

STERIODS VS HMB

By Graham Healy

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Diplomas in fitness & Sports-Coaching

8th Dan Master in Martial Arts

former Olympic weight-lifter mid heavy 1976 Queensland's Titles

(Coached by Nev Perry 2 x Olympian Rome & Mexico games)



I am not really going to spend too much time on this subject other than to say to you if you THINK INJECTING ARTIFICIAL SYNTHETICALLY PRODUCED DRUGS into the Body (muscle) therefore manipulating the growth of every cell in your body including (cancer cells) is an 'option' to HEALTH & FITNESS then you are :

- 1) STUPID
- 2) DEAD WRONG

In fact after 40 + years in the Industry I know what the end result of Steroid abuse is. In fact 50% of the body-builders pictured on the 'Feature wall' of my associated supplement store are DEAD ! before they reached 35 years old .

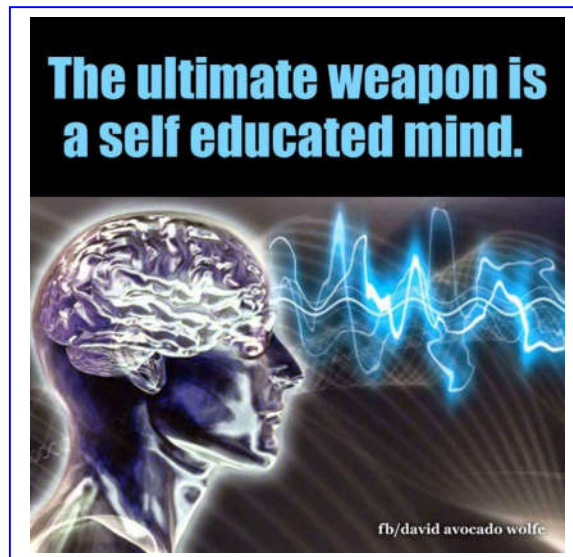
I could relate personal stories of Athletes I admired and were my Hero's in my teenage years SUDDENLY DEAD died of cancer ravaged organs and body .

YEP "GET BIG & DIE YOUNG" was the saying laughed about in my Gym , UNFORTUNATELY ITS TRUE ! DEAD TRUE!

What has this to do with Ultimate Health and Fitness ? ABSOLUTELY NOTHING! Steriod abuse is a DRUG CULT with its criminal pushers using the Bull-s image of "Getting Big" Mate ..."Do ya wanna get BIG" to some naïve young teenager as the Criminal pusher 'hooks' another 'kid on drug's' and creates an ever EXPANDING

network of 'feeder lines' to push the Drugs.

If you really want to examine the DOWN SIDE of Steroids here is a great site to educate your self and remember AN SELF EDUCATED MIND IS TRUE POWER !



Here are the RISKS:

<https://www.drugabuse.gov/publications/drugfacts/anabolic-steroids>

How do anabolic steroids affect the brain?

Anabolic steroids work differently from other drugs of abuse; they do not have the same short-term effects on the brain. The most important difference is that steroids do not trigger rapid increases in the brain chemical dopamine, which causes the "high" that drives people to abuse other substances. However, long-term steroid abuse can act on some of the same brain pathways and chemicals—including dopamine, serotonin, and opioid systems—that are affected by other drugs. This may result in a significant effect on mood and behavior.

Short-Term Effects:

Abuse of anabolic steroids may lead to mental problems, such as:

- paranoid (extreme, unreasonable) jealousy
- extreme irritability
- *delusions*—false beliefs or ideas
- impaired judgment

Extreme mood swings can also occur, including "roid rage"—angry feelings and behavior that may lead to violence.

What are the other health effects of anabolic steroids?

Aside from mental problems, steroid use commonly causes severe acne. It also causes the body to swell, especially in the hands and feet.

Long-Term Effects

Anabolic steroid abuse may lead to serious, even permanent, health problems such as:

- kidney problems or failure
- liver damage
- enlarged heart, high blood pressure, and changes in blood cholesterol, all of which increase the risk of stroke and heart attack, even in young people

Several other effects are gender- and age-specific:

- In men:
 - shrinking testicles
 - decreased sperm count
 - baldness
 - development of breasts
 - increased risk for prostate cancer
- In women:
 - growth of facial hair or excess body hair
 - male-pattern baldness
 - changes in or stop in the menstrual cycle
 - enlarged clitoris
 - deepened voice

Finally some timely advise from :

Nora D.Volkow, M.D.

