

The Steroid Bible Steve Gallaway Book

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creatine and androstene they re the natural supplements that scored with mark mcgwire are they help or hype when cardinals first baseman mark mcgwire broke baseball records with the most home runs in one season he was hailed as an outstanding athlete but he also made news for another reason mcgwire was taking androstene a brand name for androstenedione and creatine two natural supplements used to build muscle and enhance athletic performance but how much can sports supplements improve performance how safe are they and how ethical is the use of such supplements in sports these and many other compelling questions about performance enhancing supplements are expertly answered here along with the hazards of steroids both prescription and natural and how the two compare how safe it is for children and teens to take sports supplements an overview of androstene and other testosterone enhancing supplements how the use of amino acids such as creatine aids in performance other athletic enhancing supplements including antioxidants vitamins minerals and more q as resources and organizations of interest find out the pros and cons of all kinds of performance enhancing sports supplements culled from the latest research and coaches and athletes themselves to see if you can safely benefit from these natural power builders

baseball is facing a crisis as it is riddled with accusations of steroid and drug abuse testing and debates about whether or not records will need to include an asterisk in attorney david ezra s new book asterisk he explores the public trials of the baseball community and debates questions such as are accusations of steroid use justified or do today s well trained players whose teams play in newly constructed ballparks shatter records because the game has changed

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