

Things You Should Know  
**Before** Your First Cycle

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# Steroid **Facts**



Some Things You Should Know  
**BEFORE** You Do Your First Cycle!

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# Anabolic Steroid - Some things you should know about it

Editor's Note: **Anabolic Steroid** is often misunderstood. Read this introduction and you'll see why...

## **What is Anabolic Steroid?**

An "Anabolic steroid" is the familiar name for synthetic substances related to the male sex hormones (androgens). They promote the growth of skeletal muscle (anabolic effects) and the development of male sexual characteristics (androgenic effects), and also have some other effects. The term "anabolic steroids" will be used throughout this report because of its familiarity, although the proper term for these compounds is "anabolic-androgenic" steroids.

Anabolic steroid was developed in the late 1930s primarily to treat hypogonadism, a condition in which the testes do not produce sufficient testosterone for normal growth, development, and sexual functioning. The primary medical uses of these compounds are to treat delayed puberty, some types of impotence, and wasting of the body caused by HIV infection or other diseases.

During the 1930s, scientists discovered that anabolic steroids could facilitate the growth of skeletal muscle in laboratory animals, which led to use of the compounds first by bodybuilders and weightlifters and then by athletes in other sports.

Steroid abuse has become so widespread in athletics that it affects the outcome of sports contests.

#### Commonly Abused Steroids

More than 100 different anabolic steroids have been developed, but they require a prescription to be used legally in the United States. Most steroids that are used illegally are smuggled in from other countries, illegally diverted from U.S. pharmacies, or synthesized in clandestine laboratories.



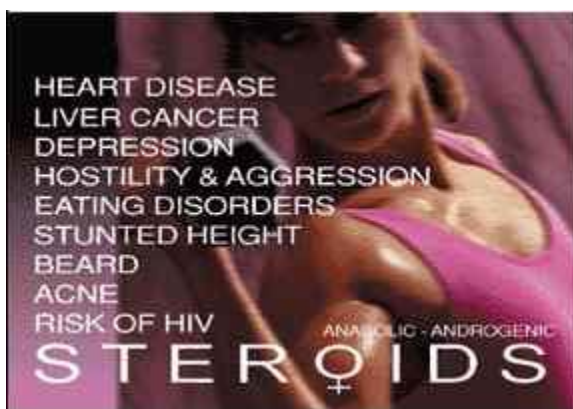
Get more info on [Anabolic Steroid](#).

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<http://www.1st-Steroid-Cycle.com/encyclopaedia.html>  
"The Definitive Guide to Anabolic Steroids"

# What's the Affect of Steroid on behavior?

Case reports and small studies indicate that anabolic steroids, particularly in high doses, increase irritability and aggression. Some steroid abusers report that they have committed aggressive acts, such as physical fighting, committing armed robbery, or using force to obtain something. Some abusers also report that they have committed property crimes, such as stealing from a store, damaging or destroying others' property, or breaking into a house or a building. Abusers who have committed aggressive acts or property crimes generally report that they engage in these behaviors more often when they take steroids than when they are drug-free.

Some researchers have suggested that steroid abusers may commit aggressive acts and property crimes not because of steroids' direct effects on the brain but because the abusers have been affected by extensive media attention to the link between steroids and aggression. According to this theory, the abusers are using this possible link as an excuse to commit aggressive acts and property crimes.



One way to distinguish between these two possibilities is to administer either high steroid doses or placebo for days or weeks to human volunteers and then ask the people to report on their behavioral symptoms. To date, four such studies have been conducted. In three, high steroid doses did produce greater feelings of irritability and aggression than did placebo; but in one study, the drugs did not have that effect. One possible explanation, according to researchers, is that some but not all anabolic steroids increase irritability and aggression.

Anabolic steroids have been reported also to cause other behavioral effects, including euphoria, increased energy, sexual arousal, mood swings, distractibility, forgetfulness, and confusion. In the studies in which researchers administered high steroid doses to volunteers, a minority of the volunteers developed behavioral symptoms that were so extreme as to disrupt their ability to function in their jobs or in society. In a few cases, the volunteers' behavior presented a threat to themselves and others.

