12-16 oz. water

Meal 5

1 cup of soup (your choice)
1 small dinner salad
8 oz. grilled steak (tenderloin, flank, etc. — cooked to taste)
12 asparagus spears (cooked to taste)
12-16 oz. water

Day Seven

Meal 1

3-egg omelet with 1 oz. low-fat mozzarella and ½ cup diced onions, peppers and mushrooms
6 oz. tomato juice or V8
12-16 oz. water

Meal 2

Carbohydrate-protein drink (e.g., Myoplex Carb Control)
12 oz. water

Meal 3

1 hamburger (lean cut)
2 cups of mixed steamed vegetables
1 sugar-free Jell-O
12-16 oz. water

Meal 4

1 low-fat Polly-O® string cheese with 10 to 15 nuts
12-16 oz. water

Meal 5

6 oz. grilled chicken breast (spiced to taste)
2 cups of steamed/microwaved broccoli, cauliflower and mixed vegetables
12-16 oz. water

NOTE: If you are hungry after following this general menu plan, increase the serving sizes and/or add an additional protein drink as a between-meal snack. ■

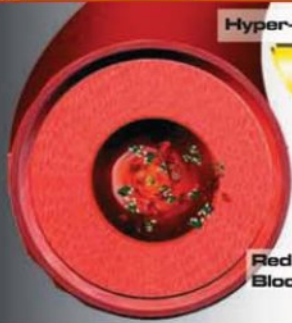
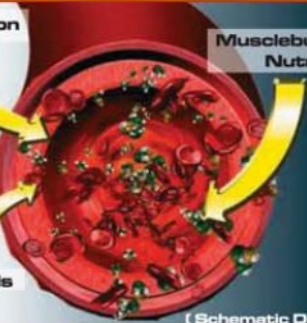
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Unlike inferior nitric oxide products that fail to deliver extreme training intensity and unmatched muscle pumps, Six Star Professional Strength N.O. Fury provides your system with a potent dose of pump-inducing ingredients that are designed to work synergistically to deliver the most overwhelming pump you've ever experienced! Just one serving of N.O. Fury pre-workout is engineered to trigger a nitric oxide reaction that dramatically expands your blood vessels, sending a tidal wave of nutrient-rich blood directly into your muscles for unmatched anabolism. Get on N.O. Fury today and experience the workout of a lifetime! Available at GNC, The Vitamin Shoppe, SuperCenters and other fine retailers.

A Blood Vessel on Regular Nitric Oxide	vs.	A Blood Vessel on Six Star N.O. FURY
 Hyper-dilation Red Blood Cells		 Musclebuilding Nutrients (Schematic Diagram)

Only minutes after your very first serving, the powerful Six Star N.O. Fury formula is designed to hyper-dilate your blood vessels, sending a tidal wave of anabolic-rich blood to your starving muscles – forcing rapid gains in muscle size and strength!



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KATARINA VAN DERHAM

To be desired is not uncommon in Katarina Van Derham's world.

Curvaceous with a tiny waist, sultry blue eyes and a great smile, a woman like Katarina, as the ancient Roman poet Ovid wrote, *will reduce young men to a thin nothing*. Born December 11, 1975, Katarina is a rare double fire: a Sagittarius with a lot of Aries—emitting a potent heat that complements her amazing physique. But Katarina is more than just a pretty face. As in poetry, to just appreciate the form without the content is a mistake. It's no secret that Katarina's amazing form shelters a spirit of immense depth and intelligence.

Katarina hails from the countryside, having grown up in very humble surroundings with no running water, in a

small town in Slovakia. At age 22, she courageously struck out on her own, with only \$500 in her pocket, leaving a mundane office existence for the freedom to live in what she considers "paradise." *Her good faith ought to make you blush*. As Katarina says, "Growing up in Europe, I never thought I could model. I came to the U.S. for the freedom and not for the entertainment."

While working as a waitress, Katarina was noticed by the wife of a photographer. Lo and behold, the first picture was snapped, capturing Katarina's passionate sensuality that she now chooses to share with the world. From the humblest abode to the metropolis of Los Angeles, where she now resides, Katarina, the St. Pauli Girl of 2009, has, through determination

and hard work, swiftly risen to the level of a supermodel with an incredibly successful international career. She has been featured on over 40 magazine covers and has shot several commercials for multinational companies. She has also made appearances on television's "CSI" and "Monk."

But this Eastern European beauty is unfazed by the glamour of Hollywood. As Katarina told me, "I believe life is what you make it and there are only choices. Life unfolds in front of us as we go. I have made all my dreams come true so far and I wake up every day being grateful for it."

As the love poet Pablo Neruda wrote: *A honey blonde went by like a golden plant swaying her gifts. After her we go. . . .*

PHOTOGRAPHY BY PER BERNAL, INTERVIEW BY CHERI OWEN





CO: Do you have a boyfriend?

KVD: I don't really date. I love being in a relationship! Relationships are what you make it and to me it should be a fun ride with your best friends. But not too many people have the same expectations from relationships and it's hard to find your best friend. So currently I am single.

CO: Is there a particular type of guy that you are attracted to?

KVD: I love men. I've had a very good relationship with my father who is my hero so I treat them right and with respect. I am attracted to men who are very deep and compassionate; men who can cry and are not ashamed for it; men who can stand up for what they believe. Unfortunately, Los Angeles is full of boys and not men.

CO: Do you feel there are differences in modeling between Europe and the U.S.?

KVD: Yes, big differences! In Europe it's all about high fashion, where in the U.S. it's more about glamour modeling and TV personalities. It took me a few years of living in California to realize the standards were different. I got into modeling when I was already 26 and found the entertainment industry to be great fun.

CO: How do you keep your amazing body in pristine shape?

KVD: I wasn't brought up to believe that looks matter. Nobody back home ever told me I am hot or beautiful. So I always put an emphasis on my education and work. To stay in the best shape is a full-time job and since I prioritize other things in my life, my looks always come second. I am happy the way I am but at the same time I know that I want to be better. I don't eat red or white meat. I've had too much growing up and just can't do it





anymore. I am very athletic and I have a strong frame. I love my muscles and I think I would be a great candidate for a bodybuilder. I can totally see what I would look like if I ever chose to pursue this. But instead, I prefer to stay feminine and curvier and that way my face also looks fuller.

CO: What are your hobbies?

KVD: I love to dance, cook and travel!!!! I love taking road trips and going to places I haven't been. And I love airports! LAX is one of my favorite places to hang out.

CO: What kind of music do you prefer?

KVD: I love '80s rock 'n' roll, glam metal and pop. I am a big fan of Bon Jovi, Motley Crue, Europe and all those feminine-looking guys. I also love dance, house and trance music.

CO: Are you close with your family?

KVD: I am very blessed to have the nicest parents. I have one brother, two years older than me who lives in Ireland.

CO: How do your friends, family and the general public react to your physique?

KVD: My family doesn't make any comments about it. All they care about is if I'm happy and





healthy. My friends know I'm a good model and even though I'm not perfect they like the way my body looks in pictures. And of course men think I have the best body. They just want to cuddle with me! LOL! But in general, everyone's taste and perception is different so I don't take anything personally—good or bad. All that matters is how I like myself and if I'm happy with it.

CO: When you are modeling, what goes through your mind?

KVD: Modeling to me is acting. I love playing different roles and putting myself in a different mindset. Photographers usually like to shoot my face even more than my body because I can deliver an interesting story and I'm not just about T&A like most of the models in L.A. I'm a deep person and it comes out.

CO: What do you consider your best feature?

KVD: I love my smile. It's very genuine and honest. I never fake it.

CO: Do you have a website and a way for fans to contact you?

KVD: Yes! It's

www.KatarinaVanDerham.com and
www.Myspace.com/katarinavanderham.

CO: Finish this sentence: I will be satisfied when...

KVD: ...I have built a bridge for those living in the dark, to cross over to the light. ■

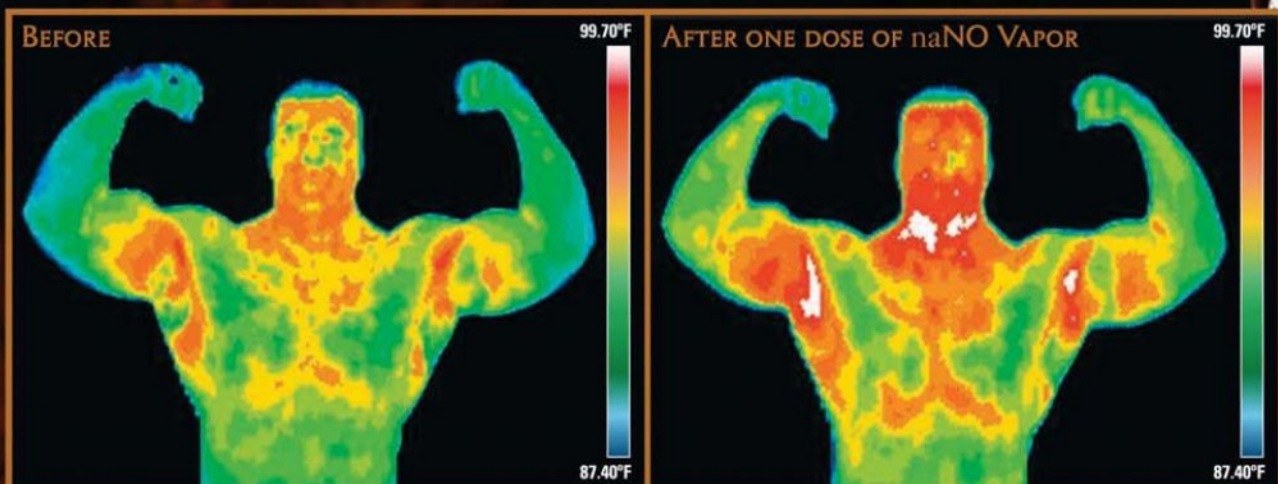


Witness the VASO-ANABOLIC WRATH of naNO Vapor

**EXAMINE THE SHOCKING
RESULTS CAPTURED ON
A DIGITAL INFRARED
THERMAL CAMERA WHEN
A REAL-LIFE CASE STUDY
WAS OBSERVED TAKING
naNO VAPOR!**

As the thermal image scrolls across the camera screen, a menacing profile takes form. Microscopic specs of energy are captured in masses of orange, red and white, engulfing the naNO Vapor® case study's muscular profile. "I could feel naNO Vapor immediately," he recalls. "it was intense, like a warm, pricking type of sensation rushing through my limbs, my head and the rest of my body." The spine-tingling surge of naNO Vapor aggressively weaves its way into the cells of his body, forcing its dominating power upon him.

Mere seconds pass, and a vicious rush of blood begins to prime his arms, preparing to stretch his skin to a film-thin consistency. Each muscle fiber wickedly pulsates as he moves into his rear lat spread for the proceeding scan. Now learn how Team MuscleTech™ researchers utilized Digital Infrared Thermal Imaging (DITI) technology to unveil the intense power of naNO Vapor – the World's Strongest Vaso-Anabolic Psychoactive Experience™.



Within minutes of the case study that documented him consuming a full dose of naNO Vapor, specific areas of the subject's skin surface temperature skyrocketed to near max levels. As illustrated in the After image 30 minutes later, you can see significant increased red and white hot spots throughout his shoulders, chest and arms. This shows the immediate and explosive metabolic and vasodilatory abilities of naNO Vapor.

A close-up, high-contrast photograph of a Black male bodybuilder. He is flexing his pectoral muscles, which are extremely defined and covered in a layer of oil, giving them a shiny, metallic appearance. He is holding a metal handle or bar with his right hand, which is also flexed. The background is dark and out of focus, with some faint, stylized red and yellow patterns visible in the upper right corner.

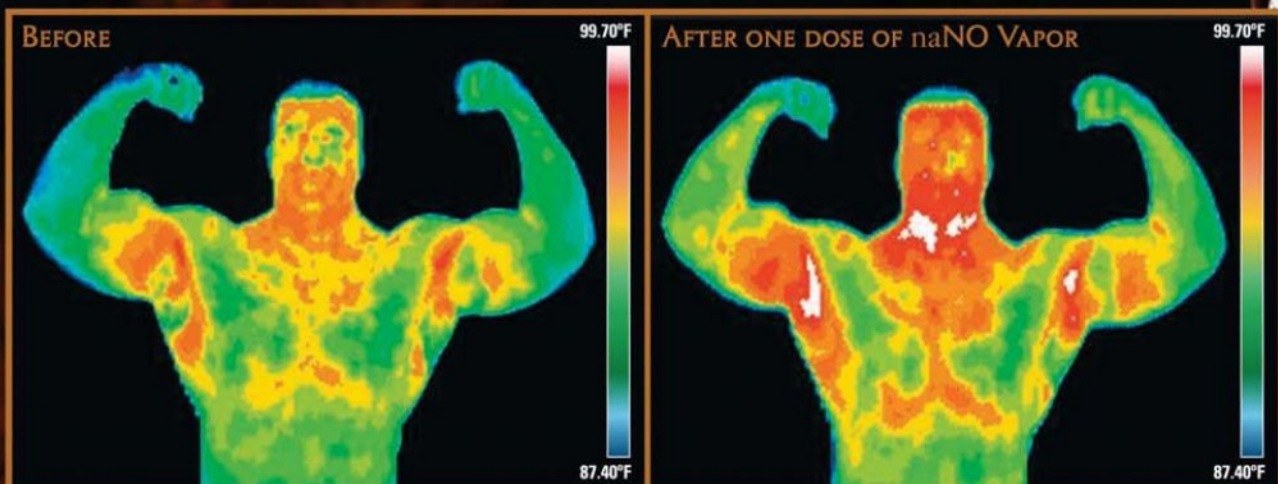
"WITHIN MINUTES,
naNO VAPOR SLAMS AN
INTENSE RUSH OF POWER
THROUGH YOUR MUSCLES
FOR EXTREME PUMPS!"

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A close-up, high-contrast photograph of a very muscular Black man. He is shirtless, showing extreme muscle definition in his chest, shoulders, and arms. He is holding a metal handle of a lat pulldown machine with his right hand, and his left arm is also visible, showing similar muscle definition. His face is contorted with effort, eyes closed, and his mouth is slightly open. The background is dark and out of focus, with some red and yellow geometric patterns visible in the upper right corner.

"WITHIN MINUTES,
naNO VAPOR SLAMS AN
INTENSE RUSH OF POWER
THROUGH YOUR MUSCLES
FOR EXTREME PUMPS!"

Pushing the Human Physiological Limits

Using a state-of-the-art imaging technology, researchers have captured naNO Vapor's ability to ignite ferocious muscle pumps that will shock your muscles with size every training session. By measuring the skin's heat generated by key physiological processes, Digital Infrared Thermal Imaging (DITI) was able to display the overwhelming

"naNO VAPOR IS ENGINEERED WITH A ZERO WAIT-TIME FORMULA FOR IMMEDIATE VASO-MUSCULAR PUMPS!"

aftermath of naNO Vapor®. In fact, the infrared camera is so advanced it can detect and capture accurate readings within 0.2°F in just seconds!

The Devastating Power of naNO Vapor

Biomedically engineered with Nano-Diffuse™ Technology, a precise portion of the key

compounds in naNO Vapor's formula are reduced to a micron size that is up to 7,400 percent smaller than the compounds found in regular pre-workout products. This advanced technology is engineered to dramatically enhance the speed of absorption. As you train, naNO Vapor invades your system and fires up the musclebuilding process, and your skin's temperature will begin to rise. Just one hit of the potent formula unleashes its unstoppable power on anyone's neurological, metabolic and vasodilatory systems.

