

The Anabolic Doc RAW And Uncensored

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IMPORTANT MEDICAL MISTAKES *to Avoid during your Next Cycle! PART 3*

The Anabolic Doc is in the House once again folks, and it's time to get down and dirty. In this next installment, I decided to talk about some more serious topics that relate to some of the veteran steroid users in our sports. Like I mentioned earlier, I will cover a mix of both basic and advanced mistakes so that all the readers who are chemically-enhanced who read Muscular Development could take the information that I present and actually put it to some use.

In this issue, I am not going to pull any punches and I will also continue to tell it like it is. Some of you may not like it, but that is how the cookie crumbles and if you think anything I say may be referring to you specifically, it probably is! So before I get started with another kick-ass piece, I just want you to know that no matter how much the good ol' Doc breaks your balls, he truly cares for you and wants the best for your competitive career and long-term health. With that said, let's take a peek into some more 'Anabolic Blunders' that you need to stay away from to keep your health from taking a turn for the worse.

Neverending Insulin Use

Now I am going to give you a little insight into the evolution of performance-enhancing drug use among bodybuilders over the last few decades. Let's time travel back to the swinging 1970s.

Oh yeah, Richard Nixon was in office, Vietnam vets were coming home, and all those hot college hippie girls just looking to take advantage of the sexual revolution of the '60s were still putting out like McDonald's.

Oh shit, sorry about that— I brought you to another time warp. OK, let's get back to the steroid warp. Yeah, like I was saying back in the '70s, things were much simpler with the

whole steroid scene. You see back then you had guys who did cycles and then came off for the same amount of time. Hell, even the pros back then came off for long periods of time and some would just use in the last four months prior to a major contest. The cycles were shorter and simpler

then, with guys having to rely on hard work and ball-breaking intensity. Simple Test and Dbol stacks were commonplace and were the meat-and-potatoes of the drug scene back then.

Then came the '80s, and while the doses increased, still there were many who used steroids responsibly. Bodybuilders started getting heavier into the GH during this decade but they didn't have the good stuff like what is around nowadays. Some resorted to using Gorm which was extracted from the pituitary glands of human cadavers. This took place until 1985 when synthetic Growth Hormone was produced and put an end to the production of the good old cadaver stuff that flooded the market.



Oh how I miss all the
sweetheart hippie girls
of the '60s and '70s.

The Decadent '90s

Then the decadent '90s hit us and boy, this is where all the crazy shit started to happen. There were so many experimental drug routines and ideas floating around in the inner circle of elite athletes and what was scary at that time was that nothing was written in stone.

You see today there is much more information available than back in the early '90s. This means the pros coming on the scene back then became their own 'Anabolic Experiments' to see how this new drug and that new steroid would end up working out. This really is when all the stops got pulled out; hence laying the groundwork for some of the things we see today that are commonplace.

The one thing that I will be talking about from that era that is now widespread is Insulin use. Now like I men-

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tioned before guys at the elite level of bodybuilding and strength sports used to do 8-12-week steroid cycles and then come off for the same amount of time. This was common practice, but in this day and age it is something that has disappeared. Now many guys will stay on for years on end without ever coming off.

In the '90s, the introduction of Insulin use among bodybuilders was so taboo. Hell yeah, back then, doing Insulin was like way over the top. Only the truly hardcore professionals would even think of considering it and many would try it only after they hit the pro ranks. Even a lot of the pro bodybuilders were scared shitless of trying it and many avoided it completely.

Insulin Use Right From the Start?

Today Insulin use is rampant and I am not just talking about pro bodybuilders. There are guys who are doing their first local show and are using Insulin. In my opinion, this is completely stupid no matter how you look at it. If you need Insulin to win a local contest, then hang up your posing trunks right now because becoming a pro is not in your cards.

Now as a medical doctor, do I recommend Insulin use for performance enhancement? The answer is NO! Do I think that it is a dangerous practice? Yes, of course I do! Does it take place large-scale in the bodybuilding community and are there deadly side effects that can happen? Yes, it does, and that is why if you are going to venture into this area or already have, you should understand the major health consequences that accompany its use.



Insulin use, once taboo, is now a mainstream practice among bodybuilders.

Wanting It All Right Now!

You see, the first thing I want to talk about is its use in regards to cycling it. Back in the '90s even the most hardcore pro bodybuilders would use it responsibly and cycle it like everything else. Many would run it for 30-day periods during their mass cycles to help pack on more muscle during the off-season. Some would run it for six weeks and then come off it for at least 12-16 weeks and then repeat.