An undetermined percentage of steroid abusers become addicted to the drugs, as evidenced by their continuing to take steroids in spite of physical problems, negative effects on social relations, or nervousness and irritability. Also, they spend large amounts of time and money obtaining the drugs and experience withdrawal symptoms such as mood swings, fatigue, restlessness, loss of appetite, insomnia, reduced sex drive, and the desire to take more steroids.

The most dangerous of the withdrawal symptoms is depression, because it sometimes leads to suicide attempts. Untreated, some depressive symptoms associated with anabolic steroid withdrawal have been known to persist for a year or more after the abuser stops taking the drugs.

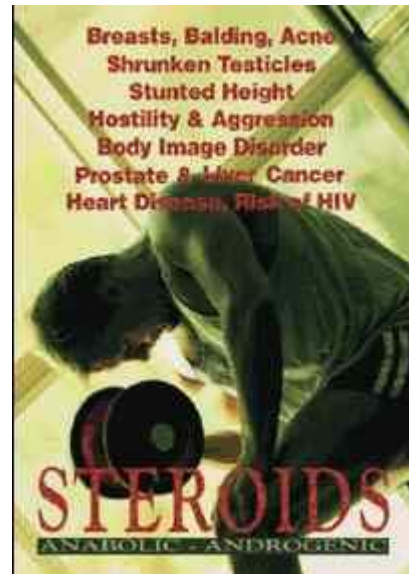
### **What can be done to prevent steroid abuse?**

Early attempts to prevent steroid abuse concentrated on drug testing and on educating students about the drugs' adverse effects. A few school districts test for abuse of illicit drugs, including steroids, and studies are currently under way to determine whether such testing reduces drug abuse.

Research on steroid educational programs has shown that simply teaching students about steroids' adverse effects does not convince adolescents that they personally can be adversely affected. Nor does such instruction discourage young people from taking steroids in the future.

Presenting both the risks and benefits of anabolic steroid use is more effective in convincing adolescents about steroids' negative effects, apparently because the students find a balanced approach more credible and less biased, according to the researchers. However, the balanced approach still does not discourage adolescents from abusing steroids.

A more sophisticated approach has shown promise for preventing steroid abuse among players on high school sports teams. In the ATLAS program, developed for male football players, coaches and team leaders discuss the potential effects of anabolic steroids and other illicit drugs on immediate sports performance, and they teach how to refuse offers of drugs.



They also discuss how strength training and proper nutrition can help adolescents build their bodies without the use of steroids. Later, special trainers teach the players proper weightlifting techniques. An ongoing series of studies has shown that this multi-component, team-centered approach reduces new steroid abuse by 50 percent. A program designed for adolescent girls on sports teams, patterned after the program designed for boys, is currently being tested.

### **What treatments are effective for steroid abuse?**

Few studies of treatments for anabolic steroid abuse have been conducted. Current knowledge is based largely on the experiences of a small number of physicians who have worked with patients undergoing steroid withdrawal. The physicians have found that supportive therapy is sufficient in some cases. Patients are educated about what they may experience during withdrawal and are evaluated for suicidal thoughts.

If symptoms are severe or prolonged, medications or hospitalization may be needed.

Some medications that have been used for treating steroid withdrawal restore the hormonal system after its disruption by steroid abuse. Other medications target specific withdrawal symptoms. For example, antidepressants to treat depression, and analgesics for head-aches and muscle and joint pains.

Some patients require assistance beyond simple treatment of withdrawal symptoms and are treated with behavioral therapies.

In summary, the extent to which steroid abuse contributes to violence and behavioral disorders is unknown. As with the health complications of steroid abuse, the prevalence of extreme cases of violence and behavioral disorders seems to be low, but it may be underreported or under-recognized.

Get more info on [Anabolic Steroid](#).

# Some Refreshing News about Anabolics

Editor's Note: Here's an interesting survey on **Anabolics** use and what users feel. You'll definitely want to read this...

## **"The "Ultimate Steroid Survey" Results"**

A total of 1152 people took part on what is probably the biggest survey ever done on anabolic steroid use. We wanted to know what the modern day steroid user is like, how much he/she spends on steroids, do they suffer from "roid rage", how old, what sex, why they started on steroids, how many times they have bought, have they been scammed etc etc etc.

Well, now we know. A massive thanks to all who took part....

