

THE ANABOLIC DOC RAW AND UNCENSORED

BY THOMAS O'CONNOR, M.D.



A LETTER TO MY FRIEND LEE

IS IT TIME TO STOP THE 'ANABOLIC DISCUSSION' IN MD?

All right folks, step right up for another fun-filled segment of the Anabolic Doc 411!

Now this month, I am going to leave the clinic— but don't worry, the doc will return. I would like to discuss some family matters here. In my first column, which was in the November '09 issue, **Lee Priest** had something really interesting to say on the last page of the magazine. His article titled, "Overdosing on Steroid Discussion" really hit a nerve with me— and I'd like to talk about why.

I am happy to see that Lee wanted to dialogue with people about his opinion, and now I am going to give him mine. Lee seemed to be really against all the steroid talk that goes on in the pages of Muscular Development, as well as on the MD forum.

Now you all know that Lee and I are probably the two biggest ball-breakers in the magazine, so when we collide, there is going to be a real 'Anabolic Hiroshima' going on, and that is what's going down right now!

First off, I would like to say to Lee: We both write for the premier bodybuilding magazine on the planet! Lee, I actually really like your articles, because you speak your mind and I just think you're really a cool cat. The way you have been a thorn in the IFBB's side over the years does deserve some recognition, because you are one of the few to stand up and let it all out, no matter what the 'powers that be' may think.

You don't care what people think... well, at least that is what I thought, until I read your article in November's issue. When I read that article, it was like you (who, by the way, are one of my favorite writers) went into a bipolar episode. Please tell me you were intoxicated when you wrote that last piece, because it doesn't fit the personality and writing style I have grown to love over the years. Or did you have a sudden change of heart?

YOU WORRY ABOUT WHAT PEOPLE THINK?

Remember, we are writers for Muscular Development here, buddy. If you don't like all the anabolic talk going on in the magazine, maybe you should be writing for *Flex* or *Muscle and Fitness*. Picking up a copy of *Flex* is super-exciting and downright hardcore. Nothing is more 'hardcore' than

seeing how your favorite pro bodybuilder likes to collect different types of sneakers. Yea, I just love reading about how this 280-pound anabolic freak needs to have 74 different pairs of sneakers to help fulfill his 'Imelda Marcos' foot fetish. You see, I like it over here in 'MD Country' myself, where I can call a spade a spade and speak my mind about steroids and the sick things that go on in our sport behind closed doors.

MD ROCKS!

One of the reasons that MD has such a large following is the fact that it tells it like it is. The 'No B.S.' stance we carry as a magazine and individually as writers means just that! Should MD drop all the anabolic talk and cater to the phonies in our sport who like to think that it should be kept behind closed doors? No matter how you look at it, talking about steroids is not going to make us look any worse than we already do to the general public.

Another valid point is the current-day vilification of 'steroid education.' We have to be scared and watch our backs at the prospect of educating an individual who may decide to use performance-enhancing drugs. But let's look back to the '90s, when a lot of experimenting went on— because nothing was known about the subject, like it is today— and count how many people became sick. Yes, even a couple of pros died because of mistakes that should not have happened! People are going to use steroids— whether the government likes it or not.

So in my opinion, it is better that they are educated if they decide to go that route, to avoid health issues, instead of just doing what they hear from some meathead at the gym. Education is of key importance and should not be just held in the 'inner circle' of pro bodybuilders like some type of cult where no one else outside the chosen few can access it.

I am the doctor who loves lifters and is in the face of the world saying, "Enough already! It's time for more, not less discussion, regarding the use and nature of anabolic steroids!!"

You mentioned that in the '80s, steroids were never mentioned in bodybuilding magazines. Yes, but Lee we are not in the '80s, sorry to break the news to you— we have now entered the year 2010. Who wants to live in the past? Just be-

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cause that is how things were back then, doesn't mean they were the right way to do things and in my opinion, that was the wrong way to go about the 'drugs in sports' issue.

Maybe if they were discussed back in the '80s, today, close to 30 years later, things would be accepted better at this point in time and we as bodybuilders, powerlifters and athletes, wouldn't be going through the scrutiny we go through because the public is so uneducated about performance-enhancing drugs.

Think about marijuana, for instance. Years ago, it was scrutinized so heavily that there were actual government films promoting propaganda of those who smoke the bud turning into raving killers. Of course this was B.S., but as the years have passed, 'smokey smoke' is way more accepted into mainstream culture—mainly due to the fact that those who are 'pro marijuana' get their voices heard constantly.

Come on man, just look on the newsstands and you will find a copy of *High Times* (which, by the way, has been published since the 1960s) with a 20-pound bud right on the cover. They even run a yearly convention called the Cannabis Cup that covers everything you could ever want to know about 'ganja.' Hell, they even have a grow contest and vote in a winner of the most cutting-edge hybrid chronic.

The 'anabolic community' is far away from anything of that sort, so if we like to discuss it in the magazines and on forums, where's the harm? Yeah, the general public may look at us with disgust like you mentioned, but I will tell you, I don't give a rat's ass— if I did, I would never have even started lifting weights in the first place. Not to mention, caring for people who lift weights, as a physician!

People pick up a copy of MD and see **Dennis Wolf** on the cover doing a most muscular with 22-inch guns and veins coming out of everywhere and think, "Now that is what I want to look like."

Drugs are a huge part of bodybuilding and anyone who doesn't think this is the case needs to wake up and stop

playing the fool! Now, the funny thing you mentioned in your article— and what really pissed me off— was the fact that pro bodybuilders do not enjoy taking steroids.

Come on, let's not B.S. each other here! People take steroids because it makes them stronger, helps them build muscle and perform better than they could ever have dreamed of naturally! They also make people feel on top of the world, with a level of confidence a natural guy could only dream of.

Why do you think so many stockbrokers who work the floor at the New York Stock Exchange use steroids/testosterone? Did you know that? Is it to look more buffed when making a trade? No, it's because it makes them more aggressive and more confident to perform better at their game of choice, even though it may be stocks! Men like to feel strong! In any arena! This is the truth!

So, this is why we must open the discussion, not hush-hush it! We should not be ashamed for what is reality! Remember, Lee, you are talking to a guy who has been around the 'iron game' for over 30 years! I have seen a lot of crazy stuff!

I am the first and only physician in the world who has taken the steps and the risks to spearhead our 'anabolic community' with medical care for the 'under-served lifter' and in doing so, I have created a new sub-specialty of internal medicine called 'anabolic rehabilitation.' I am hell-bent on doing whatever I can, to make life healthier for anybody wanting to be big and strong! Because I get it!!!

I know next month you will no doubt respond to my opinion and to be honest, I look forward to it. Some people may agree with me, some may agree with you, but in the end, both of us are looking out for the well-being of the bodybuilding community, even though we may share different viewpoints. So until next month— train hard, eat like a champ, and if you have something to say about steroids, whisper it, because Lee may hear you!

This is the Anabolic Doc signing off... keeping it real, strong and healthy! ■