As the potent blends begin to take action within your core, you'll feel an intense cerebral awakening supported by NeuroAMP™ – naNO Vapor's psychoactive signaling intensity catalyst. Channeling iron-crushing psychological power throughout your system, naNO Vapor's key neuro-stimulating agents will have you entering the gym with razor-sharp focus. Almost instantly, your blood will be flooded with Vasoprime™ – a matrix so intense that you'll feel its uncontrollable rush screaming through your blood vessels, igniting skin-splitting and growth-activating muscle pumps.

Unleash a Maximum Anabolic Blood Rush

Now unchained by a shocking pump, anabolic hormones begin to race through your system with relentless intensity. With each serving of naNO Vapor, you get a key ingredient clinically documented to increase post-workout growth hormone production. The delivery of this primary anabolic messenger hormone sends a powerful musclebuilding signal directly to your muscle fibers. Now rapidly saturated with anabolic-rich blood, your muscles are infused with the insanely powerful

"naNO VAPOR SKYROCKETS YOUR TRAINING INTENSITY THROUGH THE ROOF!"

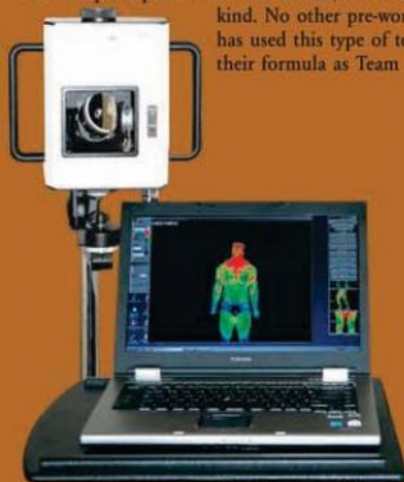
AnapheX™ signaling complex. Designed to maximize the pathways for anabolic signals and shielding off catabolism, its potent makeup of compounds forces you into an unstoppable state of growth. Intravol then prepares your muscle bellies

RAPID EFFECTS OF naNO VAPOR

Captured Through Digital Infrared Thermal Imaging (DITI)

Unlike your regular camera, the scanner-type infrared camera used to shoot the case study captures the energy existing beyond your normal visual spectrum – "energy" known as infrared radiation. Infrared radiation is emitted from the skin's surface and converted into powerful electrical impulses that are visualized in the form of colored pixels on the camera screen.

With a heat-sensing ability between 50°F and 104°F, DITI measures the thermal energy produced throughout your body's physiological systems, including those crucial to all-out muscle growth. This is precisely the reason why Team MuscleTech™ researchers used this advanced technology to demonstrate the metabolic and vasodilatory effects of naNO Vapor's potent formula. In fact, this research is so groundbreaking, it's one of a kind. No other pre-workout product developer in the industry has used this type of technology to demonstrate the effects of their formula as Team MuscleTech has done with naNO Vapor.

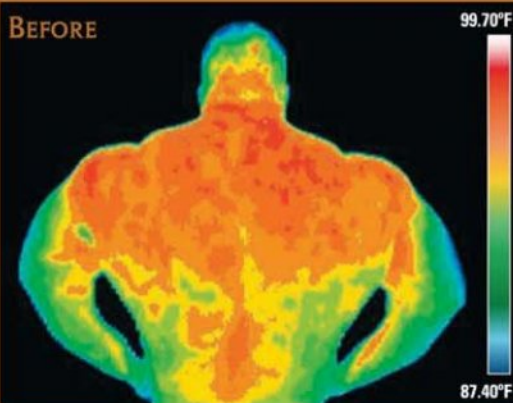


► ADVANCED TECHNOLOGY USED IN NUMEROUS MEDICAL FIELDS

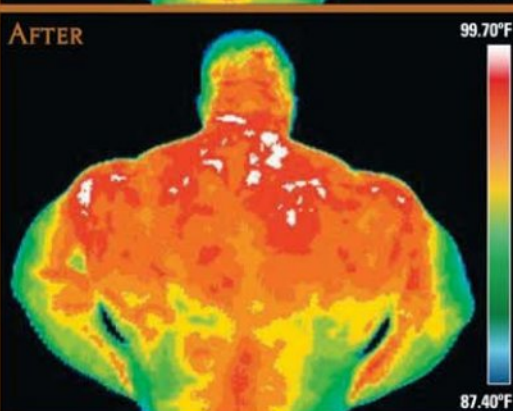
► DETECTS AND CAPTURES THERMOGENIC HEAT PRODUCTION FROM THE BODY (50°F TO 104°F)

► HIGHLY ACCURATE – MEASURES AND PRODUCES ACCURATE READINGS WITHIN 0.2°F

BEFORE



AFTER



Before shot was taken at 0 minutes and After shot was taken at 30 minutes.



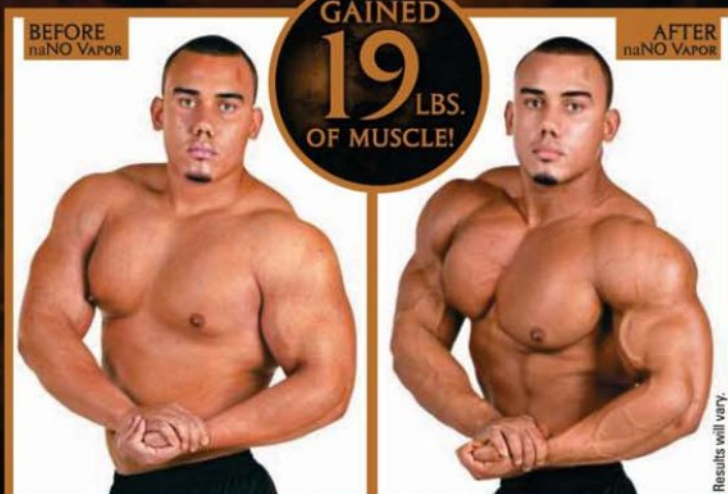
The key ingredients in naNO Vapor have been studied by world-class researchers in university laboratories and state-of-the-art testing facilities.

for accelerated construction once anabolic levels are tweaked and ample nutrients have been pile-driven into muscles. Designed to work at the intracellular level to maximize hypertrophy, the cell volumizing complex supersaturates your system, triggering rapid and dramatic increases in size. And to guarantee that your metabolic machinery is cranked for explosion, naNO Vapor® unleashes Infernogen™ – a lipid inferno fusion driver designed to maximize thermogenesis during your workouts.

With six complexes working to turn every workout into the ultimate muscle-building experience, Team MuscleTech™ researchers have created a monster with naNO Vapor. Once you've been consumed

"naNO VAPOR TRIGGERS A MONSTROUS NITRIC OXIDE BLOOD RUSH FOR RAPID INCREASES IN SIZE!"

by its indescribable power, you'll literally want to train all the time, constantly hungry for more naNO Vapor. To maximize your muscle growth even further, stack naNO Vapor with the #1 selling protein and creatine formulas – Nitro-Tech® Hardcore and Cell-Tech™ Hardcore.



"From the very first workout on naNO Vapor, I noticed my muscles were fuller, more dense and my strength was through the roof. I would definitely recommend naNO Vapor to anyone looking to experience the best workouts of their life." – Armando Pena

Read the label before use. © 2009. Armando Pena also used other MuscleTech® supplements during his 17-week transformation and has been remunerated. In a 21-day study, test subjects using a key ingredient in naNO Vapor gained 4.84 pounds of muscle. For more information, visit VaporExperience.com™.



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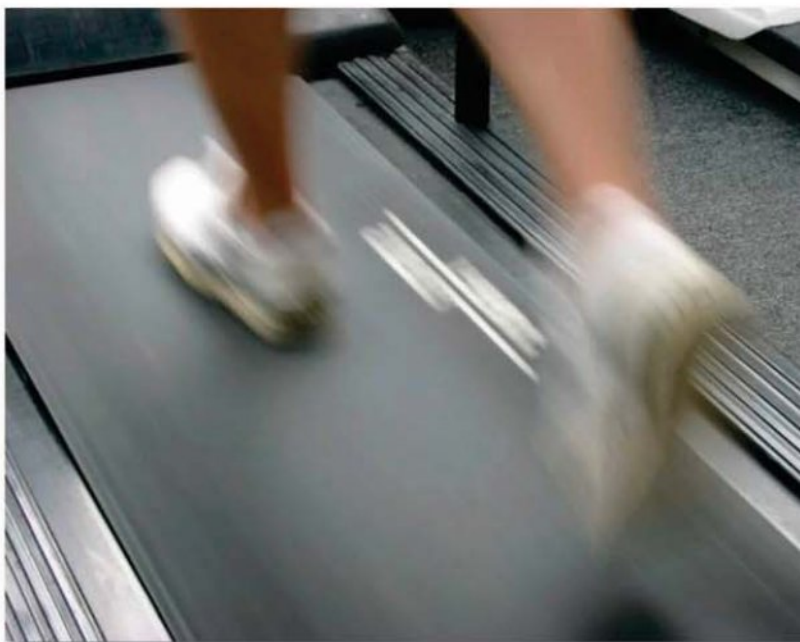
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WANT TO IMPROVE YOUR FITNESS?

RAISE YOUR LACTATE THRESHOLD



You're well into your daily run and your legs are feeling heavy and nonresponsive. You've lost most of the 'pop' or power in your stride. It's getting difficult to maintain your running rhythm and stride rate. That 'big 'ole bear' has just jumped on your back again. Does that situation sound familiar? If you are an experienced 5K or 10K runner, you have certainly felt those unpleasant sensations during the final miles of your races. Why? Because you've crossed that vague and imprecise barrier that is known as your lactate threshold or anaerobic threshold.

During running, or any other physical activity, one of the ways your body produces energy is through a process called glycolysis. During this process, a substance called lactic acid is produced. At low running speeds, your body will process and use that lactic acid to produce even more energy. When you increase your running intensity, more and more lactic acid is produced. Eventually, lactic acid is produced so fast that your body can no longer keep up. The lactic acid begins to build up. This point is your lactate turnpoint, or lactate threshold.

Not too long ago, it was believed that the accumulation of lactic acid was the cause of those unpleasant feelings of fatigue in 5K and 10K races. The latest research has disproven that theory. Now it's thought that lactic acid actually helps *prevent* fatigue. There are other changes that take place in your body at your lac-

tate turnpoint which contribute to fatigue. Hydrogen ion buildup, extracellular potassium accumulation, calcium leakage and central nervous system protective mechanisms are all fatigue-inducing processes that take place at your lactate turnpoint.

Do You Still Need Lactate Threshold Training?

If lactic acid isn't the primary cause of fatigue, do you still need lactate threshold training? Yes, you absolutely do. While lactic acid accumulation may not be the direct cause of fatigue, the processes which cause high-intensity running fatigue still take place at the same point—right at your lactate threshold. At this point, science still doesn't have a concrete answer to the precise causes of running fatigue—just a lot of theories. But most agree on one thing: the best way to improve your running performance and fitness is to raise your lactate threshold. The best way to improve your lactate threshold is by training at paces that flood your body with lactic acid. That means training at or near your 10K pace.

Tempo Training or Lactate Threshold Training?

A common mistake made by many athletes is lumping together tempo training and lactate threshold training. True tempo training is performed at paces between 45 to 15 seconds slower than 10K race pace, while true lactate threshold training is done at paces faster than

10K pace. So why are the two often lumped together? There are a couple of reasons for that.

First: for many years, tempo training was considered the best way to improve lactate threshold. The tempo run became the staple workout for lactate threshold improvement. Habits are hard to break, so many runners still rely too much on tempo training.

Second: tempo training still is a form of lactate threshold training, albeit at the lower end of the lactate threshold spectrum. The slower pace of tempo training is not an ideal running intensity for lactate threshold improvement. Running at 10K pace or faster is required to maximize your lactate threshold improvement. But the high intensity of lactate threshold training makes it impossible or at least inadvisable to perform long repeats on a consistent basis. That is where tempo running becomes an extremely valuable workout.

The more moderate pace of tempo running allows you to complete longer training runs at a pace that still gets your glycolytic system operating at a high level. So you need both tempo training and lactate threshold training to maximize your fitness level. Tempo training will improve your stamina, while lactate threshold training will maximize lactate turnpoint improvement.

Lactate Threshold Workouts

One of the great things about distance running is you can design an unlimited number of different workouts. You should never be bored! Here are just a few lactate threshold treadmill workouts that will make your lactate threshold soar along with your fitness level. For each of these workouts, set your treadmill incline at 1 percent or level 1. Make sure you warm up with around 5 to 10 minutes of easy treadmill running before you begin these workouts.

Each of these workouts is based upon 10K race pace. If you don't know your 10K pace, you can monitor your speed using either your perceived exertion level or your heart rate. Your heart rate at 10K pace should be around 85 percent of your maximum heart rate. If you use your perceived exertion, your workout should feel moderately hard or about a level 7 to 8 on a scale of 1 to 10, with 1 equaling sitting in a chair and 10 equaling all-out effort.

30-Minute Tempo Run

This one is a very simple but enjoyable and effective training run. After a brief warm-up, run for 30 minutes at about 20 seconds per mile slower than your 10K pace. Your heart rate should be at around 80 percent of your maximum heart rate. You should feel like you are running at a moderate to moderately-hard pace, or about level 7 on the perceived exertion scale.

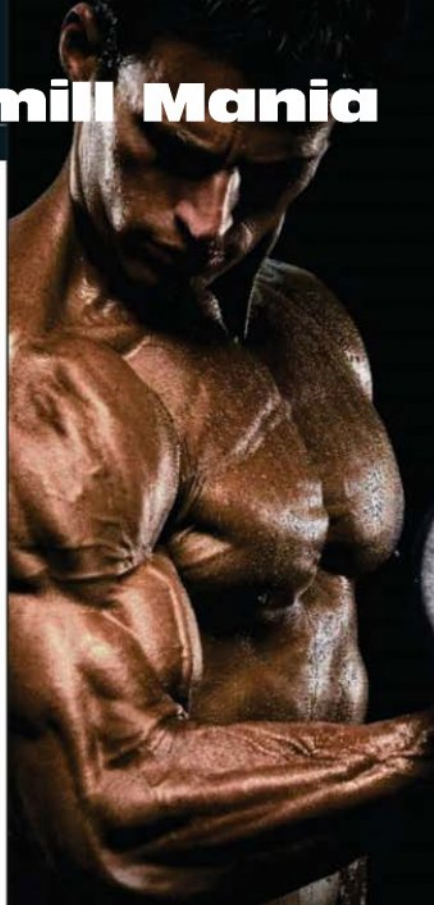
One-Mile Repeats

This is a very basic lactate threshold interval run using mile repeats. After a warm-up, run six 1-mile repeats at 10K race pace. Recover between each repeat with 2 minutes of rest or easy jogging.

6 x 400/1200 Meter Compound Sets

This workout combines running at two different speeds and is perfect for your treadmill. Warm up and then run 400 meters or one-quarter mile at a very hard, almost maximal pace. With no recovery, slow down to 10K pace for 1,200 meters or three-quarters of a mile. Recover with 2 minutes of easy jogging. Repeat five more times for a total of six compound sets.

Happy Treading!



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Interval Treadmill Running Stimulates Acute Increase in Growth Hormone and Testosterone!



So you read the *Explosive Lifting for Muscle Hypertrophy* article, but now it's time to give you some more good news— explosive contractions, such as those on a treadmill, are also good for fat loss. Most men walk on the treadmill and say, “I am getting one hell of a workout!” According to new research, if you want to see those abs, you have to hike up your intensity! Sprinting on a treadmill is one of the most potent stimulators of GH and testosterone known to man. Often these all-out sprint exercises produce larger increases in GH/testosterone than most traditional resistance-training routines.

