

Legal Steroids - The Alternatives

Steroids have been illegal for some time now and everyone knows the potency of the real thing but legal steroids and their alternatives are quickly catching up as a viable alternative to the black market illegal steroids. Over the last few years the serious body builders have been using the alternative legal steroids and achieving amazing results. Legal steroids like Androstenedione (andro), 1-AD, 1-test and 4-Androstenedione are the closest thing to real steroids and these are available legally. These alternative steroids when used correctly are both a safe and effective way to enhance and boost strength, energy and muscle recovery. The first legal steroid that body builders used and promoted was Androstenedione. This is also known as a prohormone and was first used by East German athletes to enhance their performance and was their secret weapon for some time. Andro works in the following way. As a result of an enzyme conversion in the liver Andro exerts an anabolic effect. The enzyme in the liver acts on the molecular structure of Andro and from this reaction it converts, in a completely natural process, the andro into testosterone. Since the introduction of Andro which was considered to be the first steroid alternative there have been many other related products over the last few years. There has and is much debate whether increasing the amount of Andro will increase the effect but as with any drug it is dangerous to start altering the dosage unless supervised by qualified people. On January 20th, 2005 the US Federal Government's ban on prohormones took effect. This included the Androstenedione (andro), 1-AD. Body builders must now look to other alternatives to enhance their programs. DHEA Pre-Cursor Hormone is one of the alternatives at the present. As a pre-cursor hormone, it leads to the production of other hormones and as a supplement has shown some awesome results. DHEA supplements act as an anti aging by maintaining the levels of DHEA that occur naturally in the body that decrease as we get older. Anyone considering using a product containing DHEA should first check the laws of their own country as they vary from one country to another.

About the Author

Weight lifting articles on building lean muscle. Weight lifting routines.

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