Director National Institute on Drug Abuse

“While anabolic steroids can enhance certain types of performance or appearance, **they are dangerous drugs**, and when used inappropriately they can cause a host of severe, long-lasting, and in

some cases, irreversible negative health consequences. Anabolic **steroids can lead to early heart attacks, strokes, liver tumors, kidney failure, and serious psychiatric problems.** In addition, because steroids are often injected, users who share needles or use nonsterile techniques when they inject steroids are at risk for contracting dangerous infections, such as HIV/AIDS and hepatitis B and C.

The List Goes on and on if you want to CHEMICALLY ALTER YOUR BODY ?
 WITH A **EXTREME RISK OF CANCER & ORGAN FAILURE GO RIGHT AHEAD** but don't claim to be a Heath & Fitness Guru for God's sake cut the Bull-s please!
 Further reading on effects of Steroids continue reading here:
<https://www.drugabuse.gov/publications/drugfacts/anabolic-steroids>

HMB the difference & the HEALTHY ALTERNATIVE :

Is a natural Amino Acid that's is produced in the BODY NATUALLY (present in Mothers milk)

HMB is a super concentrate of the Branch Chain Amino acid L-leucine

The Flow chart goes like this :

HMB FLOW CHART

Protein >> breaks down to

>> **Amino Acids BCAAS**(Branch chain Aminos) >>

>>(A Branch Chain Amino acid)**L-Leucine** >> breaks down to

>>**HMB** >> breaks down to

>>**HMB-Coa** >> further breaks down to

>>**HMG-CoA** >> further breaks down to

>>**Mevalonate** >> further breaks down to

(Cell construction material and consolidates cellular growth)

>>**Intracellular Cholesterol** + exercise

= **Muscle cell Growth + Increased Muscle Mass**

Now the same above process goes on and BUT when Germs and other challenges to the IMMUNE SYSTEM OCCURS THEN:

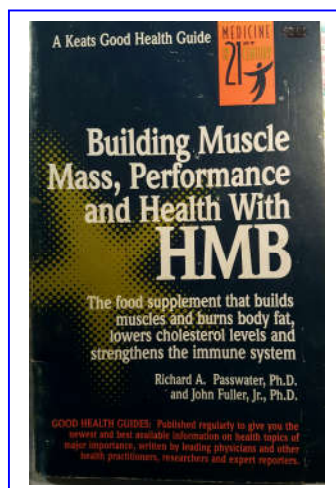
The Very Same Breakdown of HMB builds the immunity fighting cell of the body that "attack germs and viruses" (it helps the Immune cells to divide and surround the virus and kill it (remember HMB provides the cholesterol needed for the INTEGRITY OF THE CELL wall so not only does HMB provide cell Growth its also provides the ability of the 'bodys FIGHTER cells' to 'differentiate and divide' and 'surround and

capture and destroy viruses' .

So HMB is a EXTREMELY VALUABLE AMINO ACID and is backed by scientific studies (refer our page on HMB specifically)

<http://www.healyshealth.com/#!d4-feature-supps-hmb/c1s0w>

for further studies by Dr. Nissen and book written by Dr. Richard A Passwater and Dr. Fuller (below)



So continuing on, Amino acids are a Naturally substances (Proteins) in the body and are responsible for **FORM & FUNCTION** of the body and all its bio-chemical actions, growth of muscle cells etc . the BIG difference been Amino Acids (in this case HMB) is that they are completely Natural substances already occurring in the body and therefore pass any sport anti-doping authority test , in fact HMB in particular was used in the 1996 Olympic games and fully endorsed by the Olympic Authorities .

see our complete article on HMB link here:

<http://www.healyshealth.com/#!steriods-verses-hmb-by-gh/cc1>

full page on HMB link here:

<http://www.healyshealth.com/#!d4-feature-supps-hmb/c1s0w>

So this is how HMB works to consolidate muscle cell growth in a paragraph :

(see flow chart above as well)GH

“basically the body need Cholesterol (the good cellular Cholesterol which is not the same as Cholesterol floating around in the blood) but this cholesterol is used to form the steroid hormones that form sex hormones, muscle cells and the immune system. HMB is required to manufacture this type of cholesterol synthesis within the body’s cells for growth. (Think of a baby growing on mother milk, this is HMB in its purest form in action naturally).

