

# ANABOLIC STEROIDS AND BEYOND

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Two issues that are clearly contentious where most ignorant folk, in the literal sense, chime in on are vaccines and anabolic steroids. This essay focuses on the later, a dialogue that eruditely looks at all aspects of this issue, without the emotional sanctimonious judgmental contentiousness that surrounds these valuable pharmaceuticals.

Anabolic steroids are a good thing, a very good thing. Anabolic steroids have helped much of humanity regain its wellbeing, endurance, strength, self-esteem and saved lives. That is precisely why they were created and they have provided such for many geriatrics, post surgery, and others for the last 70 years.

Until.....

until professional body builders and athletes realized the benefits of them in sport and over-utilized them in order to stay competitive at that level, which is not for the faint of heart.

Anabolic Steroids do not provide an enhancement in pure athletic ability, skill and athleticism. None whatsoever. Pure athleticism and skill are God given. Anabolic steroids will only improve isotonic lifting capacity, endurance, stamina, hypertrophy and recovery. Do not confuse the aforementioned with PURE ATHLETIC SKILL AND ABILITY. They will contribute to supporting that ability however do not improve your specific skill of hitting a baseball or throwing a football with laser like precision 60 yards in the air into the hands of a wide receiver who can sprint 40 yards in 4.4 seconds.

Barry Bonds and Roger Clemens belong in the Hall of Fame. No? Ok..... step into a big league batters box and have Clemens bring the heat and junk at your head at over 100mph. First off, you would never see the ball let alone what kind of spin it had on it. Second, you would be too busy changing your underwear afterwards. You should have worn "Depends". These are the big boys and they don't play nice.

I don't care how many steroid cycles you do of stacking Test with Deca or HGH or doping, you still have to courageously stand in a big league batters box and be able to hit a very small rock hard sphere coming at your head at over 100mph with a wood stick not very much bigger in diameter than that sphere. Now, most of you and 95% of the world cannot do that. Shoot, I would not even step into the on deck circle let alone the batters box!

Now, Barry Bonds can see the ball, can see the spin on it and they tried to walk him most of the time because they did not pitch to him and he still made contact as that 100 mph ball is moving all over the place and hits it 500 feet out of the park several hundred times in various ballparks around the country. You must time your swing at the precise moment the ball is near enough to hit. Steroids do not help you do that. That skill is granted one by God.

So, in essence these athletes, at that level, possess God Enhanced Performance, GEP, not PED. Hope you can understand the point and the reality of human athletic performance. And if you don't, go to your nearest neighborhood batting cage and try hitting the ball. Many of you, of course, will be able to hit the ball however many cannot and it is coming at you considerably slower than in the big leagues. Many of us, regrettably would not make clean contact in the softball slow pitch cage. I came out of a 70mph batting cage once, in Aspen, and told the guy at the counter the bat did not work. He looked at me like, "WHOAT"? I said, yes, the bat does not work. It did not hit a thing! Just like when I was shooting baskets in the same Aspen gymnasium and complained that the basketball did not work. And the same guy behind the counter said, "Excuse me"? "Well, the ball did not go into the basket, so the ball must be broken." I think he was dialing 911 on my way out! Not sure what all those black and whites coming down the road with lights and sirens were for as I was leaving.

**Anabolics do not enhance your ability to see the ball, the spin and make contact or put the ball in a basket or improve your God given athletic skill. None whatsoever.**

Steroids did not facilitate Bonds jacking home run after home run. He was a skilled hitter to begin with, before his head grew to 3 times the norm with juice. Could you argue that the anabolics improved hitting distance because of increased strength? Of course and absolutely, however he only needs to hit the ball over the outfield wall, which he was doing anyway. He was hitting the ball into the bay where kayakers were waiting to retrieve those balls! If you don't understand the impact of that, then you need to travel to San Francisco and visit Candlestick Park. You will then understand, grasshopper.

Roger Clemens was skilled to begin with, in getting the ball in the strike zone at 100mph plus with all the other junk he threw, consistently. 7 Cy Young awards? Steroids did not facilitate his skill. Steroids allowed these athletes to recover more quickly and extend their careers. They did not improve pure athletic skill.

I would be bamboozling you if I did not agree that blood doping and other anabolics as well as androgens catapulted Lance Armstrong, the East Germans and Chinese women's swimming to the podium as well as politics.