Sprint Yourself Leaner!

Previous studies found that *intensity of exercise* is a potent stimulator of anabolic hormones. Sorry, but standing next to the water fountain talking to women at the gym or reading the newspaper while on the treadmill is not going to enhance fat loss or increase anabolic hormones, but high-intensity sprinting will. It was recently reported that there were large increases in GH secretion after 30 seconds of supramaximal anaerobic exercise (high-intensity cycling to complete exhaustion).¹

In a recent study in the *Journal of Strength and Conditioning Research*, researchers examined the anabolic hormone response to a sprint interval session of 4 sprint sessions x 250-meter run on a treadmill, at a constant intensity of 80 percent of the personal maximal speed. Each run was separated by 3 minutes of rest. Blood samples were collected after each 250-meter run, to assess a cumulative effect of each sprint, and 1 hour after the last run to evaluate the recovery effect. Hormonal measurements included circulating levels of the anabolic hormones GH, IGF-1, IGF, and testosterone, and the catabolic hormone cortisol.

Sprinting on a treadmill was associated with significant increases in GH, testosterone, and the testosterone/cortisol ratio.⁴ These results indicate

that brief intense sprints led to an anabolic-type hormonal response. The sprint interval exercise was associated with increases in testosterone levels and the testosterone/cortisol ratio. The testosterone/cortisol ratio is used frequently as an indicator of the anabolic-catabolic balance to determine the physiological strain of training.^{2,3} Therefore, the increased testosterone/cortisol ratio, increasing after the brief sprint interval exercise, may indicate anabolic adaptations to high-intensity exercise. So if you really want to get shredded, how important are the acute increases in GH for fat loss?

Higher Intensity Exercise Results in Greater Fat Loss

Men in the gym have always known that increasing exercise intensity increases fat-burning, but the mechanism was not really clear. Perhaps the most compelling evidence on the effects of high-intensity exercise came in 1994 in the journal *Metabolism*. This study tracked two groups of people undergoing different modes of exercise. Group 1 did zone aerobic training for 20 weeks, while Group 2 did 15 weeks of a high-intensity interval program.

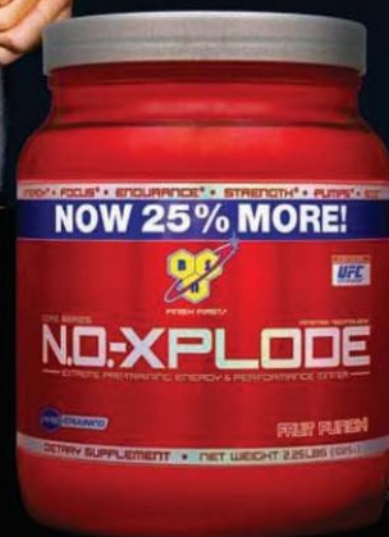
The researchers wanted to see how each program would affect body fatness and metabolism. The results showed that the aerobic group burned 48 percent more calories than the interval group over the course of the study. However, despite the huge caloric disadvantage, **the interval group had a ninefold greater loss in subcutaneous fat.** Additionally, resting levels of 3-hydroxyacyl coenzyme A dehydrogenase (HADH), an enzymatic marker of fat-burning, were significantly elevated in the interval group.⁵

High-intensity interval training does not burn a lot of calories during exercise, but it's the post-exercise period which is dramatically different. It has been shown that there is a rise in fat-burning during the post-exercise period after high-intensity interval training.⁶ Something is going on in the post-exercise period that

Antony Galvan
U.S.A. MASTERS NATIONAL CHAMPION



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was causing the high-intensity group to burn more fat. The trigger for this increase in post-exercise metabolism fat-loss seems to point toward GH.⁷

GH Increases are Dependent on Training Intensity

The most powerful, non-pharmacological stimuli for GH secretion are sleep and exercise. Exercise is a powerful stimulator of GH secretion, and the size of the increase in exercise GH is related to the exercise intensity.⁸ A single 30-second treadmill sprint to exercise failure produces a near-maximal GH response with GH levels remaining elevated for at least 60 minutes post-exercise.⁹ As serum GH was still approximately 10 times higher than baseline after 1 hour of recovery after maximal sprint exercises, it is suggested that the exercise-induced increase in GH could have important physiological effects in building mass, including increased protein synthesis and sparing of protein breakdown, leading to increased muscle mass.

The GH Preferentially Burns Abdominal Adipose Tissue

An interesting phenomenon about GH is that it stimulates adipose tissue fat mobilization after a delay of approximately 2 hours. During sleep, the peaks in GH result in maximal levels of free fatty acids about 120 minutes later.¹⁰ Additionally, GH increases circulating levels of glycerol and free fatty acids in GH-deficient men, after a lag time of 2-3 hours.¹¹ So if you are trying to get ripped up, is one little peak in GH during your workout going to make that big of a difference in your physique? You're damn right it will!

Researchers took subjects and gave them a dose of GH, but kept it in the physiological range; a single GH spike increased fat mobilization in femoral (thigh) and abdominal adipose tissue, the greatest increases being more prominent in the abdomen. The more pronounced effect of fat mobilization in abdominal adipose tissue may be the reason why GH-deficient men look like they are pregnant and hold most of their fat in their stomachs. The lipolytic response is two- to threefold more pronounced in the abdomen; the effects of GH will lead to preferential loss of abdominal subcutaneous fat.¹²

When obese men are administered GH, the fat seems to just melt off. For example, 30 men with abdominal/visceral obesity were treated with recombinant human GH in a nine-month randomized, double-blind, placebo-controlled trial. The mean total body fat dropped by 9 percent; moreover, the volume of visceral adipose tissue (stomach) decreased by 17 percent, whereas no changes were seen in the placebo group.¹³

No Increase in Post-Exercise Fat Utilization Without Acute Exercise Increases in GH

Since there is a delay in GH's effect on fat metabo-

lism, back in 2005 researchers wanted to see exactly what acute increases in GH did to fat metabolism after exercise, so they gathered some test subjects and had them cycle at 70 percent of their peak exercise capacity. Post-exercise fat metabolism was directly related to the acute rises in GH that occurred during the exercise protocol.¹⁴ Based on the study, the best way to increase your fat metabolism post-exercise is to increase your GH. It is well-established that prolonged rest periods (3-5 minutes) result in very small rises in GH, compared to taking short rest periods which lead to large increases in GH.

Is there any metabolic advantage of the large increases in GH that occur with short rest periods for increasing fat metabolism? According to a new study, the acute increases in GH are essential for increasing post-exercise fat utilization. Here was the study design: researchers had subjects exercise for 1 hour, one group serving as a control group, while one group of subjects received a infusion of octreotide (a potent inhibitor of growth hormone), which as an injectable formulation for the treatment of acromegaly (GH excess).

The control group had a fourfold rise in GH, while the group receiving octreotide had a blunted GH response during exercise. Researchers found that post-exercise fat utilization in subcutaneous adipose tissue was increased, due to GH, while it remained unchanged in the group receiving the drug that blunted GH responses during exercise.¹⁵ Researchers suspect the reason GH peaks about 2 hours after an intense bout of exercise is that glycogen needs to be replenished during that time so high levels of GH increase fat mobilization, sparing glucose to be incorporated into glycogen. So if you are looking to get ripped up, in addition to diet, large increases in GH from high-intensity exercise may facilitate this process.

GH has Direct and Indirect Actions on Fat-Burning

The fat-burning properties of GH are well-documented. Studies in fat cells and in human and animal models have shown that in addition to its direct lipolytic (fat-burning) effect on adipose tissue (demonstrated by stimulation of basal fat lipolysis),^{16, 17, 18, 19} GH can also increase fat loss by blocking fat storage. 11beta-HSD1 converts the inactive glucocorticoid, cortisone, to active cortisol in adipose tissue; 11beta-HSD1 is highly-expressed in human adipose tissue,²⁰ and overexpression of adipocytes in a rodent model leads to central obesity.

It was shown that exogenous GH is able to inhibit 11beta-HSD1 activity in patients with simple obesity, which means GH blocks cortisol from binding to the adipose tissue receptor limiting fat storage.²¹ Small pulses of GH, designed to mimic physiologic pulses,

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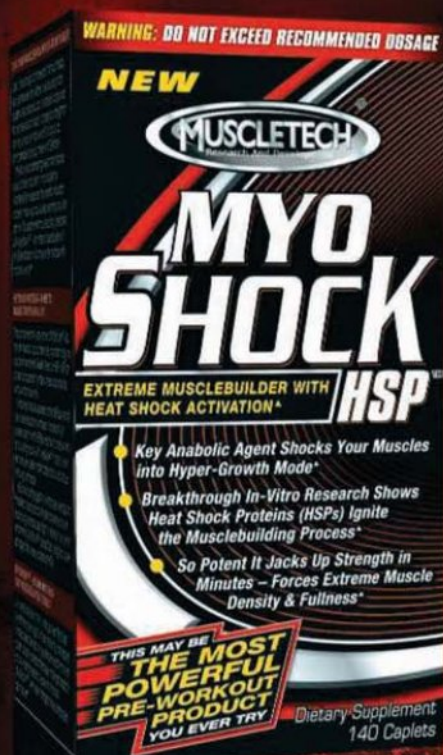
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have been shown to induce a dose-dependent stimulation of fat oxidation and increase circulating levels of FFA and glycerol.²² In normal subjects, the onset of exercise leads to a threefold increase in the rate of fat oxidation and a rapid increase in uptake of free fatty acids into skeletal muscle where fat is burned as a fuel source.²³

It seems GH's biggest impact on fat metabolism is during the post-exercise period. For example, fat oxidation was studied in GH-deficient subjects during and following discontinuation of long-term GH replacement. Discontinuation of GH was not associated with any change in fat oxidation at rest, but resulted in a marked reduction in fat oxidation and fatty acid release into the circulation during and following exhaustive exercise.²⁴ In a similar study, GH-deficient adults who were receiving long-term GH replacement on two separate days, once with and once without a bolus of GH administered intravenously at the start of exercise. The protocol resulted in an increment in circulating GH levels during exercise that was indistinguishable from that seen in healthy normal subjects. Under resting conditions, there was no effect of GH, while during and following 45 minutes of exercise at

lactate threshold there was greater fat oxidation following GH administration.²⁵

In sum, incorporating brief sprinting exercises while you are on the treadmill will lead to not only large increases in anabolic hormones, but also a slimmer waistline. High-intensity interval training is a great method of high-intensity training to reduce body fat and help the cardiovascular system. If you have never exercised before, you may want to spend some weeks building a base of conditioning so that you can adapt to the high level of intensity. Assuming you have a good base to work from, this is a good way to begin, but look for some impressive changes in your physique. ■

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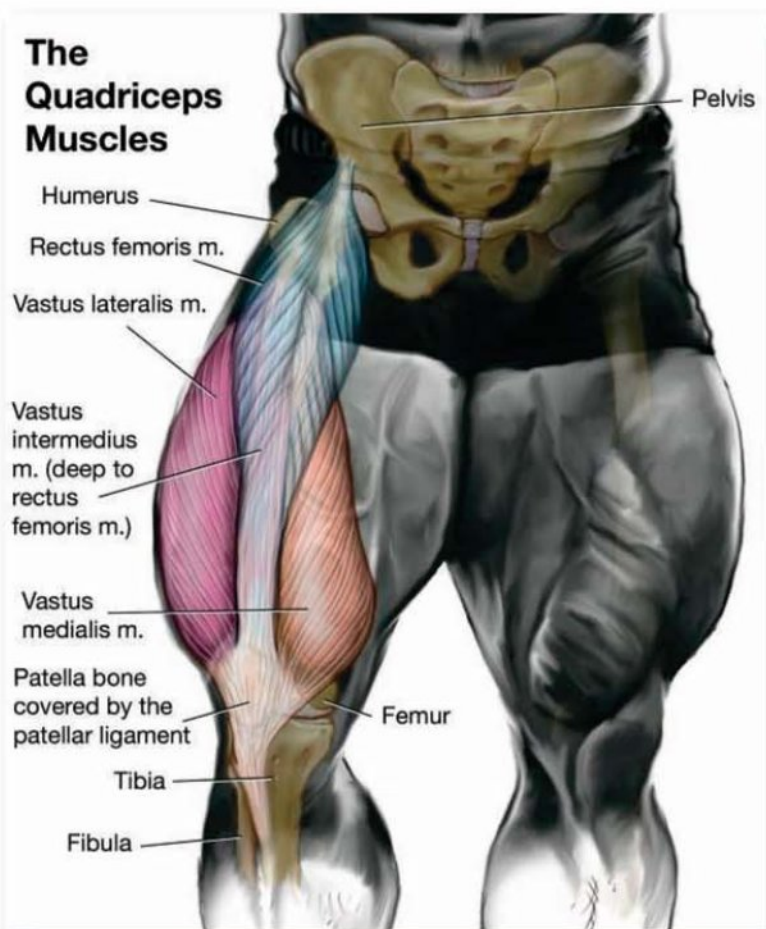
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Building thigh mass takes years of gut-busting effort— e.g., heavy barbell squats with enough resolve so you feel like your blood vessels will implode and scatter your lifeblood across the gym floor and walls. Such is the effort needed if you want to develop huge thigh mass.

However, extreme mass is not the *only* objective serious weight trainers. Sometimes you see the guy in the gym who has achieved huge thigh mass, but he has not bothered to think much about symmetry— and he has failed to mold his thighs into sharp, carved pillars of marble. The result is that a smaller guy with harder and better-shaped legs looks better. This is because winning thighs have some combination of size and thickness, but also possess sharp and defined granite-like *symmetrical* muscle thigh bellies.

If you have been seriously lifting for a few years and your thighs have already acquired good mass and thickness, it may be time to reassess your training achievements and goals and think a bit more about thigh shape. That does not mean that you have a free

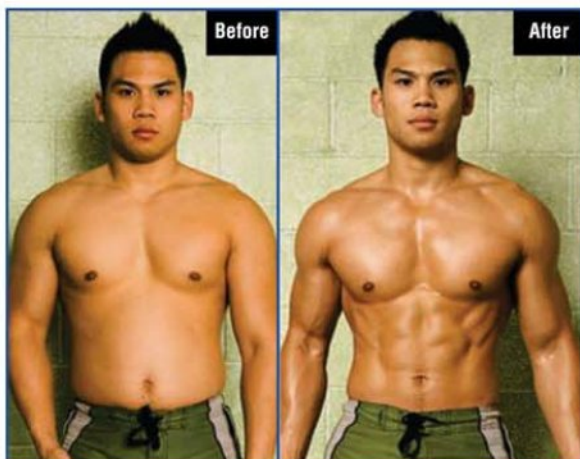
ticket to slack off; what it does mean is that you should not depend solely on heavy barbell squats for all of your thigh development.

The Smith machine squat is one good way to supplement heavy barbell squats. The Smith machine can help you maintain thigh mass, while simultaneously burning deep grooves between your muscle bellies in the front of your thigh. It allows a smooth vertical lift (which is a bit different than a regular barbell squat) under constant tension and because it has built-in safety pegs, it's also great for those who might want to lift heavy loads, but prefer to work out alone. Either way, the potential payoffs for this exercise are huge.

