

## Why be Pro Natural in Fitness and Bodybuilding?

Why be Pro Natural in Fitness and Bodybuilding? I have been training for 15 years. At a height of 5' 9", I come in contest ready at 185 lbs 5% bodyfat. My training intensity is always 100% and when I need a day off, I take it. Am I ever going to compete in the IFBB or organizations which do not drug test or screen every competitor? No. I will not. Why would I say that? Simple. I am a drug free competitive bodybuilder. Why do I assume 90% of competitive bodybuilders take testosterone or other steroids? I know what drives these bodybuilders to take them and I know how long it takes to break a plateau to gain more muscle. 3-7 pounds of lean muscle mass is plenty to see huge changes in your contest ready physique. Anything more than this and it's assumed that you are either cheating with steroids or HGH. When you see competitive bodybuilders put on 10 or more pounds for their next show and their not holding fat or water, these gains are definitely questionable. However, it's not to say that these particular bodybuilders made a significant improvement in gains because they were suffering a lack gains due to poor training and nutrition regimes. I would give them the benefit of the doubt if someone were to gain 10 pounds of lean contest ready muscle, but anything over that would be shocking for a class of drug free competitors. The facts about Steroid Abuse\* Steroids and HGH (Human Growth Hormone) are illegal for a reason: They will harm your health. It's not only a question of side effects, but also because juice can be tainted (black market).

\* Steroids and HGH are widely counterfeited and can produce serious health risks when taken oral or by injection Side effects in males:\*

\* shrunken testicles

\* decreased sperm production which can lead to impotence

\* hematoma

\* scar tissue build-up

\* premature baldness

\* enlargement of the prostate gland

\* breast enlargement

\* stroke and heart disease

\* liver damage that can lead to death

\* Increase rate of spread in cancer cells

\* Leukemia Side effects in females:\*

\* may experience severe acne on the face and body

\* irregular periods

\* premature closure of the growth plates leading to stunted growth

\* deepening of the voice

\* scar tissue build-up

\* growth of the clitoris

\* hematoma

\* overwhelming amount of confidence which leads to abusive relationships

\* Increase rate of spread in cancer cells

\* Leukemia Drug Free Bodybuilding For Life Genetic Assist is a term used a few bodybuilders that are ashamed to let people know that are doing juice or HGH. You don't have to be ashamed of drug free bodybuilding. There are no secrets and there are no health risks. When you train drug free, you keep ALL your gains and your hormone balance does not sway and mess with your health or mind. Your friends may laugh and say you've been training for years and you still don't look like Arnold, but they don't know that Arnold got there with Genetic Assist. Building drug free muscle is hard but it makes you develop a set of strengths untouchable from anyone of steroid juice and/or HGH and/or IGF-1. Natural drug-free muscular development is for life and your fitness is YOUR life. Why would you want to fit in drugs and counter-act your bodies magnificent mechanism of life. Have you seen sports car on nitrous (NAS) where it's shell is too weak to handle it? It falls apart either instantly or with time. Your skeletal and nervous system are not meant to keep you on the NAS and eventually it's too late for you to recover. These crashes will make you think you've never been born. I have seen it happen to many people and I'm glad natural drug-free bodybuilding is a road I have taken and more people are traveling toward. Pro Natural Fitness and Bodybuilders are Fueled by God, by Unlimited Champion Heart and by Unlimited Life Energy.

## About the Author

You have the basic structure for gaining weight and sound like you have the motivation to be committed to a muscle.

Source: <http://www.productsherbal.com>