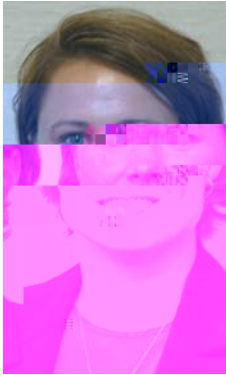


BOD BUILDERS WHAT KIND OF RISK ARE THESE?



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without the use of anabolic steroids. However, a true freak of nature, a man far beyond average in terms of muscularity will not achieve this without the use of steroids and if he hasn't achieved this there is no competitive sport of great interest. Chris Bell once said that steroids were as American as apple pie; well, for competitive bodybuilding it is the pie and as long as the muscle game is played many people will inevitably want a piece.⁽⁷⁾

Bodybuilding by its very nature is an unnatural pursuit; our bodies have no desire to change and they absolutely have no desire to pile on massive amounts of muscle. We are creatures of a naturally stagnant nature, and while our natural state will vary from person to person, regardless of who we are, this natural state exists. To change that natural state we must force our bodies to act and perform in an unnatural manner, we must force it to grow and define, but to truly rise above normal, hormonal help must exist. Yes, you can absolutely be a natural bodybuilder and build a good solid physique beyond your natural state; you can achieve this

Refe e ce

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