

The Anabolic Doc

RAW And Uncensored

By Thomas O'Connor, M.D.



Who Is The Anabolic Doc?

I was wondering if you could tell us a little about who you are, what type of people you work with and what your column is going to focus on?

My name is Dr. Tom O'Connor. I am board certified in internal medicine. I am 44 years old and I am a physician and a competitive powerlifter who competes at the National level. I have benched pressed over 500 pounds as a masters lifter. I did my pre med studies at Syracuse University and then went to the Guadalajara University of Medicine. I completed my medical studies at New York Medical College. As my thirst for knowledge grew, I conducted my residency training in internal medicine at the University Of Connecticut School Of Medicine.

I currently work there as a clinical instructor of medicine, educating medical students and residents in many areas of clinical medicine. This makes me without a doubt the strongest

academic medical doctor in the world! The reality is that there are tens of thousands of men (and women) using anabolic agents, and their health is suffering. These are drugs! Is there a doctor in the house?

My special medical practice focuses mainly on athletes of all sports who are using pharmaceuticals to enhance their performance. My job is to take athletes, powerlifters and now bodybuilders and keep them healthy—that is the bottom line.

The reality of sports is that performance enhancing drugs is the name of the game. Whether they drug test or not, athletes and lifters of all sports will take steroids and whatever else they can get their hands on, to improve their performance. Plus, it doesn't matter if it's illegal or not, athletes will do whatever it takes—even risk being locked in a jail cell, to get bigger arms and run faster.

An anabolic community—the group of athletes/bodybuilders using drugs to improve their performance needs a medical figurehead whom they can trust. A real active clinical physician who will understand them

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and protect their health! NO MORE BULLSHIT! How many times have you gone to your doctor and told him/her that you are using steroids—only to have him look down on you and tell you to get off them, because it will kill you—with absolutely no medical or scientific rationale behind his condemnations?

Does this physician try to protect your health and try to wean you to prescription testosterone? He should! As a physician, he also has an obligation to make sure you are healthy. And he lets you walk out the door with dangerous levels of blood pressure and other metabolic problems undressed! This plea is so crucial, and has fallen on deaf ears—NO MORE! I am here to change all of that—and I DO NOT GIVE STEROIDS! SO DON'T PISS ME OFF AND THINK YOU WILL COME TO ME TO GET JUICED UP FORGET IT!

I LOVE MY LIFTER PATIENTS AND I LISTEN TO YOU AND WILL TAKE CARE OF YOUR HEALTH! I will guide you, and there is no FDA ban on listening to a person on anabolic steroids and giving advice on how to protect their health! As a matter of fact, this is what the medical community should be doing! We take better care of heroin addicts than we do our fathers, broth-

PHOTOS COURTESY OF DR. THOMAS O'CONNOR



You will be listening to my response to what is currently going on in this 'media war on anabolics' that is taking place in this country.

ers and husbands who are on anabolic steroids! And when I treat your blood pressure and other metabolic conditions, you will be stronger—not to mention, you'll avoid a stroke or heart attack later!

I have seen it all! Trust me, I have the biggest and strongest SOBs in the world, and I feel like a kid in a candy shop to be with them! And I know all the dirty underground issues that these men are going through and I have learned how to protect them! It has taken years, both in the medical wards and in the most hardcore sweatshop gyms all over the world! I work with many pharmaceutically enhanced athletes, because I am sick and tired of the bullshit and utter lies in the media that attack steroid users, defaming their characters for little more than wanting to be the best and perform at the highest level.

Right now in the United States, there is no other medical doctor qualified and board certified in internal medicine who understands the arcane medical issues related to anabolic steroid use. I am willing to take a stand and defend our brothers in iron and also maintain their health with their chosen path in life. That is their right and guess what? Anabolic steroid use is on the rise!

I am ashamed of other doctors who go along with the media circus and scrutinize athletes who want to improve their performance and physiques through responsible steroid use. I am taking a stand as a doctor first and a hardcore powerlifter second, who will stick up and defend the bodybuilder and strength athlete even though I will get attacked by the

media and fellow colleagues in the medical profession.

Let it be known that I never break any laws! I just heal. Would I be so stupid to do this, only to get investigated and shut down? I am proud that I spend hours with my private lifter patients and care for them in a fashion that leads to improved health! I am not some bullshit anti-aging doctor! I only take patients who

are very serious about their life and health and want me to keep them healthy!

I am the future of bridging the medical community with chemically enhanced athletes. I am the medical figurehead of the anabolic community who will do my best to help educate you on side effects and maintaining optimal health from a medical perspective. As for the people I work with, they come from all sports. I have many world class powerlifters who work with me. I am talking about guys who are squatting over 1,000 pounds and benching over 800. I also have in my roster some top level strongmen who have competed in the World's Strongest Man competitions.

I work with the biggest and strongest men who walk the planet and they put their trust in me to optimize their health. I have also recently taken on some professional bodybuilders and fitness competitors. The majority of my clientele are men, but I do also work with women as well. Our sisters in iron also need very specific care in relation to male hormonal supplementation and to minimize side effects. Of course, I can not divulge these names because of the privacy policy I am committed to, but you can be assured that I am working with the upper echelon of athletes in the United States and Canada. I am willing to work with athletes of any sport who need true medical care from a doctor who knows the drugs that they use inside and out, and not just from a medical textbook point of view.