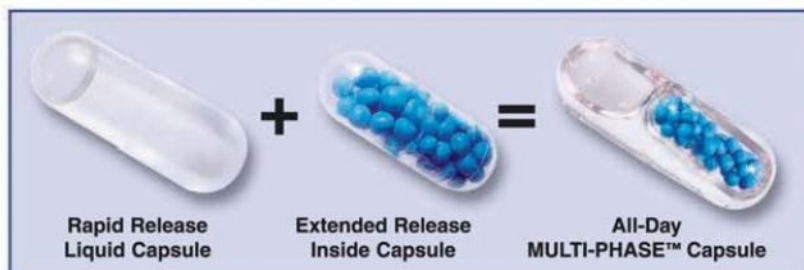
Muscles Activated

The Smith machine targets the quadriceps muscles of the thigh quite strongly and differs a bit from regular barbell squats, which also strongly activate the erector spinae muscles of the back and the gluteal muscle group. The quadriceps femoris ('quads') is a family of four muscles of the anterior (front) thigh. These include

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the rectus femoris muscle and the three vastus muscles. The fibers of the **rectus femoris** muscle (rectus=straight) run straight down from the hip, along the front of the thigh and join the quadriceps tendon above the kneecap (patella). The rectus femoris extends the leg at the knee joint. The rectus femoris begins at the hip bones, so when the hip is flexed (during the low part of a squat), it is slackened and therefore functionally weakened. The **vastus medialis** muscles cover the medial (inner) part of the thigh. The **vastus intermedius** muscle is positioned between the vastus lateralis and the vastus medialis muscle, but it is deep to the rectus femoris muscle. The **vastus lateralis muscle** is positioned on the lateral (outer) part of the thigh. The three vastus muscles begin on the femur bone of the thigh and all attach to the upper border of the patella by the quadriceps tendon. The patella is attached to the tibia bone of the lower leg by the patellar ligament. As the muscles of the quadriceps shorten, they pull on the tibia by way of the quadriceps tendon and patellar ligament, so the leg extends (i.e., knee straightens) at the knee joint. The three vastus muscles are not affected by hip angle, so they are active throughout the squat on the Smith machine.

Smith Machine Squats

It is wise to spend 5 minutes warming up your knees and thighs before any type of squat. This increases the blood flow to the knee structure and decreases the viscosity of the synovial fluid, which lubricates the knee joint during movement.

1. Place the bar on the Smith machine about 4-6 inches lower than your shoulders. Make sure the safety pegs are adjusted at the right height, so they will stop the bar if you get deep into the lift and can't come up. Add the plates to the bar, but start a bit lower than you would for a barbell squat, at least to begin with.
2. Face the bar and bend your knees slightly. Once you are under the weight, the bar should rest over the trapezius muscles in the same manner that you would have it sit in a regular barbell squat. You may want to wrap a towel or a foam pad around the bar to cushion it against the shoulders.
3. Twist the bar to unrack it and then straighten your knees. Take a small step backward from the rack. This will allow you to move vertically and help to concentrate the effort on the quadriceps. Place your feet about 10-12 inches apart. Although your foot position can be wider, most research suggests that wider foot placements will not improve the activation of the vastus muscles. You should also find a comfortable foot position with your toes pointed slightly outward (but not too much) because this will help you keep your balance. Try to keep your knees and toes in line.
4. Take a deep breath and slowly squat downward, taking about 3-4 seconds to reach the bottom position. Continue squatting until your knee angle is about 90 degrees of flexion. Keep your head up and look forward as you squat.
5. After reaching the bottom, stand up by straightening your knees. Do not explode out of a position with an extremely bent knee; this could cause serious injury. Starting slowly upward will help protect your knees in this vulnerable position. After you are partway up on the first rep and in subsequent reps, you may accelerate the weight upward; this will be especially effective in recruiting the largest and fastest fibers of your thigh. Of course,

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Formadrol					4 Caps / Day
TRIFECTA KIT	Week 1	Week 2	Week 3	Week 4	Week 5-6
Methyl 1-D	4 Caps / Day	4 Caps / Day	4 Caps / Day	4 Caps / Day	
Methyl Masterdrol	4 Tabs / Day	4 Tabs / Day	4 Tabs / Day	4 Tabs / Day	
Formadrol					4 Caps / Day

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Androgenic Activity	10*	7
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Strength	10*	8
Hardening	10*	7

** Anabolic Rating is the muscle building profile of this compound

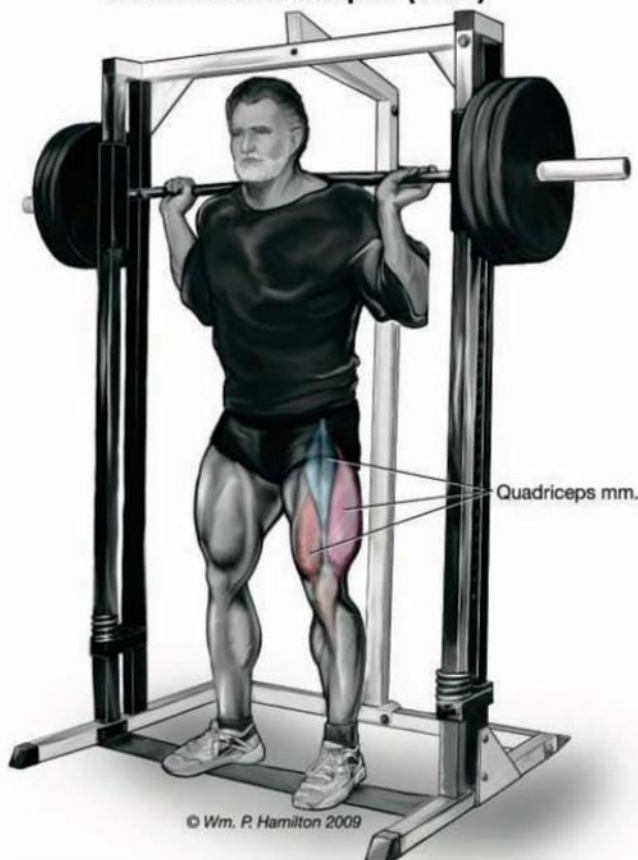
*** Androgenic Rating is the androgenic intensity of the compound and things like sex drive/focus



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Smith Machine Squat (start)



'jerked' or exploded into the extended position.

7. The next repetition is the same as the first; the body is slowly lowered into the squat position, but is raised with a healthy thrust upward.

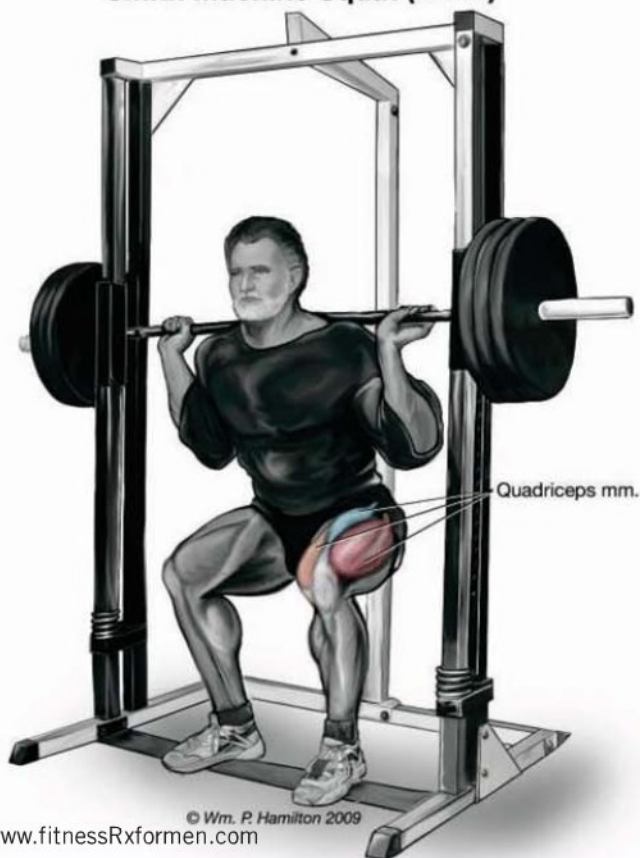
8. Don't forget that you must 'rack' the bar at the end of your set. This means that you must not forget to give the bar a bit of a twist to engage the hooks to hold the bar. Of course you can rack the bar wherever you fail.

Smith machine squats reduce the work of the gluteal and the spinal muscles and maximize the efforts of the quadriceps muscles (as compared to barbell back squats). However, because you don't have to worry about balance, you should be able to lift pretty decent weights. This does not mean that you need to have super-human efforts, as the knees are also under quite a bit of tension in the vertical squat on a Smith machine. For my money, medium-

the other fibers will eventually be recruited, as you move closer and closer to the point of muscle failure, so it is important to push yourself hard as you complete the next repetitions.

6. You should avoid locking out your knees at the top position, because the stress will be removed from your quadriceps and the bones of the hips and thigh will transmit the force downward without the need for muscle activation. In fact, this becomes a superior exercise if you can maintain tension in the thighs throughout the entire lift. In addition, knee lockouts are bad for another reason—the knee joint can potentially sustain some training-ending damage in the fully locked-out position. This is because the weak anterior cruciate ligament of the internal knee can be easily torn, especially if the weight is heavy and

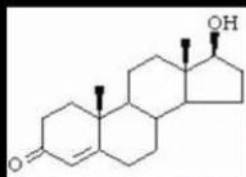
Smith Machine Squat (finish)



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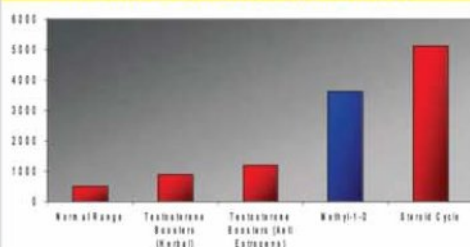
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heavy weights with fluid motions and continuous tension work the best in this exercise. Further, you should not take too great of a step back from the rack, especially if you lock out your knees, because this will only accentuate the tension on knee ligaments.

If your feet are placed too closely together when squatting (i.e., 6 inches apart) this will produce a more acute angle at the knee during the lowest part of the squat and this increases the risk of acute knee injury. This is particularly problematic if you drop too rapidly to the bottom part of the squat. The idea is to maximally work your muscles, but to have mercy on your knee joints.

All the squats in the world of *any* type will not necessarily 'out-muscle' a hardworking, genetically-gifted gym rat. But Smith machine squats can help you move much closer to your training goals, by cutting grooves and deep valleys across your thighs, thereby turning unrefined thigh mass into refined, symmetrical and granite-hard quadriceps perfection!

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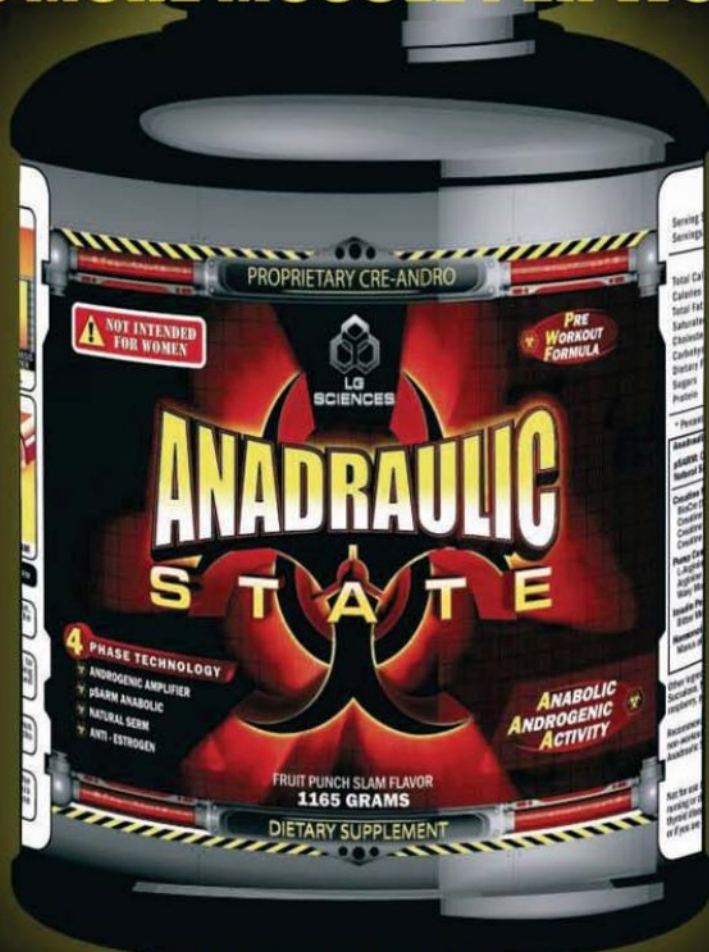
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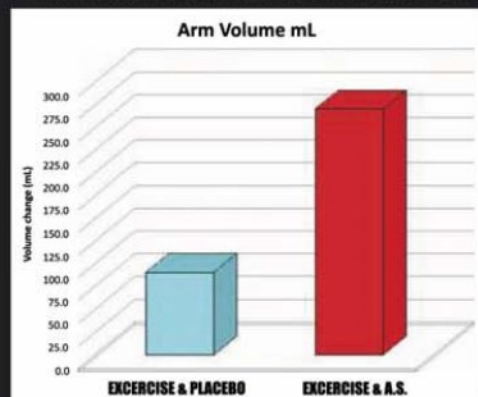
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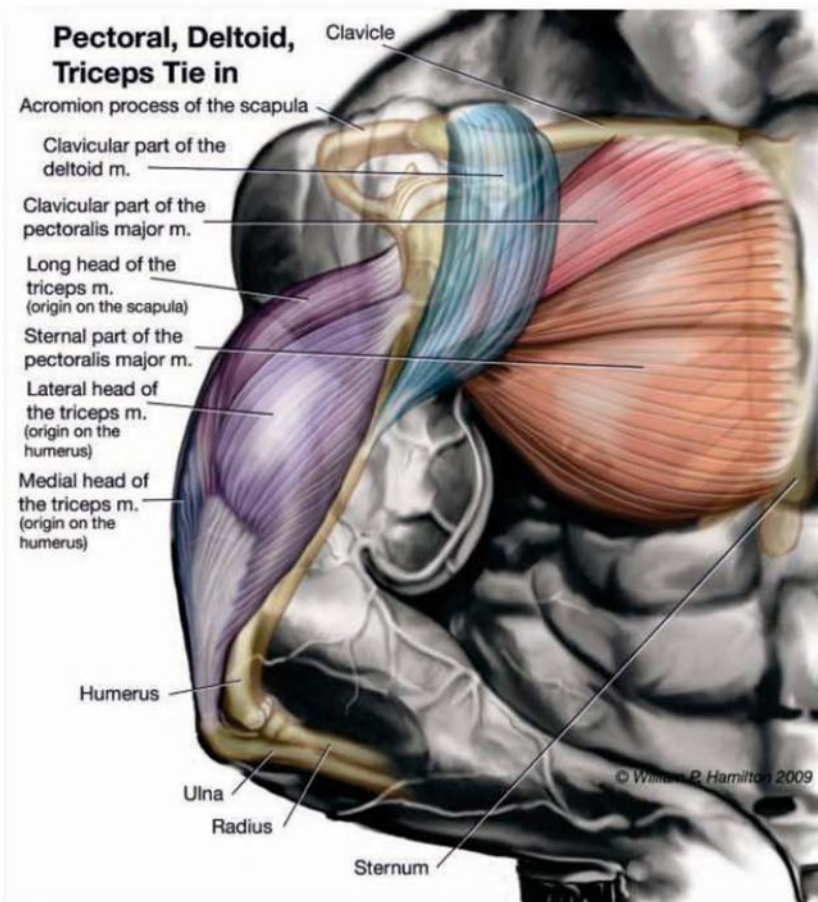
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For most guys hitting the gym on a regular basis, the flat bench press is the fallback exercise of choice for the chest. However, flat bench presses tend to develop the sternal portion (middle and lower part) of the pectoralis major muscles more than the clavicular (upper) portion. If you never do anything other than flat bench presses (either machine or even the seated versions, which activate the muscles in the same way), you can eventually develop chest with the appearance of a droop. That might be acceptable for your grandmother, but no guy should strive for that effect. To avoid this problem and develop a symmetrical and balanced

chest, you need to work your chest from a few different angles. The incline dumbbell press is an excellent choice to accomplish this goal. It positions the arms and shoulders to build the 'upper pecs' and thereby improve the balance and symmetry of your chest.