## **Take a look at the results for yourself**

Interesting reading, here are the most interesting points of the survey for me:-

- Most steroid users are 22-35 year old single males with no children. Education was not a significant factor as the percentages represented any cross section of society. There was certainly NO tendency towards a lower education.
- The main reason why people did not do steroids previously was due to lack of information to correctly inform them
- Most people who buy through the Internet repeat purchase, although 1 in 6 approximately gets scammed (We know that in general this percentage is MUCH higher, but as many who took the survey ordered through the links we have to suppliers they are very well protected against being scammed).

- Most users are "beginners to intermediate" with only a very few having done steroids for more than 5 years.
- Whilst the majority do not experience any side effects, those who do almost always experience one of the following: Feminizing effects in males (growth of breast tissue), Shrunken testicles, Reduced sperm count, Impotence, Infertility.
- Hardly anybody feels that steroids made them feel more violent, and that "roid rage" is generally someone's ego out of control.
- The main reasons why people started on steroids were to become stronger and to get a great body fast, and easily the vast majority feel very happy with what they have achieved with steroids.
- Almost everyone who used steroids found they eat better, exercise more, feel healthier, have gained muscle and lost fat, and believe they have a better appearance and attitude.
- Most people spend under \$1000 per year and feel totally in control of their steroid use
- Almost everyone stacks, with Sustanon and Deca being the favourite drugs. If given the chance most would use growth hormone.
- Very few use other drugs, and the few who started to use other drugs after starting steroids do not feel steroids had anything to do with their decision.
- Almost everyone handles their own injections.

Most people felt they were correctly informed before use. The source of their information came from either the Internet or people in the gym.

Get more info on [Anabolic Steroid](#).

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# Anabolic Steroid Information- Here's a source you need to know about

Editor's Note: Reliable **Anabolic Steroid Information** is hard to come by. At least until now...

## Questions and answers from the Steroid Encyclopaedia Board

If your not using the boards yet, it's time you did. The moderators are excellent, and the quality of information is unbeatable. Here's a selection of recent Q&A's for you.

### Question

A week or so ago I posted a question (Need help getting stronger). In that post I miss typed the event in track that I am training for. I said that I was a 4000m runner when I meant a 400m sprinter. I was planning on using Winstrol. You recommended that I take 50mg of injectable every other day and when I switched to orals to take 25-50mg every day. Does this still hold true as a 400m sprinter? Is there any other drug or stack that might work better? Keep in mind that I have to pass a drug test in July. Thanks for you time and sorry about the screw up on my part. Thanks.

### Answer

I've talked to several professional athletes the last couple of years, and it seems like they all use Winstrol. Everyone from swimmers, cyclists, sprinters, basketball players and ice hockey players use it. The persons I've talked to, use injectable and oral like the way I've told you, and stop using them about 1 month before the drug test or competition. As a sprinter, winstrol would be your best choice.

## **Expert Members Comment**

I am a track athlete as well 100-200. I have used a variety of cycles and many different substances.

Winstrol is very effective, as Jim said 50mg every other day is great. It certainly worked for Ben Johnson.

The injectible form is much more effective than the oral form. Primobolan depot is also effective and is actually a little safer than winstrol.

Anavar is another compound that works for track athletes. Dianabol, believe it or not, worked wonders for me.

The best thing is to combine several of the above mentioned substances and really make some progress. Keep in mind, Winstrol takes at least a month to get out of the system, but there have been instances in USATF that it was detected for as much as 80 days.

Primobolan depot takes about 5 months to clear, with Primo tabs taking much less(around a month). Anavar is out in 3-6 weeks and Dianabol is out in 3-12 days.

What I do is use the longer lasting substances first, and taper down to the ones that get out fast. That way, you can "juice" right up until the week before the test if done correctly.

Be sure you adjust your training regime accordingly. You will not be able to train as hard or fast on the track while cycling as your muscles will be extremely tight and growing fast.

Kill yourself in the weight room and utilize explosive lifts such as cleans, snatches and jump squats. Also step over hurdles and stretch a ton to maintain flexibility in your new muscles mass

## **Question**

Hi, I recently been looking at Sustanon 250 and wondering its affects on fat reduction. I'm about 5 foot 9 and weight about 85kg however the body fat percentage is not quite on my side. Can you please tell me if sustanon is the best in converting this fat to muscle or if another drug should be used? What dosage would be recommended and should

others be used in conjunction with it? What is deca's and testosterone cypionate/propionate effects on this prob?