Listen, I am a survivor of the failed treatment of cancer in the US. I lost 60 pounds of my fit body and looked very much like Armstrong when he was in the hospital. I looked pale, drawn and anorexic as did Armstrong. When I watched him win the Tour soon after those publicity hospital pictures during his testicular cancer journey which is no day at the beach, only one thought went through my mind.....what did he use, Deca, Test, Blood Dope. Because I have done all three and it was the Deca and Test and HGH, real injectable HGH, not the fake pills you buy at the store or online, that brought me back from my cancer surgery and downward spiral of health at the hand of UCLA, John Wayne Cancer Institute. So, I know first hand what I am addressing. Most pontificators don't. And if you choose to challenge me, oh please do so.

I have no issue with Armstrong. That is what you wanted and he provided you with the "Rah Rah American Sporting Pride" and catapulted cycling into the spotlight like Ali catapulted boxing into the spotlight and you berated him as well until he died and now you berate Armstrong and throw him under the bus. Everyone at his level, in cycling, was doing the exact same thing, as they still are, so the question is, if no one was doping would he still win? Absolutely. He is a gifted elite athlete with the intensity it takes to win. These big boys don't play nice. They show up intending to defeat you at all costs and they know they will. They do not think they will win, they know it.

So, the powers to be that banned Armstrong from cycling and stripped him did that to appease a very judgmental public that enjoys building celebs up and then tearing them down. The majority of us could have taken copious amounts of steroids or PED's or whatever you want to call them and we still would never parallel the elite in terms of performance. Just stop judging someone for what they did when you really don't have a clue about the subject or the work it takes to perform at that level.

After every Mr. Olympia that Arnold won, he would look in the mirror and say, "how did this piece of shit win today". That is an elite athlete. Never good enough and always striving to be better and better. And, yes, many have taken anabolics a bit far to their demise. However, the minute you think you know it all and are the best and cannot get any better, you lose.

What is an anabolic steroid? Can you name one? Is it an androgen or an anabolic or a steroid? What is it? Can you illustrate the physiologic pathway and mechanisms of how they work? Do you know what conditions they were designed for, in the first place? Do you know the history of these incredible medications? Do you know what their place is in recovery and rehabilitation?

Anabolic steroids are not illegal and you will not die if used properly and your testicles will not shrink. Testosterone cypionate and enanthate, et al as well as Decadurabolin, Parabolin, Primabolin, Winstrol, Trenbolone, HGH, etc etc etc and the like are not illegal.

They improve recovery, stamina, endurance, strength and power, however that does not equate into pure athletic skill and not necessarily into enhanced performance. Speed for instance. Speed is rarely taught or developed as such. Speed is God given. You either have raw speed or you don't. You can slightly improve on your God given speed but you cannot take a 5.5 40 person and turn them into a 4.4 40 person at any age no matter how much "juice" you shoot up with or drop. What anabolics do with speed is improve the stamina and endurance to make the last turn and pass everyone up as the others are "burning up". They do not improve pure God given speed.

That is the reason the East Germans would go into the schools and biopsy the muscles of children to determine whether they were fast twitch or slow twitch fibers. They then would place those children in the specific sports academy's that require fast or slow twitch fibers. They did not waste time attempting to develop a mesomorphic athlete with slow twitch fibers into a sprinter. They maximized the science of exercise physiology with profound results. Get the idea? Actually, a better question is.....do you even know who the East Germans were?

Very few people, today, know the history of Anabolics however feel they can render an opinion on something they know nothing about or berate people they don't even know or believe the lies about those people. You read headlines and you believe them instead of investigating the issue. As a result, good people's lives and reputations are destroyed at the hands of deceitful, vindictive and malicious sports reporters etc.

Anabolic steroids are legal and beneficial and moreso for you, the unsuspecting public with delusional no clue MD doctors who fear the issue. Do some research prior to judging those of us that have used them. In my case, they gave me back my life, literally, after the Allopathic Medical Quacks at UCLA John Wayne Cancer Center almost killed me during my cancer journey.

There is much more to address with this subject however knowing the average American reads at the 3<sup>rd</sup> grade level and we are at 4 pages, enuf said for now. Go do some real research and learn the truth. Even better try some anabolics and see what happens. And forget all the garbage "precursors" and pills. They are worthless. Inject or go home. And please spare me your sanctimonious judgment.

Those that speak do not know. Those that know do not speak.