Minimum of 3 grams of HMB per day is required daily to sustain a healthy growth of muscles cells and support the immune system.

If training Intensely I would bump up the dosage to 6 grams daily even 10 grams daily wont hurt (its natural) .

So maintenance 3 grams per day

(remember we have 1.5 grams of HMB already in one(1) serve of Healys Health Urban Muscle Urban Muscle)

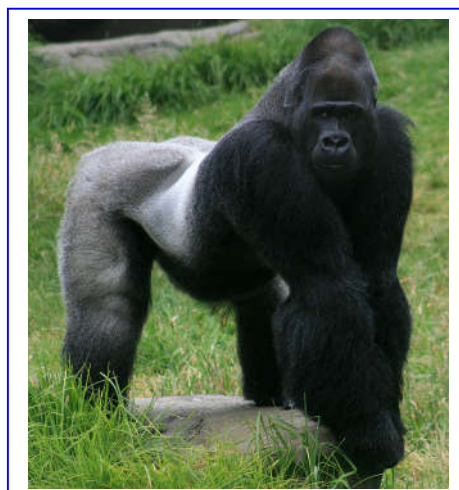
So if intensive training is taking place take up to 6 to 10 grams daily (extra),

especially around the **peak intensity days of training and several days after** (when you feel the muscles are clearly been pushed to their limits and need **RECOVERY & REPAIR** this is the time to FORTIFY your Healys Health Urban Muscle Resurrect Drink with EXTRA HMB. As prescribed above. GH see analysis of Healys Health Urban Muscle Resurrect here : <http://www.healyshealth.com/#!d4-feature-supps-hmb/c1s0w> and here: <http://www.healyshealth.com/#!b1-ingredient-analysis/c10qj>

THE OVERALL EFFECT OF HBM IS LIKE A BRICK LAYER CONSOLIDATING OR BUILDING A WALL (THE WALL REPRESENT YOUR MUSCLE CELLS) AND THE MORTAR REPRESENTS THE INTERCELLULAR CHOLESTEROL (FORMED BY HMB) HMB WORKS WITHIN THE BODY'S SYSTEM CONSOLIDATING ONE BRICH AT A TIME .



CONVERSLY STERIODS IS A "CHEMICAL-DRUG' INTRODUCED INTO THE MUSCLE CELLS BY 'DIRECT INJECTION' LIKE IF THE 'BRICK LAYER' SPRAYED THE BRICKS WITH A SPLATTER GUN AND HOPED SOME OF THE MORTAR STICKSTHE TROUBLE WITH THE CHEMICAL-DRUG-STERIOD APPROACH YOU MORE THEN LIKELY FEED SOME NASTY CANCEROUS GROWTHS IN THE LIVER(or create them) AND KIDNEYS (ESPECIALLY THE LIVER) AS THE LIVER PROCESSES ALL THE CHEMICALS OF THE BODY AND THE KIDNEYS FILTER THE BLOOD , YOU DON'T HAVE TO BE ALBERT EINSTEIN TO FIGURE OUT THAT USING STERIOD-CHEMICAL-DRUGS ...ANYTHING CAN PROBABLY GO AWFULLY WRONG AND PROBABALLY WILL. DON'T RISK IT ! STAY LEAN & CLEAN THIS IS TOTAL HEALTH 100% NATURAL NOT FOCUSED ON BECOMING THE LOGO ON THE FRONT OF WORLD GYM (A HAIRY DISPROPORTINATE GORILLA) 😊



Gorilla pic ref below:

By Brocken Inaglory - Own work, CC BY-SA 3.0,

<https://commons.wikimedia.org/w/index.php?curid=7283971>

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