### **Answer**

Sorry to say but there is no product on earth that can turn fat into muscle.

Most Test like cyp, propionate, or any of them will slightly help reduce body fat but none will turn fat into muscle. You need to be careful with the test as most will produce water retention and might not help at first in your quest for a lean body, but will put on good size.

I would first concentrate on your diet, then begin a rigorous weight routine to help reduce the body fat. If your looking for gear that will help cut you up take a look at Winstrol V or Anavar, both have been known to help reduce body fat percentage, in conjunction with a steady daily workouts incorporating free weights and some cardio.

If you want in depth info on what works and what does not join our members area and get the real truth on all that your looking for remember you first need knowledge.

### **Question**

I am new here, so hi to you all.

I going to take my first steroidcycle and would like some input from experts.

I`m 38 years, 250lb 6.2 bodyfat ca. 12%. Have been weight training for 8 years, 4 times a week: mon-tue-thu-fre. 60-90 min. I take extra karbs, prot, kreatin and glutamin every day + vit / min and omega-3.

My diet program for the cycle is like this:

Meals 9-11-13-15-19-21-23 Total kcal: 5600 Prot:350 rest karbs+30g fat. Supplements : vit/min complex , 3000mg c-vit, 10g omega-3, 20g kreatin, 20g glutamin, primrose oil, milk thistle, saw palmetto, gallon water.

6 week cycle :

1 sus 250mg dia 30mg ED

2 sus 250mg dia 40mg ED

3 sus 250mg dia 50mg ED

4 sus 250mg dia 40mg ED

5 sus 250mg dia 30mg ED

6 primo 200mg dia 20 mg ED

Nolvadex 10mg ED, Clomid 50mg EOD week 1-6, week 7 50mg ED, week 8 100mg ED and week 9 50mg ED. I`m also going to take Tribulus week 5-9. Sunbathe 1-2 times a week during cycle to prevent to much acne. No smoke and alchohol. Lots of sleep. Week 5-9 kreatin 30g and glutamin 30g. One week rest after cycle.

I would appreciate all serious comments.

### **Answer**

welcome!

Seriously, your cycle is very well thought out and comprehensive. Your diet and other life-style regimes are top-notch. You must be very healthy.

I would just have to add that weeks 3-5, you increase your sustenon-250. ( I assume a week is a 7 day period ) .

Other than that.... you have a "model" cycle in my book.. good luck and you will hear from others, I am sure!

### **Question**

where would be a good place to buy some juice. if anyone knows please respond. i'm trying to get into bodybuilding seriously. thanks

## **Answer**

It would probably be in your best interest to research the subject before making the decision to start using anabolic steroids.

Please do not take this as being self-righteous, but it sounds from the way you posted your plea that you have a lot to learn on the subject before jumping in head first.

This is not a decision to be taken lightly and the first thing you need is knowledge.

Join the members area and get some facts and some help from the members, there is a ton of good information at your finger tips.

And if after checking out all the pros and cons, then make the right decision for your self.

You came across as desperate and someone making request as you did needs to learn a little first, and who knows maybe you will find the answers and some assistance in your quest for a better built body. Click [here for more Anabolic Steroid Information...](#)

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<http://www.1st-Steroid-Cycle.com/encyclopaedia.html>  
"The Definitive Guide to Anabolic Steroids"

# "Holding on to Your Gains Without Steroids"

by William Llewellyn

An excellent new article written by steroid expert William (Bill) Llewellyn, author of *Anabolics 2000*, the article is titled:- "Holding on to Your Gains Without Steroids". Here's a little information.

## **Getting Big - Anyone fool can do it!!**

As many of us know only too well, it is not that difficult to get big on steroids. Eat, sleep, jab and train. Not really rocket science eh????

But then also many of us know the all too familiar story of the post cycle "crash" - losing most of the gains almost immediately afterwards.

## **But Keeping the Gains...needs "Know How"**

Achieving good quality, long lasting gains however, is a different story altogether. This is a superb article that will help you achieve that goal. The real key is knowledge. Post cycle knowledge about anabolic steroids.

Learning the secrets to keeping as much of the gains as possible without having to get straight back into another cycle.

This knowledge will help separate you from the ignorant masses of people who throw their money away on steroids, by not knowing how to keep what they gained.

