**Natural Steroids: A safe way to build Muscles**

**Introduction**

Steroids as you very well know are extremely hazardous and risky to use even if they are intended for safe use, because what they actually do is mostly create imbalance of hormones within the body which becomes the cause of unexpected diseases which your body was never ready for. Such as cardiac diseases in which your heart becomes enlarged and therefore bringing the beat rate down to an alarming level. If you go on taking steroids without the doctor’s prescription then yes you are doing an illegal thing and it ultimately makes you the criminal.

So in order to keep yourself safe always go for the natural steroids and that too with the permission of doctor.

**Safest natural steroid supplements**

Building strong muscles takes you extra amount of efforts and a good number of years, and this is extremely tough and tiresome. Which is why you need a catalyst to speed up the process and that too all naturally with least side effects. Taking this reason in consideration our attention gets to the steroids, which were primarily designed to cater these health crisis. Good news for you all to know is that they come with least side effects that they are sometimes negligible.

The very first product that should be in your list is D-Bal because it is a wonderful alternative to Dianabol. It is the best of all when you are trapped in choosing from many as it can easily provide you with all the things that a good bodybuilder or athlete should have.

Testo-Max and Trenerol should be second and third respectively, because they can do miracles to you with in a very short time. Because vital thing is consistency, you may make muscles for the time being but if you are not supported then you are in danger zone and chances are high that you would start losing all your gained muscles rapidly and it is quite worrisome.

**Products that are alternative to steroids**

1. **D-Bal**

D-Bal is an excellent cutting edge formula which also helps in stacking and bulking. Good thing about this is that it is totally safe and reliable and also very much legal to use. So no worries with its usage as it also has no visible side effects. As compared to Dianabol which comes with opposite package and is open to any harm.

Ingredients of D-Bal include Leucine, Isoleucine, Whey protein, Valine, Tribulus Tetris, Ashwagandha, Hyaloronic Acid, Magnesium, MSM and vitamin D. So you can see it for yourself that these ingredients are 100% natural. What more do you want to see in a steroid.

.Power booster.

.All legal to use.

.Made mostly from natural extracts.

1. **Testo-Max**

Testoterone Max is the basis of all supplements that are helpful in building your muscles. The main thing that Testo-Max does is take your testosterone levels up high all naturally. It is made using mixture of D-Aspartic acid, magnesium, zinc and different kinds of vitamins. All this contribute to your muscle building and massive energy gains. When the increase of lutenizing hormone is stimulated then body is compelled to produce more testosterone.

It is a great sustanon alternative and it gives you perfect alternative results. Like boosting energy levels, Muscle strength and stamina, improved sexual performance, also fast recovery. All this in just two weeks.

**.**Plunges your testosterone to greater heights.

.Comes with least side effects.

.It can reciprocate the effects of Sustanon.

1. **Trenorol**

Trenolol paves a way for the creation of andgrogenic effects of Trenbolone. It is undoubtedly the most flexible steroid you can ever see. You can easily expect tremendous muscle gain and strength. Your body will have incredible powers more like that of a Herculus. The most interesting part is you can use it for both the things like bulking and cutting.

It actually increases the nitrogen and protein which means fast fat burning and giving you perfect muscles. Not only this but it also shoots up the number of red blood cells. Which means extra oxygen is provided to your muscles during your workout which don’t let your muscles get pulled so you can exercise for longer durations without experiencing much pain.

.Androgen creator, making you more manly.

.Getting you massive protein intake.

.Gym workouts like never before.

**Why prefer natural steroids?**

You must be well aware of the saying that the thing which comes easily goes away even more easily. The same concept can well be applied with the usage of steroids. Like when you build muscles by in-taking a huge number of steroids then you get heavy muscles within no time. But when you leave taking all that then you know what happens. That is why it is always better to go for the natural ones, the process might be slow but it will maintain the balance of your body and away from the risk of side effects.

**Pros of using legal steroids**

Before we start talking about the pros of legal steroids, you should be knowing how to differentiate legal and non-legal. Simply legal steroids will be the ones that would be on the doctor’s priority list, and going for any without recommendation simply means harm.

First of all legal steroids are the ones which have been approved to use, so many of the doubts are cleared from there that the product you have invested on isn’t going to be a waste for you. Secondly they are all natural in most cases, meaning reduced or no side effects. You can use the product even if you have just a normal lifestyle (like your exercise but only to keep yourself fit). You won’t be needing any strict diet plan unless you are an athlete or you have your focus on building some really good muscles.

Achieving the muscle goal is no doubt a difficult thing to do, but thousands of people have already done it, so you can do it too, just that you need to be patient and highly consistent.

**Cons of using steroids**

Different bodies have different functions so they are affected differently even if the steroid taken is the same exact one in the exact amount. So you can’t just be sure enough in what way it is going to react. However, if proper dosages and PCT are taken afterwards then the side effects can be kept to minimum. But going for a PCT is a cost-effective measure and if you are already short of expanses then you have no way out but to suffer the post dosages effects.

You can also get some short-term side effects which may become long-term if you do not take enough care and these are:

**Acne:**

Because steroids increase the production of sebum (oil) which is stored in a kind of reservoir and becomes the feeding ground of bacteria.

**Shrunken Testicles:**

Body gets a surplus of testosterone from outside source so it stops making its own and by the time dosages are finished body becomes habitual of this.

**Gynecomastia:**

A common problem that men face and having an enlarged breasts is the most ugly thing.

**High Blood Pressure:**

Steroids hold salt and water rather than releasing it, results in forming a lot of red blood cells which increases the pressure of blood. Also affecting your heart.

**References:**

<https://www.webmd.com/fitness-exercise/news/20050316/why-steroids-are-bad-for-you>

<https://crazybulk.com/product/testo-max/>

<https://crazybulk.com/product/trenorol/>

<https://www.healthline.com/health/legal-steroids#legal-steroids>