

Steroids for Body Building

There's no doubt about it - if you are serious about body building and making your body huge is a priority, steroids can help you do it quickly. It's a proven fact. Synthetic hormones will help you grow muscle quickly and make your muscles look beautiful in the process. The reality is that although steroids will help you build an amazing body, they can do more harm than good.

The simple truth is that steroids, although they will build body mass, will harm your body more than it will help it. What will steroids do to you? Consider the following:

- * Steroids lower sperm count making the possibility of having a child lower
- * Steroids will make you more aggressive
- * Steroids will cause you to become sterile --- eventually
- * Steroids will bring you problems that you never wanted to have

Basically, if you choose to use steroids, do so at your own risk. There are way more bad things that can happen from steroid use than good things. It's true, they will help you build your body to new proportions, but at what cost?

For females, do you want to walk, talk, and look like a man? If so, go ahead and take steroids as part of your body building routine. But we will never condone steroid use in any way. The downfalls very much outweigh the advantages.

Not only do steroids cause serious health problems, they actually make the anabolic environment less conducive to serious muscle building. The actually true way towards serious muscle building involves natural methods as opposed to synthetic methods. When you focus on your diet to give you the nutrients you need to make well-toned muscles, you will be way better off than if you resort to the "easy way out".

When you use steroids to build muscle mass, you are not only endangering your health, but you are also endangering your muscles. When they get used to synthetic hormones, they will expect to have that type of enhancement all of the time. But the long-ranging implications of steroid use completely outweigh the problems that will occur.

In general, you should focus on natural body building as opposed to working your muscles with the use of steroids. You will not only be a healthier person, but you will also be able to know that you have made a beautiful body without the

use of steroids in your body building program.