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eral muscle of the abdominal wall). The clavicular and sternocostal heads converge on a groove near the head of the humerus or upper arm bone.

Both sternocostal and clavicular heads of the pectoralis major adduct the humerus (draw the arm toward the midline of the body) and medially rotate the humerus at the shoulder joint. When working together, both heads also flex the humerus by moving the upper arm anteriorly (or toward the front of the body), and this is the major function achieved in dumbbell incline presses. However, the shoulder angle will determine the relative activation of the muscle, so an incline dumbbell press will preferentially activate the fibers in the clavicular head of the pectoralis major. Nevertheless, the sternocostal head is far from silent during the incline bench press, because it is not possible to totally isolate the recruitment of fibers of the upper and lower chest.

Incline Dumbbell Press

1. Choose an incline bench that is 30-35°. Benches that are steeper than this (e.g. 45° or more) place an increasing emphasis on the anterior deltoid and this detracts from the activation of the pectoralis major.

2. Sit on the bench, then 'clean' the dumbbells to your chest. Alternatively, set one on each thigh just above the knee and alternately 'kick' them into position with the help of your knee and thigh so that they are aligned on either side of your chest at just above nipple level as you lie back on the bench.

3. While lying on the bench, press the dumbbells upward while straightening (extending) your elbows. Keep the elbows under control and do not let them wander toward your feet as you are pressing upward. Ensure that the dumbbells align over your eyes or the top of your head as you are extending your arms. Do not completely lock out the elbows at the top. Exhale as the weight is traveling upward and away from your chest.

4. Slowly lower the dumbbells to each side of the chest (toward your armpits). Inhale as you are lowering the weights. Dumbbells will allow a greater range of movement than a barbell, but try to avoid exaggerating this stretch, as injury can result from overstretching the pectorals and shoulder joints. Try to keep your elbows back (toward the top of your head) as far as possible, to stretch the fibers in the clavicular head of the pectoralis muscle, as you are lowering the dumbbells toward your chest. This will ensure that the forearms are perpendicular to the floor during the exercise. Repeat until you have completed a set of eight to 12 reps.

5. Carefully lower the dumbbells to your chest (then to the top of your knees/thighs) and then to the floor.

Both the bench angle and forcing the elbows toward the head (backward) during the lift focus the contractions to the clavicular head of the pectoralis major. However, the incline dumbbell press will also involve fibers from the remainder of the pectoralis major (although to a lesser extent). It is important that both the shoulders and the elbows are back (toward your head), as the dumbbells are pressed up and controlled on the way down. Never let your elbows move close to your ribcage or toward your feet, or you will be changing the focus of the movement from the upper pectoralis to the triceps and anterior deltoid.

You cannot lift a ton of weight on this exercise as compared to flat bench presses. Nevertheless, even medium-heavy weights will

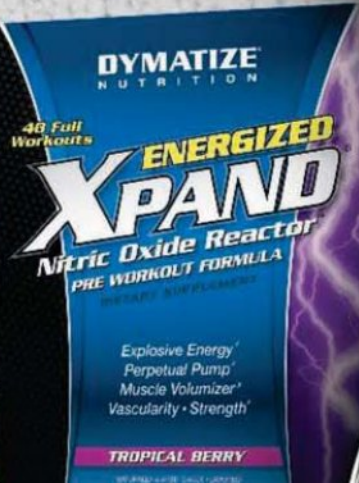
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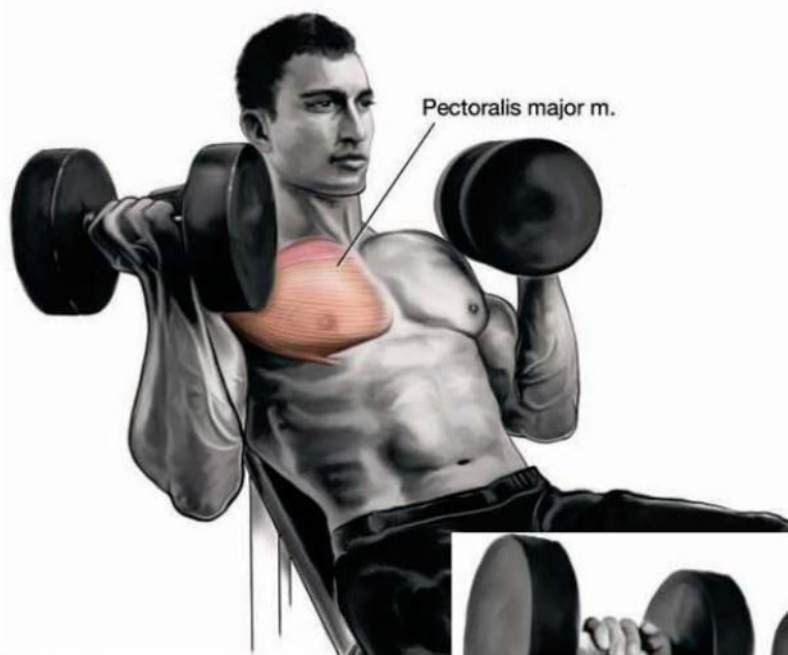
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Inclined Dumbbell Press (start)



result in remarkable improvements to the depth and overall shape of your chest that will more than make up for the less than maximal poundage. The amount of resistance that you use is important; it is equally important to use this resistance in good form. Great chest symmetry will not just happen; it requires consistent, hard work. Your efforts on the incline dumbbell press will revolutionize the process to shape a high, thick ridge of clavicular pectoralis muscle across your upper torso, in time to show off your symmetrical chest transformation this summer. ■

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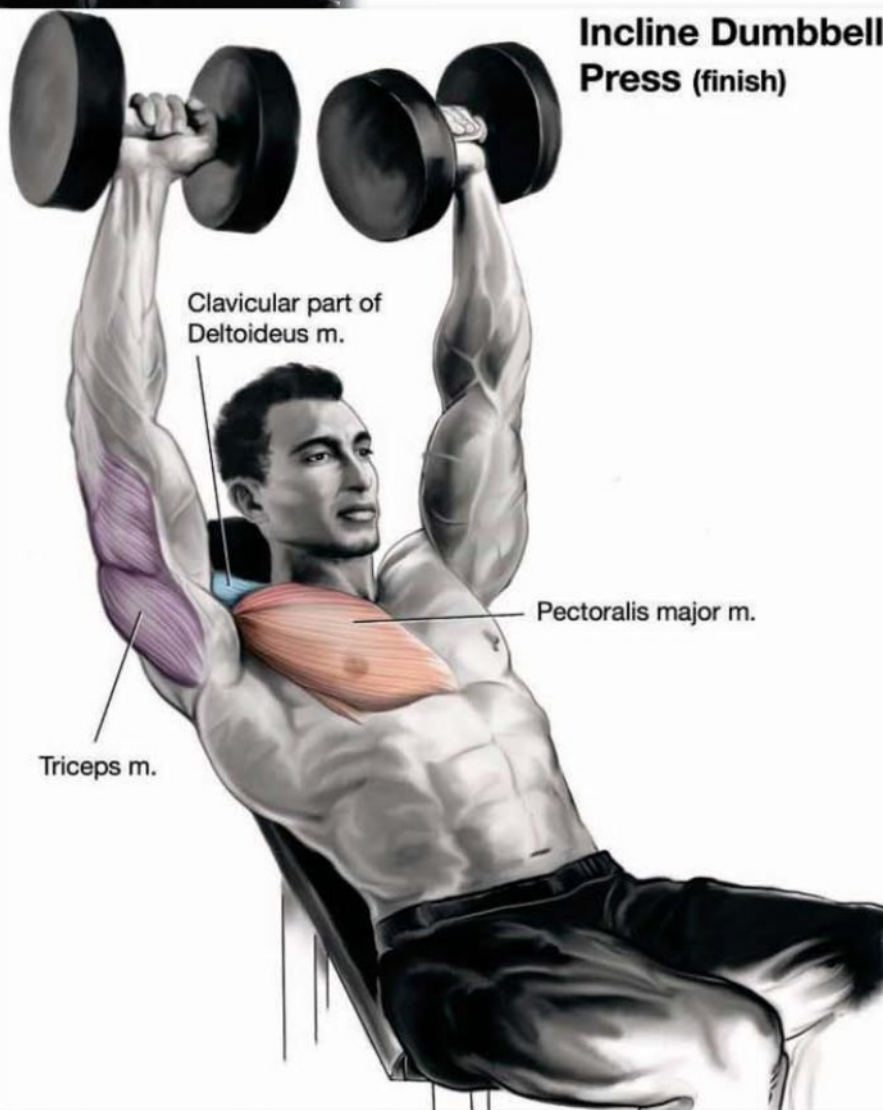
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Incline Dumbbell Press (finish)



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CASEIN OR WHEY PROTEIN: WHICH PROTEIN IS BEST FOR LONG-TERM FAT LOSS?



An effective approach to weight loss is to increase dietary protein or lower the ratio of carbohydrate to protein in the diet. A low carbohydrate-to-protein ratio (<2) with greater than 100 grams of protein per day in the form of meat, eggs, cheese, milk and nuts has been shown to increase fat loss and retain lean muscle during dieting.^{1,3} Different protein (whey and casein) has different physiological effects on the body. Fast proteins, such as whey protein, are soluble, whereas slow proteins, such as casein, clot in the stomach. Slow proteins can delay gastric emptying and result in lower but more sustained plasma amino acid elevations after ingestion, which may be associated with differences in hormonal and thermogenic responses.

On the basis of their absorption pattern, dietary proteins can be divided into 'fast' and 'slow' digestible proteins. For example, whey proteins modulate several hormones that influence body composition. Acute ingestion of whey protein has been shown to significantly lower hyperinsulinemia (less lipogenesis—less fat-storage potential), lower cortisol levels (lean muscle preservation) and increase ghrelin release (satiety enhancement).

Based on **acute** studies, whey protein seemed superior to casein for weight loss. Two human studies conducted at the University of Surrey in England compared the **acute effects** of whey and casein (another milk-based protein) on appetite and satiety-related hormones, including cholecystokinin. In the first study, participants consumed a liquid meal containing equivalent amounts of either whey or casein. Ninety minutes later, both groups were allowed to eat freely at a buffet. The whey group consumed significantly fewer calories. Compared to the casein drink, the whey beverage produced a 28 percent increase in plasma amino acid concentrations over 3 hours, and a 60-65 percent increase in two hormones associated with satiety, cholecystokinin and glucagon-like peptide-1. The whey group also reported a greater sense of fullness and satisfaction than the casein group.⁴ Whey protein may be superior to casein for weight loss; however, **long-term studies** comparing the two have yet to be examined.

Whey Versus Casein Over 12 Weeks: Which Is Better?

Researchers from the Netherlands compared the effect of different types of protein (whey and casein) on weight loss. Forty-eight subjects consumed protein during an energy restriction period of five to six weeks, followed by a weight maintenance period of 12 weeks. During weight maintenance, subjects were assigned to a high-protein casein group or a high-protein whey group. Each group consumed 50 grams of protein daily—two doses a day (25 grams total) of protein, either casein or whey. The subjects were instructed to maintain their normal daily activities while adhering to their diet. At the end of the 12 weeks, there was no difference in weight loss or change in hip circumference between the casein and whey groups. The only physiological difference was improvement in LDL/HDL ratio for the casein-protein group.

Differences in protein blends need to be examined further to determine if different whey proteins (isolate, hydrolysate, etc.) have different effects on weight loss. Many of the positive studies examining the effect of whey protein have been **acute studies**, but this study found that long-term, there is no difference between casein and whey protein for **long-term weight loss**.⁵ High-protein diets have long been shown to enhance weight loss, but it may not matter whether it's a fast- or slow-digesting protein. Based on the study, both proteins worked equally for weight loss. Further studies need to examine different types of whey protein and their relation to weight loss. ■

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DRINKING WATER ENHANCES WEIGHT LOSS/FAT LOSS



It is incredibly simple to gain body fat. In fact, it is so basic that it commonly happens without intent; even worse, it happens when a person is trying to avoid fat gain. Surely, if a problem arises so naturally and simply, the solution must be equally simple and natural.

As has been demonstrated by the escalating obesity pandemic that threatens to overwhelm the U.S. health care system and has been exported to other Western cultures, preventing fat gain does not have a simple solution. In fact, it appears to be nearly unstoppable. Perhaps the only positive consequences to the economic and financial crises that loom over the future of the U.S. are increased interest in walking/bicycling commutes, individuals focusing on personal finance and saving, as well as alternative energy solutions. It would not be surprising to see a reduction in obesity rates occur during this severe recession. Of course, obesity also follows poverty, ironically, so it is also possible that greater numbers may progress to overweight/obese status.

Obesity is not inevitable though; weight loss is possible, and it is even easier to maintain a healthy weight. Fitness-oriented individuals often have a more narrow focus, seeking fat loss rather than non-specific weight loss. The formula for fat loss and fat gain prevention is not a single variable equation. The obvious lifestyle foundations to fat loss are a hypocaloric diet (consuming fewer calories than your body burns throughout the day) and exercise. Two less obvious keystones that are nearly always overlooked are sleep and water intake. A previous article looked at the state-of-the-art understanding on the relationship between sleep and weight

gain. [*The Cliffs Notes summary is if you sleep less than 6 hours, it promotes weight gain. It is best to get between 7½ to 8½ hours of sleep nightly.*]

Water intake is too often scoffed at by experts and pseudo-experts. Of course, this seems to be part of the pendulum swing that is expert opinion in the media. For decades, ignoring one's thirst was a sign of manliness, embodied in the movies by "Mad Max" and "Lawrence of Arabia." Then the bottled water era arrived with hordes of Evian®-bearing baby boomers mall-walking at that maddening aerobic pace that makes jogging suit-wearing adults swing their hips like a cabaret dancer with a broken heel. The phenomenon swept across the nation, resulting in millions of gallons of triple-filtered, ozone-treated or reverse-osmosis purified water passing through the kidneys of the nation. Add on the water used in flushing toilets and urinals, and one has to wonder how much of a profit public water and sewer utilities made during that era. Certainly, the trend did not escape the notice of entertainers, such as the late George Carlin's satirical observation, "When did we get so thirsty in America?" Carlin, of course, was much more colorful (and vulgar) in his soliloquy.

The pendulum swing peaked with some people imbibing so much water that they managed to become water-toxic. The most well-known cases involved people coerced into drinking insane amounts of water during radio show promotions or fraternity hazing; some died.¹⁻³ As the general public has a relatively limited attention span (anyone think the HIV/AIDS threat ended with C. Everett Koop's tenure as U.S. Surgeon

General?), the focus on water consumption has waned. However, is it right to allow water's place to evaporate, especially in this culture of obesity?

