

# Steroid Suicide

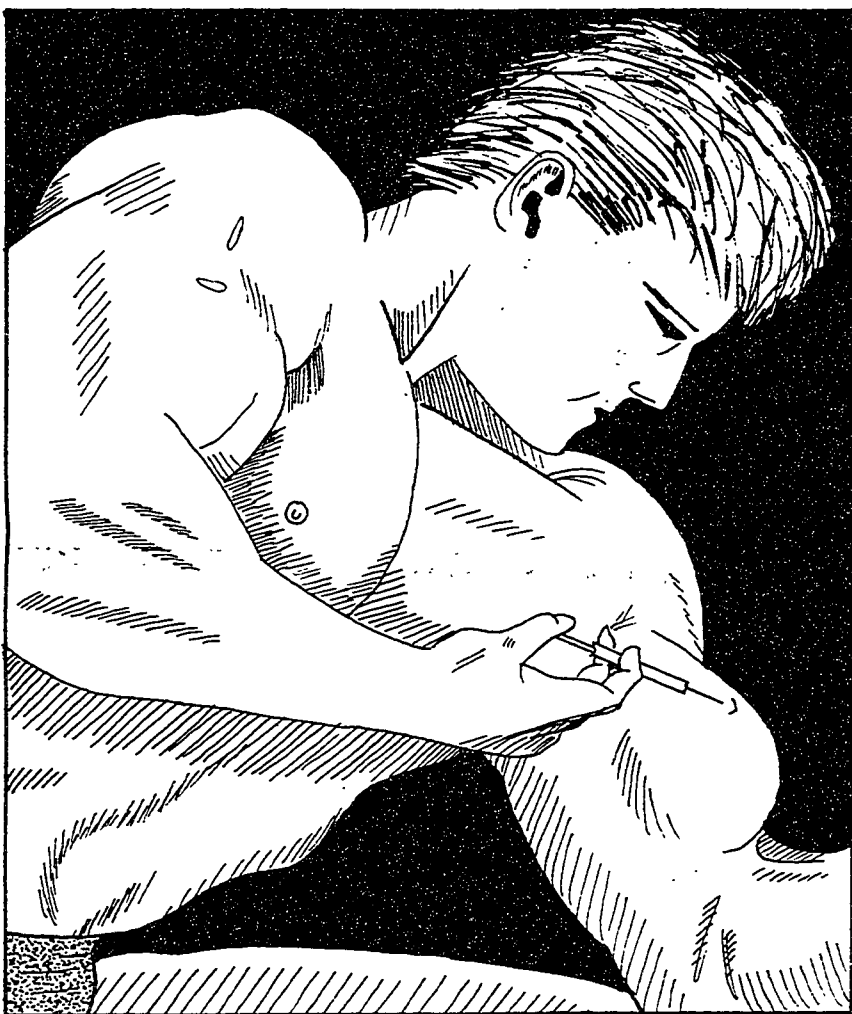
## Get Fit Now

by Brian Nelson  
Collegian Staff Writer



This is the article you've all been waiting for. The one where this health nut raps steroid use. Well, I hate to disappoint you, but you've probably already heard every one of the negative raps anyway. Instead of lecturing, I'd like to present some of the alternative (legal) products that are available that can give you steroid results. Of course, some of you are so thick headed that you'd still use steroids even if God came down and told you not to.

The thing that amuses me most about some of the guys that come into my health store is their lack of common sense. They balk at the prices of my natural steroid replacement kits which average around \$120.00 at the most. But yet they'll pay the



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oversized monkey at their gym well over \$200.00 for a six week supply of steroids that are probably nothing but cheap garbage mixed in a bathtub somewhere in Mexico.

Well, enough already, I promised I wouldn't preach. First of all I'd like to clear the air on one thing. Natural steroids and the Synthetic Steroids that you hear so much negative flack about, are not the same things. Natural steroids are what their names implies. They are mixtures of various herbs and natural enzyme substances that stimulate growth hormone release and raise testosterone levels naturally, without any of the side effects you'd receive from synthetic steroids.

If you've caught my drift so far you've probably already guessed that synthetic steroids are prescription drugs manufactured in a laboratory. If abused, synthetics can cause severe side effects of nightmarish proportions.

Up until about four years ago these steroids could be purchased over the prescription counter. Many doctors were raking a fortune off the egos of muscle-seeking men. Since then, however, steroids have been banned altogether in this country. No matter what line of bull the dunce down at the gym gives you, there are no steroids produced in this country.

A major scam has evolved from the demand for these steroids. Many fly by night producers in other countries are smuggling their counterfeit drugs into this country with the name of one of the more prominent U.S. laboratories forged on the label. These are even more dangerous for the fact that they are impure drugs which

can cause such diseases as hepatitis, and possibly AIDS. Yes...the dreaded AIDS. I'd like to see some macho man try to explain to his peers at the gym how he contacted AIDS.

Let's be serious. Everyone, including myself, is obsessed with the idea of making our bodies attractive to the opposite sex. If putting on size is the solution for you then natural steroids are the way to go. Unlike synthetic steroids, you will not see results by tomorrow, but the results will appear in time. Anything natural and good takes time. Usually in about nine weeks you should begin to notice significant progress.

I'd have to say that there are a lot of products that are nothing more than trash and will only work towards you having a few less dineros in your pocket. When choosing products, you should go with the more reputable names, and don't be shy about writing these companies for further information. By law, they are required to provide all the information that is available on their product.

If you have just started a bodybuilding program, you've probably wondered what supplements you'll need besides balanced meals. In order to be successful at bodybuilding, you should first consider taking a good multiple vitamin. In addition it is very important to supplement your workouts with amino acids -- free formed, peptides, and branched chain, L-Carnitine, Inosine, and Smilax Officinales. All of these products can be found at a health store and are legal and natural.

These products do cost quite a bit. You'll need to take your goals into consideration. If you want your bodybuilding program to be successful, you'll have to think about trade offs. You could trade off the average \$60.00 a week you might spend on booze. And the natural steroids are a good alternative to the \$200.00 cycles of synthetic steroids that will eventually become a habit. You can decide if you would rather invest in natural products that will provide you with an appealing appearance, while also providing good health which will last a lifetime. It's your choice.

### Spring Fashion contd. from previous page

pile-ups by distracting motorists.

And that's it for spring. Of course, designers are already at work for summer, fall and the apocalypse, as there is a huge demand to be in style. In fact, fashion designers just know that people will wear anything they say so as not to be considered fashion-less twerps.

My spies in the Fashion Underworld (two janitors named Phyllis and Leroy) tell me they plan to test the public this summer to see how stupid they really are. Expect the following fashion statements:

**Cowboy** - plaid shirts that would scare a snake into a coma, big inflatable hats and over-the-waist boots will appear in July.

**Pat Boone** - Look at Pat Boone. 'Nuff said?

**Rocky and Bullwinkle** - Headgear and bathroom slippers.

**Madonna** - Anything she would wear during a full moon. Hones.

Join me next time as I explore the National Enquirer's Swimsuit Issue. You know - the one with the sexy three-headed alien centerfold.

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