Now the thing that I worry about with many using Insulin these days is the fact it has become the same evolution that steroids went through. Guys doing cycles 12 weeks long and then cleaning out for the same amount of time turned into guys just doing one long 10-year cycle and never coming off. This is the same problem I see with guys now using Insulin. Those 30-day cycles that seemed the norm now have turned into guys using Insulin day in and day out without ever coming off. What the fuck is this?!

Now like I mentioned before, I know the ins and outs of the street scene and what it takes pharmaceutically to reach the top in both bodybuilding and powerlifting, even if you have the best genetics known to man. But you see, doing long cycles of steroids and not coming off is not in the same category as doing this same crazy practice with Insulin. This is a whole other ball game here folks, so please don't intertwine the two. Steroids can cause health problems long-term, but Insulin can kill you or put you in a coma in a heartbeat.

Take it One Step at a Time

These are not the same things for all those new readers out there who may be thinking of taking the Insulin plunge. You see, most bodybuilders, especially those who compete, always think more is better. They do this with their training, so

if 15 sets for chest is good, then 30 sets must be better. If 10 Dbol tabs is good, then hell, 20 must be even better. But doing this with Insulin is a deadly practice for starters, and if you avoid getting put in a big box, then you do have to worry about the long-term side effects that will haunt you latter on.

You see, too many of the up-and-coming guys want everything now. They think, *Hey I'm 21, I should be 300 pounds ripped in the next two years.* Then with this mentality, they start loading in everything and anything to try to reach their goal. Plus, since they are young whippersnappers, they don't have the common sense as well as the experience in life to truly understand about how truly delicate life is and what bad things can happen when you are careless.

Now my words of advice to the new guys upcoming in the amateur ranks is to *take your time*. Don't try and be the next coming of **Ronnie Coleman**, because most likely even with all the drugs this side of Bangkok, you won't. Slow and steady wins the race, not the crazy fuck who abuses his body without thinking of the repercussions. He takes one step forward only to take three steps backward, due to a health problem that sidelines him for a year or more. I see this all the time, and wish I could just slow some guys down! You have to think about what you are doing to your body and take responsibility for your health because in the end it is you who is going to pay the ultimate price.

Here is a famous quote from another favorite movie of mine. This was taken from the gang banger movie "Colors," and here Robert Duvall is talking to the



Fuck up your next Insulin shot and this could be your untimely fate!

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hot-headed new rookie cop Sean Penn. The older mature cop Bob Hodges tells him the following: "There are two bulls standing on top of a mountain. The baby bull says to the Papa bull: 'Hey Pop, let's say we run

interesting mechanisms-of-action on how using Insulin in the non-diabetic causes diabetes and other health problems. So if you are one of those guys who takes the use of Insulin lightly, then you should note that



No, son— let's walk down and fuck 'em all!

down there and fuck one of them cows.' The Papa bull says: 'No, son— let's walk down and fuck 'em all.'

This is exactly what I am talking about here. You young guys think you know it all, but that is not the case. I have been in the underground trenches of performance-enhancing drugs for close to 30 years, so I know what I am talking about. Don't try and rush things and only get a small piece of what you could have accomplished because you got too excited and were short-sighted on your long-term goal. Don't take one slice of pie, take the whole thing— but do it with intelligence, not ignorance nor arrogance.

Otherwise you will pay the consequences when lady luck bends you over and treats you like a GQ model just introduced into the general population of San Quentin Penitentiary.

Long-term use of Insulin will cause Insulin Resistance and ultimately, Diabetes. Stay tuned; in the next edition of the Anabolic Doc, I will discuss in more detail the actual doses and regimens related to Insulin use, and elaborate on the

you are forewarned here in my column that Diabetes, not-too-mention sundry health problems, may become your fate before you know it.

So here you have it folks, another kick-ass installment of my medical mistakes series. I hope all of you reading this who do use Insulin as part of your performance-enhancing program take what I write here seriously, even though I tried to introduce a little humor into the column. In the end, I sincerely care about your long-term health, as well as your competitive success— but you have to know when to draw the line!

So until next month— train hard, eat clean, and please be smart about the choices you make so they don't come to haunt you when you least expect it. This is the Anabolic Doc signing off... keeping it Fucking Real! n

Got a question for Thomas O'Connor? You can ask him directly on the MD website and have the Anabolic Doc personally answer your question! Go to www.musculardevelopment.com, MD Forums, MD Staff and Pros, Q and A for the Anabolic Doc.