Obviously not, since this article is dedicated to the role of water consumption in fat loss. Yet, people drink water every day, and still they gain weight. Society grew fatter even during the 'thirsty years' while carrying their bottled water during those arduous treks across office halls, and turning waiters into water-bearers. What evidence is there that water can accelerate fat loss? Exactly how potent is this proposed fat loss effect of drinking water?

To be clear, drinking water is not to be portrayed as a fat-loss dynamo. As might be expected from everyday experience, drinking water holds the promise of offering mild support in fat loss. However, as fat gain is a gradual process for most that accumulates over years, ignoring the additional preventative support of water consumption is foolhardy. For those seeking to maximize fat loss, every little advantage counts toward ensuring success, so paying attention to water's potential is practical.

A review of the medical literature actually shows a fair number of studies demonstrating water's effect on fat loss mechanisms in the body.⁴⁻⁷ Some of these are tangential, showing questionable associations between drinking water and fat loss. A recent correspondence between researchers was published in the *International Journal of Obesity*, in which one group raised the question as to whether weight loss seen with ACE-inhibition (angiotensin-converting enzyme, a physiologic mechanism used to maintain blood pressure) in animal studies could have been due to increased water consumption.⁸ The correspondents to the question, Drs. Mathai and Weisinger, noted the observation present in other studies in addition to their own and addressed the issue from several points.⁹

ACE-inhibition reduces the release of a posterior pituitary hormone called vasopressin; vasopressin constricts the blood vessels and reduces urine output when the blood pressure is low.¹⁰⁻¹² Obviously, if one of the signals of low blood pressure (angiotensin II) is blocked, then the stimulus to release vasopressin would be reduced as well, allowing for greater urine output and stimulating the need for more water consumption. Indeed, the rats in the ACE-inhibition group drank twice as much water as control mice in Mathai and Weisinger's study.⁴ Interestingly, ACE-inhibition also appears to improve insulin sensitivity as well as promoting fat metabolism in cells.⁸

Drs. Thornton, Even and van Dijk, the group who initially queried Mathai and Weisinger, pointed out the example of a genetic strain of rats (Brattleboro) that do not produce vasopressin.^{5,8} These rats consumed more than four times the amount of water the control mice did in Mathai and Weisinger's study and are a leaner, slower-growing strain that has lower leptin concentration (a sign of fat stores).

Thornton, et. al, suggest that the association of increased water consumption and a protective effect against obesity be studied. They also noted that cellular *dehydration* inactivates mTOR signaling (a common pathway in many anabolic processes).^{8,13} This suggests that cellular hydration could protect against fat gain, improve insulin signaling and other metabolic functions.

Mathai and Weisinger responded by noting that increased water consumption could lead to calorie loss by increasing metabolic demand to warm the water from room temperature to body temperature (remember, a calorie is a unit of energy that represents the amount of energy

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it takes to raise one ml of water one degree Celsius); also the rats would be moving back and forth to the water bottle, increasing the amount of activity.⁹

Further, it was noted that like ACE-inhibition, increased water drinking would inhibit vasopressin release. Vasopressin has been shown to reduce thermogenesis (heat production).^{8,14} In mice that are genetically engineered to be unable to respond to vasopressin, an increase in fat burning is also noted.^{9,15} However, Mathai and Weisinger noted that mice studies that chemically block angiotensin signaling *and* restricted water still showed a weight loss effect.^{9,16,17} This strongly suggests that ACE-inhibition has several mechanisms affecting fat loss, in addition to stimulating greater water consumption. In fact, it is suggested that much of the fat-burning effect of ACE-inhibition occurs in the liver, suggesting the liver plays a key role in the ACE-inhibition, vasopressin, and water consumption associated with weight loss.

A recent set of studies performed by Dr. Michael Boschmann and his colleagues in Berlin demonstrated the true fat-loss potential of drinking water. In 2003, they showed that in normal-weight adults, drinking 500 ml of water (a little over 16 ounces) resulted in a 30 percent increase in metabolic rate for 60 minutes.¹⁸ Not only did the body have to increase its metabolism to warm the water up to body temperature (just like a water heater tank turning on after a bath to heat up the reservoir as it refills), but the change in osmolality (a measure of blood-dilution) also increased the sympathetic tone. In other words, as the blood in the circulation was diluted by the large intake of water, adrenalin and norepinephrine were released to deal with the challenge. This adrenalin surge acted on the body like a mini-dose of ephedrine, increasing heat production by burning more calories. In men, the calories came from fat; in women, the increase in calorie-burning consumed carbohydrates.¹⁸ This information holds a great deal of practical value for athletes and weight trainers as water consumption is healthy, extremely inexpensive and certainly effective based upon these results.

Boschmann's group expanded the study in a paper published in 2007, looking at obese and overweight individuals.¹⁹ Not only did he have the subjects consume 500 ml of water, he also looked at the same group consuming 50 ml of water, as well as 500 ml of saline. Saline is basically salt water; its purpose in the study was to see if the metabolic change was the result of a change in osmolality. Saline does not dilute the blood, so if the metabolic effect was due to a dilution, it would not be seen with saline. If it is a result of volume expansion (increasing the amount of fluid by 500 ml without changing the osmolality) then the metabolic effect would be seen in both groups. The 50 ml water challenge was to see if the body was sensitive to a very small change in osmolality and/or volume.

Based upon the discourse between Thornton, et. al, and Mathai, et. al, one would expect the metabolic increase to seen in the water-drinking groups only, assuming overweight and obese people respond the same to the challenge as their normal-weight counterparts. In fact, that was what was observed. Drinking 500 ml of water caused the subjects to increase metabolism by 24 percent, nearly the same as the earlier study with normal-weight subjects; 500 ml of saline had no effect, nor did the 50 ml water challenge.¹⁹

Boschmann, et. al, concluded that the increase in energy expenditure (calorie burning) was a function of diluting the blood through water consumption, and not dependent upon volume or stretching the stomach.

What makes this an example of the wonder of the design of the human body is the simplicity and directness of the effect. Water is fairly rapidly absorbed. Imaging of the subjects showed that 75 percent of the water was absorbed in the first 40 minutes.¹⁹ Thus, in a short period, the stomach is expanded (causing a slight increase in thermogenesis via sympathetic stimulation— greater calorie burning), and the circulation carrying blood from the stomach and intestines to the liver is quickly diluted. This section of blood flow is a special 'circuit' in the body. Called the portal circulation, veins from the lower portion of the stomach and the intestines drain into a large collector vein called the *portal vein*. The portal vein drains directly into the liver, rather than going back to the heart like the rest of the circulation. The liver (and intestines to some degree) is responsible for detoxifying the food, drugs and junk that get consumed in the modern diet.

Specific to this example, the portal circulation also signals the relative dilution or concentration of 'stuff' in the portal blood. If the portal blood is very concentrated, it suggests to the body that food has been consumed and the body should prepare itself to store the incoming calories. If the blood is diluted, it suggests the 'gut' is empty and that the body should switch over to using stored calories. One organ that is a central player in what energy source is used (stored versus incoming) is the liver. Being directly in line with the portal circulation, it is likely that the liver is strongly influenced (in the short term) by changes in portal blood dilution.

This dilution effect likely enters the peripheral circulation (blood flow to the body) and affects central circulation (blood flow of the brain) rapidly as well. If the osmo-sensors (the sensors that detect how diluted/concentrated the blood is) pick up on a sudden dilution, vasopressin is suppressed... and this is where we started.

How big a deal is drinking water for burning fat? For lean men, it may make a real difference; for lean women, it will burn extra calories; for the obese and overweight, it will increase the metabolism and support

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other weight-loss efforts. How hard is it to take advantage of, and is it something that can be done without a great deal of hassle? These subjects were measured in the morning; they had not eaten for approximately 13 hours and had not had anything to drink for 90 minutes—also, they avoided caffeine and nicotine for 48 hours.

Does this mean people have to avoid eating half the day or never have coffee or a cigarette again? Well, keep away from the cigarettes, but it would seem that one could use this dilution spike trick a couple times a day. Perhaps waiting four hours after eating to allow the meal to pass well through the digestive tract, and avoiding drinking for 90-120 minutes to allow the portal circulation to reach a concentration baseline would prime the system. Interestingly, while 50 ml of water had no effect, 500 ml clearly did, raising energy expenditure by 30 percent in fit people. It would be interesting to see if there is a dose-response curve that would plot maximal, safe, effective. It is possible that consuming a full liter (1,000 ml) as opposed to 500 ml may offer a greater effect.

Most gym members have seen bodybuilders carrying 1-gallon jugs of distilled water prior to a contest. While the intent there is usually sodium flushing to tighten skin, it is possible that there is also an unintended benefit of boosting metabolism by diluting the blood. Whether chronic water overconsumption would offer any benefit, as seen with the Brattleboro rats—i.e., would aid fat loss—is impossible to say at this point. Even though the body is approximately two-thirds water and it is considered the safest thing to drink, it can harm if consumed in excess. As in all things, use common sense and avoid drinking in excess of one liter per hour as this approaches the functional limit of the kidneys. It is also important to get in plenty of electrolytes to compensate for the sodium, potassium, etc. that will be lost in the urine.

Remember to stay fully hydrated and consider a liter of water first thing in the morning to help kick-start your metabolism. A little caffeine could certainly aid in the fat-burning response if you can tolerate it. Stay safe though, and don't be the fool who ends up suffering brain injury or death by overdoing it. While these deaths and injuries are tragic, they are entirely preventable. ■

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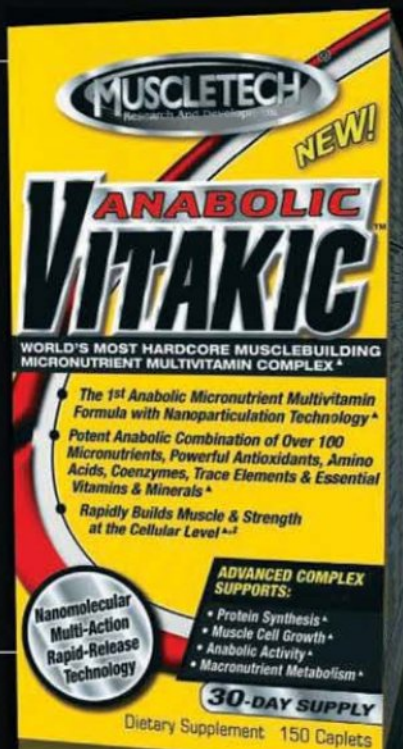


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WILL YOU *DIE* IN BED HAVING SEX WITH A HOT BABE?



A Viking had to die with a sword in his hand to enter Valhalla. Vikings were so obsessed with this that they always kept a sword close by, even when sleeping. Modern party Cossacks use their dicks as sword surrogates and often fantasize about dying in bed with a hot babe. Everyone has to go sometime, so why not go doing something fun and stimulating? Realistic or not, it remains a popular male fantasy.

Unfortunately, men have a greater risk of dying in an automobile accident or having lightning strike than during sex with a hot babe— or even with their wives. A Harvard Medical School study showed that less than 1 percent of heart attacks occurred during sex. That was before Viagra, the famous erection-promoting drug that has given aging Romeos a sexual second wind. Erectile

dysfunction is an early predictor of coronary artery disease and heart attack. Men who need Viagra for normal sexual function most likely have heart disease and are therefore at increased risk of heart attack during sex.

Sex and Sudden Death

Sudden death is the first symptom in 33 percent of people with cardiovascular disease. While only about 1 percent of heart-related sudden deaths occur during sex, men who use Viagra are at increased risk of death during sex because they are more likely to have heart disease. Thirty to 50 percent of American men suffer from erectile dysfunction (ED). That isn't surprising since obesity, physical inactivity and excess weight impair blood flow control throughout the body and make it more difficult to get erections. Researchers

"Prepare To Get YOKED"

Listen up and listen good...If you can't handle "whispers" from friends & family that will quickly turn to full-out accusations of you using steroids (even though you'll never have to come within 100 miles of the illegal stuff), then this IS NOT the letter for you...

In fact, if you can't handle the thought of "pythons" The Hulkster would be jealous of, complete with a ripped "photo-shoot-ready" physique, then I HIGHLY suggest you turn the page quicker than Usain Bolt with 10 MPH wind at his back...

However, if you **CAN** deal with jealous "gym buddies" and family members so "freaked-out" at the sight of your body getting bigger and leaner at such a rapid pace that they WILL accuse you of using steroids, then do yourself a favor and keep reading...because you're in for the ride of your life!

Let's face it... whether you want to admit it or not, the idea of walking around with the physique of a Greek God – complete with jaw-dropping, gawking stares and virtually endless attention from those who want to be with you or be like you – is the ultimate reason why you hit the gym.

Sure, for most of us with average or crappy genetics, it's only a pipe dream... but a dream that certainly never dies as we are always training hard & eating right - holding out hope someone will come along and bail us out – providing the necessary "help" we need to get that perfect body we so desperately strive for...

Unfortunately, to this point, attempting to build a body completely ripped with layers upon layers of thick, dense muscle mass meant dabbling in illegal anabolic steroids & synthetic Growth Hormone.

And while these powerful compounds can have a positive effect on your body (assuming you were able to get legit juice & not something made in a bathtub) – the negative side effects are well documented...

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from the University of Texas Health Science Center at San Antonio, led by Dr. Ian Thompson, found that men with ED have a much higher risk of coronary artery disease than men with normal function. Also, they had a 45 percent greater risk of having a heart attack or stroke. ED had the same predictive value for heart attack as men who smoke currently and those with a family history of heart disease. ED is not a trivial health issue because it may be the tip of the iceberg for more serious health problems to come.

Drugs like Viagra can temporarily improve the symptoms of ED, but can mask the underlying cause of the disease— poor blood vessel and metabolic health. Men with ED are more likely to use drugs like Viagra to get better erections. Since most of these men have coronary artery disease to some degree, they are at increased risk of dying suddenly during sex. Sexual dysfunction, such as ED, poor sex drive, or lack of energy for sex are surprisingly common in 20, 30, and 40-something men. It accounts for the mega-sale of Viagra and Cialis.

Long-term studies on sex and sudden death show some common threads:

- Large population studies in the United States, Europe and Asia showed that only about 1 percent of sudden deaths occur during sex.
- Sudden death during sex is usually due to coronary artery disease (CAD). Sudden death in people under 35 years of age is usually linked to inherited diseases such as hypertrophic cardiomyopathy (congenitally enlarged heart) or Marfan syndrome (connective tissue disease). CAD develops slowly. Most men who have the disease have no symptoms until they reach 40 to 60 years old. It is not surprising that most men who die during sex are in their early 60s. Most of these men have significant coronary artery disease but are physically fit enough for sex and can boost their erectile capacity with Viagra or similar drugs.
- Women are 12 times less likely to die during sex than men. Perhaps that speaks to honesty differences between the genders in the bedroom. Men are more genuinely aroused during sex than women, which increases our risk of sudden death. Conversely, loud, frenzied orgasms in women are more show than substance, which protects them from sudden death.
- Sex increases the load on the heart (heart muscle oxygen consumption) and causes a general sympathetic arousal. This includes secretion of fight-or-flight hormones such as adrenaline, increased heart rate and blood pressure, and elevated breathing. Scientists think that increased nervous system activity is a more important cause of sudden death than the increased energy cost of sex.
- Men are more likely to die during sex when they're having an affair or a tryst with a prostitute

than with their wives. Sympathetic arousal (i.e., fight-or-flight) is an important cause of sudden death. It appears that men get more excited when they go over to the dark side of the forces. Hookers and girlfriends increase adrenaline levels more than wives.