For those of you who decide to be one of my clients, you can talk to me about anything and everything. What

you will tell me will be confidential, discreet and professional. Even for the most hardcore users, don't be shy. If you are using a gram of testosterone per day and running 16 IU of GH daily, I will not make you feel like your current doctor. I will not lecture you on how you are going to die tomorrow and all the other drama many other doctors are known for.

I am here to stand by you, help you, heal you, and do all in my power to make sure you stay healthy. It is in my utmost concern to do my best to protect your health from every angle possible. The anabolic community needs a real MD who has the experience with internal medicine in relation to performance enhancing drugs on the scale I have dealt with in my practice.

I also work with the aging population of the United States. As you know, the baby boomers is a very large segment of society, and with them becoming ever interested in hormone replacement therapy, I have my hands full. I am an expert in men's health issues and understand endocrinology and its relationship to supplementation with testosterone therapy. I work with many individuals who are not lifters but come to me to monitor their hormone and blood profiles. So as you can see, I work with a wide range of clientele, from profes-



sional athletes to senior citizens, who want to feel 18 again through clinical hormonal therapy.

Now my column is going to be very well rounded and will cover many areas. As a medical doctor, I will

NEW COLUMN!

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be touching on different health conditions and even case studies of my patients to help educate you like never before. I will discuss true clinical cases of what I do with my patients and report this progress in my column. I will relate these clinical vignettes through evidenced based medicine. I will also discuss my advanced knowledge of power training because I have the credentials to back this up as well.

I am bench pressing more in my 40s than many of you in your 20s could only dream of. I will teach you the real secrets of getting stronger in the gym not like many of the bull shit programs that flood bodybuilding magazines, that have no scientific basis. If you think cable crossovers and incline dumbbell flies will make you improve your bench, you have another think coming! I will go in depth on advanced Soviet and Bulgarian era training methodologies that will not only increase your strength, but will help pack on more dense muscle than ever before. I will also discuss performance enhancement with you and what is really going on in the sports scene.

I really love when I hear a pro bodybuilder telling people that his heaviest stack he ever did was about 800 milligrams total of testosterone and 2 IU of GH before going into the Olympia, and how he is some genetic freak. I will even discuss different stacks in relation to what people are doing, and answer your anabolic performance questions. If you want to believe fairy tales like the above scenario, then my column is not for you! If you are that gullible, I have a bridge in New York that I want to sell you.

Just so you know, I am a super nice guy, but don't try and bullshit a bullshitter. I am frank and to the point, so don't piss on my leg and tell me it's raining because I am not an idiot. I can be your best buddy but I can also be the biggest ball breaker you ever met. I know what goes on behind the scenes because I have lived this in my gym life and in my medical practice. This magazine is based on a No Bullshit stance and you can bet your bottom dollar I will not bullshit you, either. I am going to give you the cold, hard facts and I am not afraid to tell it like it is.

I will also discuss holistic nutrition, anti aging techniques and life extension ideas. I have vast amounts of knowledge in areas that body builders have never even heard of to help improve their performance and even prevent side effects from steroid use. The art of holistic nutrition is something that I have not seen touched in bodybuilding magazines, and is an area that I have profound knowledge in.



My special medical practice focuses mainly on athletes of all sports who are using pharmaceuticals to enhance their performance. My job is to take athletes, powerlifters and now bodybuilders and keep them healthy—that is the bottom line.

I combine cutting edge medicine from the East and the West to provide you with the best of both worlds. Nothing I hate more is when I see a doctor prescribe medication for a health condition, only to totally ignore the nutritional aspect of that condition, which in the large majority of cases plays a huge role. I will teach you true clinical anabolic steroid medicine from the science end and also from the reality of what athletes use and their doses.

I will teach you the secrets of health and longevity so that you avoid side effects before they start. I will be discussing and answering questions that may be inclined for some begin

ners as well as those veteran users looking to learn more advanced information. I will also discuss the reality of the drugs in sports agenda. If you think I will keep my mouth shut on what is going on in the media in this country, then think again. I am outspoken and straightforward and rest assured, you will be listening to my response to what is currently going on in this media war on anabolics that is taking place in this country. You can look forward to some really cutting edge stuff on this front.

To gain further trust in my abilities, you also should know that I am well versed in the reality this anabolic culture. I am not a doctor who is all text books, but then has little understanding what the reality is of what is going on. I have my ear to the street and have spent my time in gyms all across this country. The main reason why you can put your faith in me is the fact that I know these pharmaceuticals from a medical perspective, but I also understand them on a level that relates to what is currently going on with professional athletes. I am in touch with this reality and can relate to this on a personal level.

Lastly, you can expect many of the stories I have lived and experienced in my time in the Iron Game. I have been in this for over 30 years and I have seen it all. I have lived in Amsterdam as well as different parts of Europe, but I currently live in Connecticut. You will love some of the stories that I will bring you in upcoming issues about my time in the Red Light District and that is a guarantee. You can look forward to some really interesting information from a wide variety of topics that will be candid, uncensored and in its rawest form. You can rest assured that I will share with you many crazy gym antics and hardcore steroid stories that will truly entertain.

I am a medical doctor who lives in the trenches of the underground culture of strength and performance enhancement. I don't just talk the talk; I can also walk the walk so get ready for one crazy ride! ■

For more information on what I do, see my website www.anabolicdoc.com.