A Sample of the Article. The following are extracts from the article....

"....There is a line that is easily crossed in the world of steroids. It is the line between part-time moderate use and the almost never-ending consumption of the hardcore bodybuilder. When first introduced to steroids, one quickly finds that their resulting gains are not all permanent. If you loved the way you looked towards the end of that first bulking cycle, and rapidly lost a good part of your favored look after the cycle stopped, it sometimes becomes an easy choice to just do another cycle, and stay on it longer the next time. Braggs of "just one or two cycles" soon fade. Eventually it develops into continuous steroid use, as the athlete finds it harder and harder to come off and face the loss of any aspect of his well-crafted physique. But not everyone crosses this line. For many, steroid use remains a periodic event...."

".....Exactly what can you maintain after a cycle is over, without hopping right back on anabolic steroids ...."

....Steroids allow someone to easily pass such walls and sticking points and enhance their level of muscle mass over what could possibly be achieved otherwise by boosting the ability of cells to synthesize new proteins. The balance of anabolic (tissue building) and catabolic (tissue breakdown) processes can be unnaturally shifted well in favor of the former, and for a period of time natural limits can be exceeded. But once the drugs are stopped, the old chemistry returns....."

".....The biggest obstacle to keeping your gains after the steroid cycle is over is going to be the post-cycle recovery period....."

".....The goal of a good post-cycle program is to minimize, potentially avoid, putting the body in a state where anabolic hormones are absent. If we can prevent this from happening, quite a bit of muscle mass can be saved instead of being rapidly lost to unbalanced hormone levels...."

".....I have spoken with many recreational bodybuilders who feel that early experimentation they did with steroids has made lasting changes in the absence of these drugs. Some feel that they are able to carry around more muscle mass now than they were before trying steroids, yet continue to train naturally and have so for years....."

Click to read the rest of the Article [here](#).

# "ONE DAY WE SHALL ALL KNOW THE TRUTH ABOUT ANABOLIC STEROIDS"

## **PART I**

Editor's Note: Anabolic Steroids safe or dangerous? This is a two-part report highlighting one bodybuilder's opinion.

I am a 42 year old male who feels like "the world is my oyster." When I see teenage boys hootin and hollerin' I laugh because their behavior resonates with how I feel much of the time.

I feel young, virile, healthy, energetic, strong, capable, and full of stamina. My last girlfriend was 27 years old and could not believe our sex-life.

She made the comment that she will always date a bodybuilder from now on.

In staffings at work I am the assertive one who doesn't care if people like my opinion or not. I get my point across and it does not matter that I don't always get my way. I also give my all at work almost everyday and am able to feel competent and energetic in doing that.

## **MY KIDS THINK I'M COOL...**

My children are amazed at my stamina and tell me that I am "cool". I don't know about that for sure but I would say that to any extent that I am "cool" it is because I feel much younger than I am and love doing the things that they love to do, and that I loved to do when I was 20 years younger.

In the movie "As Good As It Gets" Jack Nicholson tells his girlfriend that she makes him want to be a better person and he goes on an anti-depressant as a result.

I must say that somehow that mirrors the effect that steroids have had on my life and the people in my life.

### **I HAVE BECOME A BETTER PERSON...**

I have become a better person as a result of the juice. Without a doubt my children have benefited, as have my employers, girlfriends, and other friends.

My relationship with God is better as well as I now understand that he wants me to be as happy as I can be and still living healthy.

In my early 30's I smoked and was getting quite fat. I was 5'10" and 225 and probably 30% body fat. I know that I could have lost 60 pounds of fat and been at a healthy weight.

I had lifted in high school but had lost it all over the years of sedentary living and misspent youth.

### **SEX LIFE WAS "SLOW"...**

My wife was telling me that I was not the same man that she married, and our sex-life was very "slow" and lukewarm. Sometimes I would see how she was looking at me and just knew that I was really out of shape.

Also, my hepatitis C was really taking over my health and vitality. I use to have to take a nap every day in the afternoon or I was no good in terms of energy. I was also very addicted to coffee and caffeine in order to just keep moving a bit.

I had always been fairly attractive and cared about how I looked throughout my life but a tough marriage, kids, the job, and money problems had taken there toll and I let myself go in a bit of depression.