• Viagra and similar drugs improve blood vessel health and decrease the risk of heart attack. These drugs improve the function of the endothelium—the inner lining of the blood vessels—which protects the heart and slows the progression of blood vessel disease. Viagra is a double-edged sword: it allows men with coronary artery disease to have sex, but conceals early symptoms of the disease, which can lead to heart attack and heart-related sudden death.

• While sex is a natural form of exercise, it is not very strenuous. Metabolic measurements during sexual intercourse show that it boosts metabolic rate and oxygen uptake by about five times above rest equivalent to a moderately fast walk. The metabolic load isn't enough to significantly tax the heart, even in older, sedentary people. As people age, decreased libido and erectile dysfunction account for much of the reduced frequency of sexual activity, rather than a reduced capacity for sex.

Sex is Good for You

In October 2008, the U.S. Department of Health and Human Services recommended that Americans exercise at a moderate intensity for a total of 150 minutes per week, or at a vigorous intensity for 75 minutes per week. This recommendation was their fourth in 12 years. The essence of the government's latest message is that some exercise is better than none and that most of the benefits of physical activity occur when going from sedentary to moderate-intensity levels of exercise. Hot sex might not be as rigorous as running 6-minute miles or bench-pressing 300 pounds, but it does increase metabolic rate and promote wellness. Having sex five times a week meets the government guidelines for moderate-intensity exercise.

Sex is exercise! Walking, cycling, swimming, and sex increase metabolic rate and tax the muscles. As when playing tennis or golf, control of muscle tension, cardiorespiratory rhythm, control and timing are essential during sex. Awkward, uncoordinated movements during sex won't cut it in the bedroom. People often get sore and even pull muscles from sex, particularly if they get carried away with their sexual gymnastics. Serious sex can be a workout that makes you sweat, breathe hard, and increase body temperature. Like sports, people need time to develop skill and technique with a partner; sex gets better with practice. ➔

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Exercise for Better Sex

Regular moderate-intensity exercise improves metabolic and cardiovascular health and prevents heart-related sudden death. German scientists found that putting men with erection problems on an exercise program was just as effective for improving erection capacity as taking Viagra. As discussed, erection problems often stem from abnormalities in the cells lining the blood vessels. Healthy cells secrete a chemical called nitric oxide, which is very important for delivering blood to the penis— and other body tissues. Blood vessels of obese, out-of-shape men lose their capacity to control blood flow and get healthy erections. Heart disease risk factors such as excess abdominal fat, high blood pressure, high blood cholesterol and diabetes are important signs of poor metabolic health and impaired nitric oxide function.

Lean, physically fit men have more sex. Stuart Brody, from the University of Tübingen, Germany found that thinner men under age 40 had more sexual intercourse, while fatter men (and women) masturbated more. Physical problems leading to bad sex also had emotional side effects that made the problem worse. Excess abdominal fat makes you less attractive to women; but the problem is a lot more serious than that. Gut fat reduces blood testosterone levels, which decreases sex drive, the capacity for erections, energy level, aggressiveness, and self-confidence. Too much fat is a triple-whammy threat: women find you less attractive, low testosterone destroys your game, and sexual performance goes down the drain.

Small lifestyle changes, such as regular exercise and having more sex, can do more for your sex life than a boatload of erection-promoting pills. Americans want it easy; why exercise if you can get the same results from a pill? Cure the cause of the problem— poor metabolic health— and you will improve sexual performance, achieve harder erections, and look better in bed at the same time. You won't need drugs like Viagra that may have side effects.

Will You Die in Bed with a Hot Babe?

You are more likely to die in bed from a gunshot wound at the hands of a jealous husband than from a sudden death heart attack during sex. The risk of heart-linked sudden-death is greatest when having an affair or sex with a hooker. According to a study from the National Bureau of Economic Research, sexual activity was the strongest predictor of happiness— the more sex, the happier the person. Happiness ratings increased progressively in men who had sexual intercourse two to three times a month, weekly, two to three times per week, and four times per week or— with no trend toward leveling off. Good sex is central to happiness, so have more of it, if you want to live a happy life. Sex is a wholesome, satisfying exercise

that will boost metabolic health. ■

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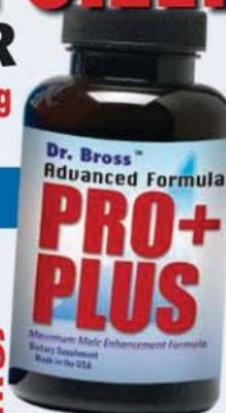


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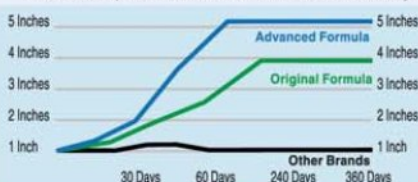
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THE GLYCEMIC EDGE?



In any fight, people look for an edge; it is no different with weight loss, which is sometimes referred to as 'the battle of the bulge.' Experts in weight loss often attempt to establish their reputation and market position by emphasizing one specific factor that is his/her proprietary miracle ingredient or process.

Be clear about this: weight loss and fat loss is not a one-answer question— body composition (relative proportion of lean to fat as a percentage of bodyweight) is a reflection of the lifestyle and conditions of a person's life, including diet and routine activity. Though there is no specific factor that provides immediate change, with the exception of a surgeon's scalpel (or cannula or laser), there are several that are worth focusing on. Honestly, if a person tried to pay attention to all the weight loss topics, insanity would follow.

Several diet plans that advertise heavily on television speak of the glycemic index. Many celebrity

endorsers and 'results not typical' customers suggest that following a low-glycemic index diet makes weight loss nearly automatic. Of course, other celebrity endorsers seem to disappear after one or two commercials in which they never got out of their 'fat pants.' Is there anything to the glycemic index— and is it worth paying attention to during a weight loss (or fat loss) program?

The short answer is "yes." This is disclosed now to keep the audience reading to learn of the value of the glycemic index and glycemic load.

The glycemic index is a scale. It is not entirely agreed upon and its accuracy has been challenged repeatedly, but the general information it provides is valuable. The glycemic index is a measure of how quickly sugar from a specific food reaches the bloodstream. This is then compared to sugar in its purest form, that being the molecule glucose, not table sugar, which is a disaccharide (two sugars linked together, glucose and fructose).¹ [Some glycemic tables use

IN THE BATTLE OF THE BULGE, DON'T FAIL TO PLAN BY NOT LEARNING MORE ABOUT THE GLYCEMIC EDGE; OTHERWISE, YOU MAY JUST BE PLANNING TO FAIL.

white bread as the standard, adding to the inherent confusion in the literature.]

Some foods rush sugar (glucose) into the bloodstream faster than glucose. The worst offenders are processed flour products (pancakes, muffins, etc.) and boiled white rice; low glycemic (carbohydrate-dominant) foods include beans and yogurt; meats have little sugar content and fruits have a low-glycemic index, despite their sweet flavor. A very comprehensive table of the glycemic index of many foods was published in 2002 in the *American Journal of Clinical Nutrition* and is available online at <http://www.ajcn.org/cgi/content/full/76/1/5/T1.2>

Why is it important to know how quickly the sugar in a food reaches the bloodstream? There are a number of factors that are affected by a sharp spike of sugar; the most relevant is the role of insulin. When blood sugar (glucose) rises above the normal range, such as during a meal or snack, the pancreas releases the hormone insulin. Insulin circulates through the bloodstream and interacts with receptors on certain types of tissue (fat, muscle, liver, etc.). Insulin has a number of actions, and is essential for health.^{3,4} Without insulin, the body is not able to shuttle the nutrients from a meal into the working tissue of the body. People who suffer from a lack of insulin are called type 1 diabetics. Typically, this disease presents during childhood or adolescence and requires lifetime insulin therapy. Without insulin, type 1 diabetics suffer greatly, including having a higher risk of infection, kidney and heart disease, nerve damage and early death.^{5,6}

However, too much of a good thing is rarely good, and insulin is no exception. If a diabetic takes too much insulin or continues taking insulin when blood sugar is already low, then he/she can enter shock, a coma or die.⁷

Another situation arises in human physiology that is increasingly prevalent in today's society and imminently relevant to weight management. If a person does not exercise or is not active through labor or recreation, and becomes overweight or obese through poor diet control, the body becomes less sensitive to the actions of insulin. Genes also play a role.⁸ In this acquired state, called type 2 diabetes, the body acts like it does not have enough insulin, even though the concentration of insulin in the blood is normal or elevated. Just like type 1 diabetes, type 2 diabetics face a much higher risk of many disease states (Metabolic Syndrome, cardiovascular disease, infection, etc.) and early death.

Most people are not diabetic, yet. However, with the growing obesity epidemic, the prevalence and impact of type 2 diabetes is destined to become worse. Fat, especially central fat that resides under the skin of the stomach or within the abdominal cavity, releases factors into the blood, including hormones and cytokines. These factors aid in regulating the metabolism and appetite when body fat stores are within the normal range. However, when body fat stores reach unhealthy levels, the fat releases inflammatory factors that accelerate cardiovascular disease and other conditions, including type 2 diabetes.⁹

The purpose of a low-glycemic diet is to reduce the 'insulin burden' on a person's physiology by avoiding 'sugar rush challenges' that

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force the body to reduce high levels of insulin. One reason that a low-glycemic diet is beneficial to fat loss—beyond keeping total insulin release down throughout the day—is that keeping the peak insulin concentration (the maximum amount released to a sugar spike) low reduces the inhibitory effect of insulin on fat release from fat cells. Insulin is not a one-trick pony. In addition to pushing sugar and other nutrients into cells, it also prevents the breakdown of stored calories, such as stored fat in fat cells. Fortunately, the beneficial effects of insulin occur at a lower concentration than the adverse effects, so there is no drawback to following the low-glycemic diet.¹⁰ [Note: athletes benefit from high-glycemic meals following training or competition, but that is a separate issue from weight management.]

Unfortunately, it is not enough to just look at the glycemic index. Another measure, called the glycemic load, is actually more important in terms of overall weight loss success. The glycemic load of a food combines both the glycemic index of a specific food, and the amount eaten, to give the actual sugar load that the body has to handle. If one thinks about it, a fun-sized Snickers® bar (the little ones handed out at Halloween) is probably less of a threat to weight loss than a platter full of lentils. The table from the *American Journal of Clinical Nutrition* referenced above and available at <http://www.ajcn.org/cgi/content/full/76/1/5/T1> includes the glycemic load value of the listed foods.²

Though it is simpler to say glycemic index, and it rolls off the tongue more easily (important for those commercials and market success), it is the glycemic load that needs to be considered. One reason that many of the packaged programs work (the ones that make you purchase their 'convenient and tasty meals') is that they control both the glycemic index of the foods included in a meal, as well as the portion size. Control of the serving size and glycemic index equals control of the glycemic load.

A last benefit of controlling glycemic index/load that deserves quick mention, though it is by no means the last benefit of a low-glycemic index/load diet, is the moderation of sugar (glucose) concentration swings in the blood. Nearly everyone has had an experience with eating a huge serving of cake with icing, or wolfing down half a bag of Halloween candy (yes, Halloween is one of my favorite holidays). Within minutes, the euphoria of a sugar binge is followed by the irresistible urge to sleep. This somnolence (sleepiness) is caused by *rebound hypoglycemia*, wherein a massive and abrupt sugar rush causes a peak surge of insulin.¹¹ However, insulin is not cleared as rapidly as the sugar from candy and cake, resulting in more sugar being removed from the bloodstream than necessary. In extreme cases, the sleep is so deep, it is like

a mini-coma. Fortunately, the body is capable of recovering from rebound hypoglycemia through the action of counter-regulatory hormones. However, the recovery period is often accompanied by extreme hunger and a binge-eating cycle can feed upon itself (no pun intended).

Sure, there is marketing hype in nearly every commercialized diet plan. However, in the plans that are successful *when followed*, there is often truth as well. Using the power of the glycemic index/load can make the difference for many people looking to lose weight and reduce body fat. People want to think wars are won by having the biggest gun (tank, missile, ship or sub), but in fact, wars are won by those who plan the best strategy. In the *battle of the bulge*, don't fail to plan by not learning more about the glycemic edge; otherwise, you may just be planning to fail. For those of you who need the additional support of a structured program or enjoy the convenience of pre-made meals, it may be worth your time and money to take advantage of a trial period of one of the commercial plans. Many have additional support literature and websites that may improve your odds of succeeding. ■

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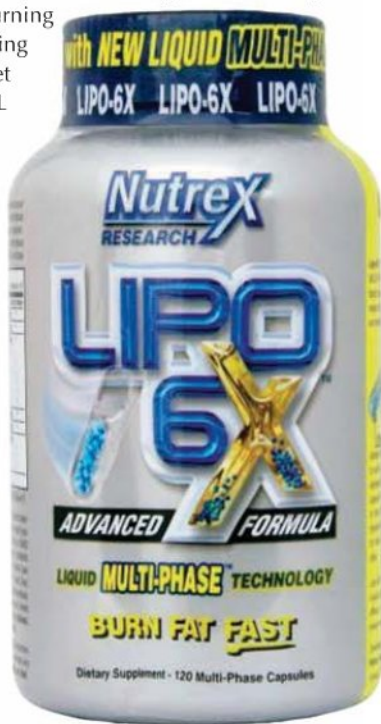
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*These products are not intended to diagnose, treat, cure or prevent any disease. These statements have not been evaluated by the Food and Drug Administration. Use in conjunction with a well balanced diet and intense bodybuilding exercise program. Claims made regarding ergogenic benefit are based on the subjective results of users reported in non controlled conditions. Individual results may vary. Consult with a physician prior to use. Not for use by individuals under 18 years of age.

LIPO-6X All-Day Fat Burner

There are countless fat burners to choose from, but only LIPO-6X utilizes MULTI-PHASE delivery technology. This '2 Capsules in 1' system provides an instant and a time-released surge of the powerful LIPO-6X fat-burning formula. Only LIPO-6X allows you to start burning fat within seconds of taking your very first serving, yet keeps the fat burning ALL DAY LONG! LIPO-6X avoids the rollercoaster-like effects and crashing symptoms found in other liquid fat burners by delivering its fat-burning compounds evenly and consistently every second of the day. LIPO-6X is the first and only fat burner that offers speed and duration. This unique feature will ensure maximum fat-loss results. LIPO-6X can be found at GNC or other progressive health food stores. For more information go to www.nutrex.com or call 1-888-3NUTREX.



MOJI ICING SYSTEM Easy, Comfortable and Convenient

Moji has created a superior alternative to leaky ice cube-filled baggies and frozen vegetables, that actually makes the critical act of post-activity icing comfortable, with its truly innovative new Moji Knee cold compression (aka 'icing') system. Icing is considered one of the most effective and important measures to prevent injuries (let alone rehab injuries), and is a must for people who engage in daily fitness pastimes like running, cycling, working out or other popular sports like golf and tennis. Moji made it easy, comfortable and convenient to ice. Its new Moji Knee cold compression system have superior icing capabilities due to an innovative 'Cold Cell' design and a gel that stays soft and pliable when frozen, and maintains optimal cooling temperature for the duration of the icing process—not to mention that it doesn't sweat or leak, making it completely 'mess free.' It's totally mobile due to a high-tech four-way stretch fabric that's super comfortable, and totally accommodates full movement for those who want to be able to get out and about while they are icing after an activity. And the Moji Knee looks great! Finally, they offer Moji To Go—a thermal canister that keeps the Moji frozen for up to six hours and fits conveniently into any athletic bag or backpack. So you can 'Moji' anytime, anywhere. For more information visit www.gomoji.com or call (800) 593-2045.



