|  |
| --- |
| Conclusions  Conclusion-  The graphs shown above were from my sample and all three showed something  significant that one could easily conclude about. The first graph clearly shows  that the people that work out moderately ( 2 and 3-4 days a week) will get a  great benefit from creatine where as the dedicated hardcore people that work out  (5+ times), will not get quite as much of a benefit, but are benefiting  themselves very much from their own workout plan. But notice that the first and  second graphs should be put together in that the people that were benefited the  most from creatine, clearly lost the most when they stopped, thus drawing a  conclusion that in order to maintain the benefits of creatine, you must keep  using it. Also the graph that relates age group to side effects clearly shows  that the older people received less side effects than say the teenagers, who all  had gotten one thing or another.  From some research I have done I got some knowledge that possibly what you had  your creatine with had a direct effect on how effective it was, but my survey  led me to a dead end, as a good amount of the people used special forms which  included pill-form, liquid-form, cell-tech ( which functions as to push the  creatine into the muscles to make it work best), and others with the same idea  as cell-tech, thus most people do not take creatine in its powder form alone  like they used to, that mixing with grape juice would have helped.  I can not make a conclusion on how any of this differs for women, as I only got  4 who have used it before, all of which quit due to side effects. I also can  almost conclude that even based on this survey alone, the loading phase does not  necessarily need to be redone after every cycle if you choose to cycle it, as  most of the people who chose not to did not notice the difference.  Recommendations-  Three questions in the survey would contribute to my decision not to recommend  creatine to other people. The first- out of the 72 people that I have surveyed,  45 of them quit which initially would tell you that it is not a good idea. The  next one- out of the 45 people that quit, 35 of them did it due to reasons of  either side effects or muscle loss/benefits not good enough, which would explain  itself. And most likely the biggest one, 49 out of 65 people that either cycled  or quit creatine, noticed a decline in muscle mass over a short period of time,  where as most that didn’t notice a decrease work out at a high intensity 5 or  more days a week. The fact that you have to keep using creatine to maintain the  mass is probably the biggest side effect of all, as why pay for something and go  through the side effects of it if its results are only temporary. Oddly enough  the recommendations of other people did split down the middle at 36 a piece.  This is probably due to the fact that some of the people that quit loved the  results but didn’t think it was good for them due to whatever reason, causing  them to choose yes anyway, where as the people that currently use it are happy  with it, may not have gone through the side effects or the muscle loss from  stopping as well, which would contribute to them choosing yes too. But from the  one fact alone that you have to keep using it to keep the results would label it  worthless and if you want the effects, work out the 5+ days a week and keep your  results, instead of throwing them away.      [[Home](http://docs.google.com/home.html)][[Introduction](http://docs.google.com/introduction.html)][[Hypothesis](http://docs.google.com/hypothesis.html)][[Procedure](http://docs.google.com/procedure.html)][[Data](http://docs.google.com/data.html)][[Conclusions](http://docs.google.com/conclusions.html)][[Bilio/Links](http://docs.google.com/biblio.html)]  [[2002 Projects](http://docs.google.com/AP2002/index.html)][[2001 Projects](http://docs.google.com/index.html)][[2000 Projects](http://docs.google.com/AP2000/index.html)][[1999 Projects](http://docs.google.com/AP99/index.html)][[1998 Projects](http://docs.google.com/AP98/index.html)] |