## **"GET TO THE GYM", HE TOLD ME...**

In my early 30's I separated and divorced. I was really having some anger problems and self-esteem problems so a friend of mine told me to "get to the gym".

I can still remember that as soon as he said that it rang true inside me as something that I needed to do. He was a 54 year old bodybuilder and he really knew his stuff.

He was also my spiritual advisor and a Born Again Christian.

The very next day I was there and I never looked back. I have been there at least 4 days/week for 8 years. In the beginning I of course over-trained and was there 6 days/week but even that served the purpose of getting rid of some serious fat and anger.

## **I HIT THE JUICE PRETTY QUICKLY...**

I spent a couple of years training natural and with the andro products but I got into the juice pretty quickly.

And it has never been a disappointment.

I don't tell my parents who are still living because frankly they just would not understand. However, every time they see me my mom tells me how good I look and to "keep it up".

Good ol' mom! LOL

When she looks in my smiling face I see her love and her happiness that I have found something in my life that has elevated me to such a virile and brawny level of existence.

I am now 42 years old, 5'10" and weigh 230 lbs but with only 11 percent body fat.

Now instead of getting winded going up stairs, I am taking them two at a time and loving it.

Get more info on [Anabolic Steroid](#).

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"The Definitive Guide to Anabolic Steroids"

# "ONE DAY WE SHALL ALL KNOW THE TRUTH ABOUT ANABOLIC STEROIDS"

## **PART II**

Editor's Note: Anabolic Steroids safe or dangerous? This is Part II of a report highlighting one bodybuilder's opinion.

### **NOW I CAN BENCH 365...**

I bench 365 for two reps and can rep out 225 seventeen times. Last month I got 1000 on the sled for 5 reps. I do 20 mins cardio 3 days week.

I eat like the athlete that I am and believe that being a star is not about doing something right some of the time but is about doing something right most of the time.

A couple of months ago, my ex-wife told me that if I looked this good when we were married that things would have been a lot different!!! Coming from her that was a hell of a compliment let me tell you!!

She has done some cycles and loved the results too. However, I now tend to date women who are about a dozen or so years my younger. So far none of them have believed my age.

In relating all of the above I certainly do not want to appear egotistical for I do not take the credit for what I consider to be this fountain of youth.

## **THE HARD WORK PAID OFF...**

I know that my hard work in the gym paid off but I also know that all the above that I have acclaimed is due to steroids.

But not just any steroids.

I must emphasize that for a man in his 40's to be feeling this way and be relatively injury-free most of the time is due in large part to doing the right things in the right doses.

And that came from a lot of reading, asking the right people the right questions (I always emphasize that I want to stay healthy), and experimentation.

Also, it has come from realizing what my real goals are and not being deceived by all the hype and egos that go with the territory of bodybuilding.

## **ONLY COMPETE WITH YOURSELF...**

I don't care what anyone else is doing or how big they are getting. I compete against myself but from within the rules and parameters that I set down for myself.

There is a whole group of men in there 40's, 50's, and even 60's who are presently setting a precedence for both longevity and vitality due to the sport of bodybuilding and due to sport supplementation of Anabolic Steroids.

## **INCREDIBLE THAT IT CAN BE ILLEGAL...**

It is incredible that this way of life which is so rewarding and which inspires one to continue to become the best person that he/she can be would be an illegal way of life in this country.

It is so paradoxical that on this Fourth of July I had to write about it.

It is so mysterious to me as I reflect on the blessings that have come to me from this way of life. I could never say that or feel this way when I was in my drug and alcohol addiction back in the eighties.

I was very unhappy and everybody who was close to me suffered in one way or another as a result of my usage.

Such is not the case with AS.

Some of the most patriotic, God-fearing, generous, compassionate, honest, and kind-hearted people I have ever met came to me via Steroid Encyclopaedia.

Every day that I sign on and read various threads I am amazed at the depth of humanity that the members represent and talk about.

**"SOME DAY WE WILL ALL KNOW THE TRUTH ABOUT AS..."**

On this Fourth of July may God continue to Bless this wonderful country as He has for so long and may he bless all my Brothers and Sisters of the Iron on Steroid Encyclopaedia.

I think that someday the truth will be known about the benefits to society of Anabolic Steroids.

Get more info on [Anabolic Steroid](#).

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