GNC'S INNOVATIVE NEW LINE OF SPORTS NUTRITION PRODUCTS 'AMP'-lify Performance Among Nutrition Athletes

For avid athletes looking for a serious competitive edge, GNC, the leading global specialty retailers of nutritional products, introduces Pro Performance AMP®—a revolutionary new line of clinically-proven products developed specifically for the passionate athlete looking to improve athletic performance. This comprehensive line of eight advanced muscle performance (AMP) and sports nutrition products was developed through rigorous clinical research and is designed to suit the needs of a wide range of dedicated athletes, from the weekend warrior to the ultra-competitive athlete. The line features products developed to deliver improved stamina, power, endurance, energy, muscle recovery and/or strength. The product line is designed to be taken daily, pre-and post-workout. With clear labeling delineating product benefits, the type of athlete each product is suited for (strength/power athlete or endurance athlete) and appropriate timing of consumption, consumers will easily find the products that will assist them in reaching their workout goals. The GNC Pro Performance® AMP line includes:

- Amplified Whey Protein™
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- Amplified Wheybold Extreme 60™
- Amplified Muscle Meal™
- Amplified Creatine 189™
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- Amplified Mass XXX™

Products and product information online at www.gnc.com.



NEW POST-WORKOUT MUST: KICK ASS AT THE GYM, THEN SOAK IT OFF! Body Rehab Scrub & Muscle Soak

To top off a full body workout—and to keep bodies buff—Jack Black, a pioneer in men's grooming, introduces a one-two punch that reinvigorates the body's skin with an icy-hot formula and soothes sore muscles to provide total body rejuvenation. It's smart; it does a body good; and it's a smooth finish for those tough reps.

The invigorating formulation of Eucalyptus and Rosemary works to loosen knots and increase circulation, while Arnica and Epsom Salts help relieve tension and soothe aching muscles. Exfoliating salts remove dead skin cells and stimulate cell turnover, which makes for healthier skin. Shea Butter and Glycerin combat rough, dry patches to leave your body feeling ultra soft and smooth.

Price: \$35 (12-ounce jar)

Jack Black's Body Rehab Scrub & Muscle Soak is available at Neiman Marcus, Nordstrom, Bloomingdale's, Sephora, select Saks Fifth Avenue locations and online at www.getjackblack.com.



THE POWER WHEEL

Taking Core Training to the Next Level

Forget everything you know about traditional abdominal rollers or core trainers. LifelineUSA has changed the game with the introduction of the Power Wheel, a large, heavy-duty roller designed to dramatically improve core strength, power and balance. The Power Wheel is extremely robust, which provides maximum stability and fluidity throughout a core workout. In addition, it is designed for both hands and feet, giving users a wide variety of movements and exercises to target their core. The Power Wheel is 'super-sized' for greater stability and performance.

In addition, its ergonomic design keeps a user's shoulders and hips properly aligned for maximum efficiency and comfort throughout the entire range of motion.

The Power Wheel incorporates a heavy-duty, 14-inch diameter wheel. It comes with adjustable toe/heel fasteners that secure a user's feet in place. To maximize results, the Power Wheel comes with a detailed instruction manual, as well as a DVD featuring fitness expert Jon Hinds. The DVD offers exercise tips to help beginners, intermediates and experts take their core training to the next level.

The Power Wheel retails for \$59.95. To learn more, or to purchase online, go to LifelineUSA.com. To learn more about LifelineUSA, go to LifelineUSA.com or call 1-800-553-6633.



VPX STEALTH® LEAN MASS GAINER Drive Muscle Growth Through the Stratosphere

VPX STEALTH® Muscle Amplification Lean Mass Gainer™ contains a synergistic combination of research-proven compounds to shift muscles into maximal anabolic overdrive. Unlike other gainers, STEALTH® is also designed to give you explosive power and strength with compounds proven to increase bench press 1,108% over a placebo. VPX's STEALTH® is infused with 12 key NO-Shotgun® ingredients, university-proven to radically increase four muscle gene proteins up to 118% and amplify Muscle DNA by 148.65%. Muscle DNA is the genetic code that tells the muscle to split and form new muscle fibers known as hyperplasia.

STEALTH®-induced hyperplasia allows you to add muscle mass geometrically by forming new muscle. STEALTH® contains seven potent proteins. This mass-building mixture feeds your muscles with the building blocks to make existing muscles larger and to form new muscle tissue. Coupled with these superlative proteins are cutting-edge Creatine Nitrate, COP® (Creatinol-O-Phosphate) and Creatine Leucinate to drive muscle strength and muscle growth through the stratosphere.

VPX STEALTH® has changed the rules of rapid muscular weight gain by adding the world's most powerful nutrient-partitioning agents. Agents so powerful that they were proven to alter muscle gene proteins with just one ounce of NO-Shotgun® per day! If just one ounce of NO-Shotgun® a day increased lean muscle mass by 5.5 pounds, imagine what 10 ounces of STEALTH® can do!



EAS® MYOPLEX® SHAKES

Meeting the Needs of Active People

EAS® Myoplex® Shakes in the new Strength Formula provide a convenient, delicious way to get needed protein, carbohydrate, vitamins and minerals. They are specially formulated to help active people meet their needs of increasing strength and gaining lean muscle, when used in conjunction with a nutritious diet and exercise program with strength training. Taken within 30 minutes of working out, EAS Myoplex Strength Formula shakes help you refuel and recover.

Better-tasting than ever, EAS Myoplex Strength Formula shakes come in four great flavors — Chocolate Cream, Vanilla Cream, Strawberry Cream, and Banana Cream — and a 14 fluid ounce reclosable plastic bottle that is convenient and portable for busy people on the go. For more information, visit www.EAS.com.



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The caloric profile in **MUSCLE JUICE™ 2544** is perfect for bodybuilders and other athletes who want to build muscle and increase strength without adding body fat.

Based on years of scientific research, **Ultimate Nutrition** has developed **MUSCLE JUICE™ 2544** to allow you to do just one thing:

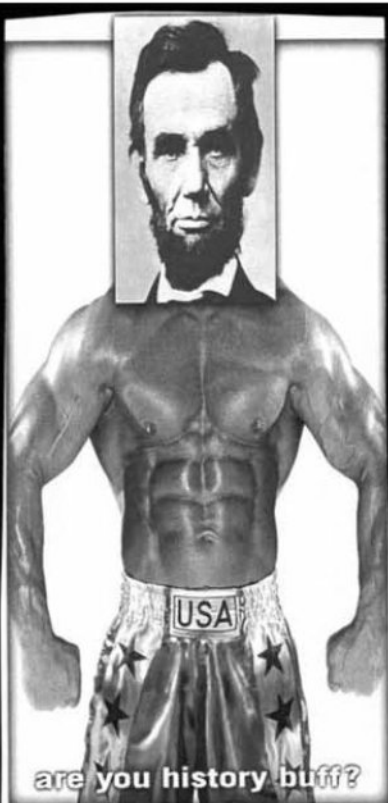
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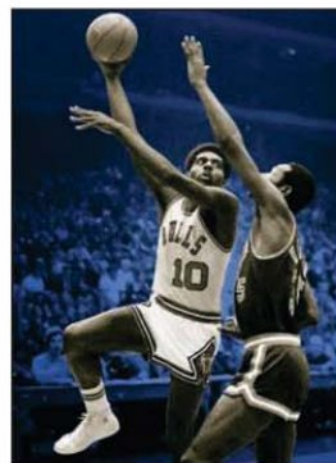
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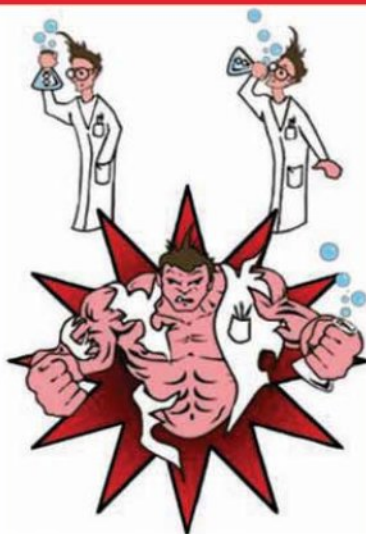
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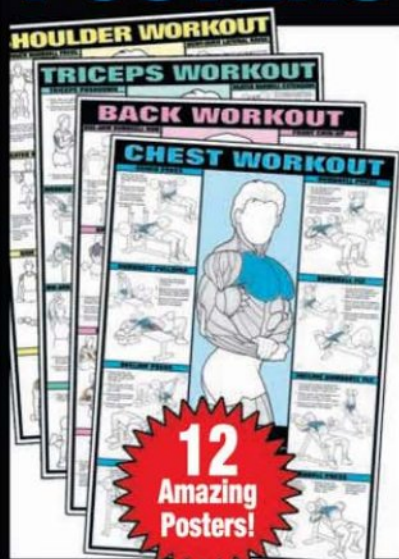
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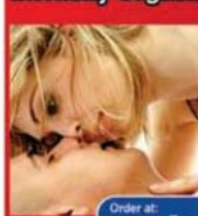
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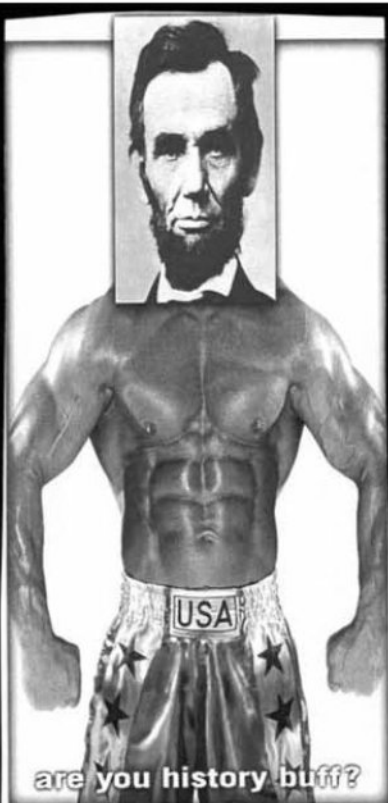
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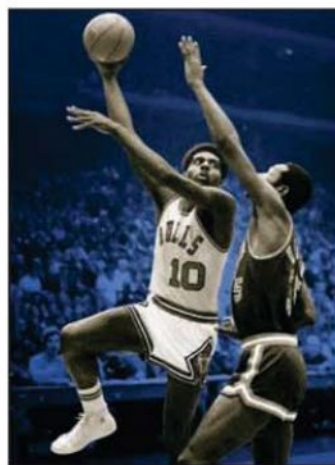
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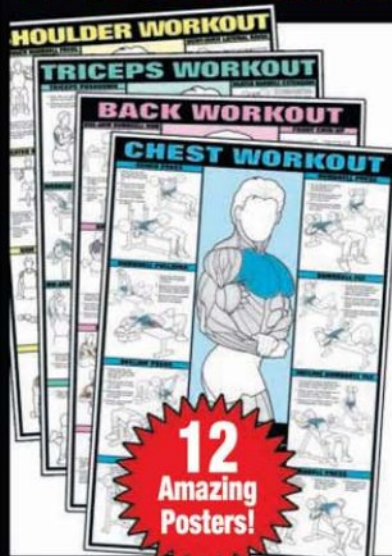
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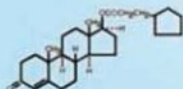
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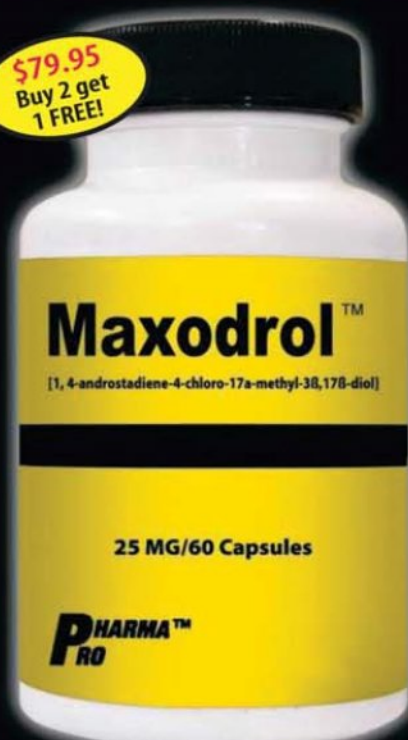
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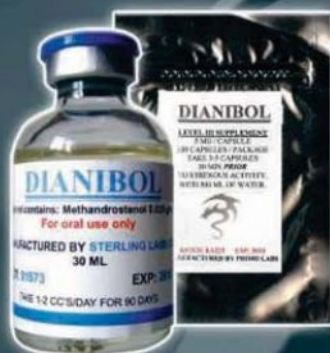
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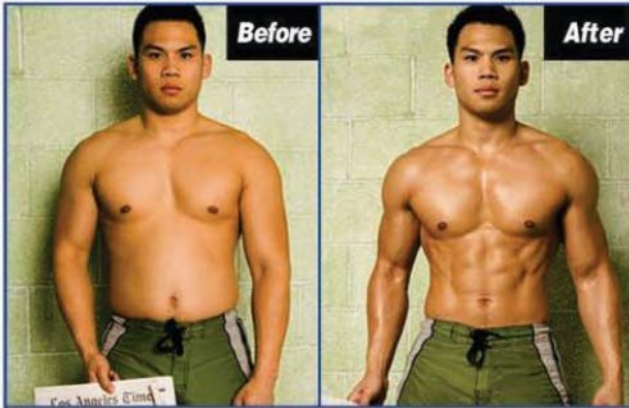
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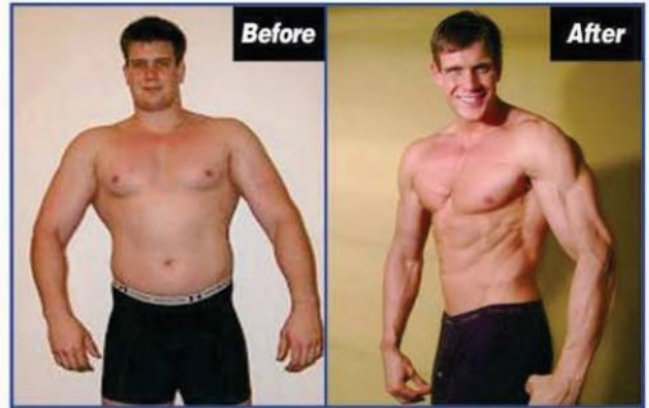


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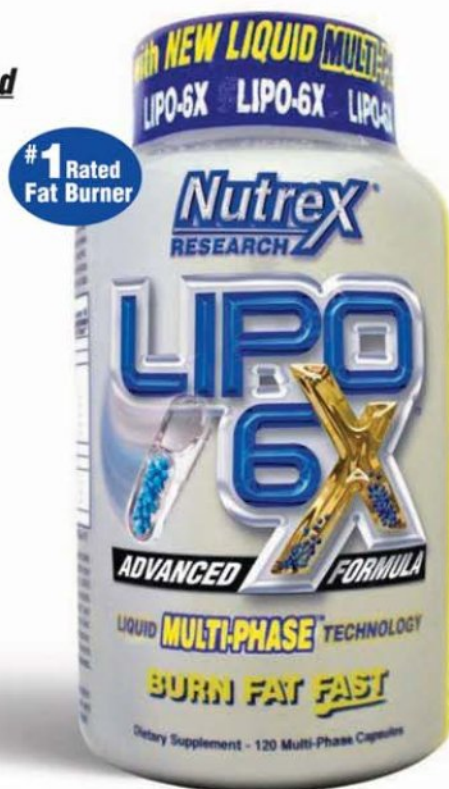
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