

STEROIDS — HOW TO

STEROIDS HOW TO





THIS EBOOK IS FOR EDUCATIONAL PURPOSE ONLY.
WE DO NOT CONDONE OR RECOMMEND
THE USE OF ANABOLIC STEROIDS

INTRODUCTION 1

BLAST & CRUISE 2

COUNTERING STEROID
SIDE EFFECTS 4

STEROID STACKS 8

STEROIDS FOR NEWBIES 12

JUICE FOR LADIES 15

CONCLUSION 19

I N T R O D U C T I O N

Hello meatheads and muscle bound freaks or those seeking guidance.

I would like to thank you for purchasing my book. Most who bought this book are probably loyal fans or followers on my social media platforms, so I am not to disappoint. If you're not following me, well go do that now and have some laughs and learn some shit - @Musclehead3.0 - Did I just plug myself in my own e-book? God I'm pathetic. Anyways, I'm going to lay out a few chapters here. I'm going to piece them together from the thousands of questions I get per day from followers. So many questions and so many lost people. I probably see 20 gyno titties a day and many chicks telling me about clit issues. There is a lot of knowledge and info out there but it's sometimes hard to understand for newbies. Well don't worry, I'm here to help. I want this e-book to be like your little handbook. I'm mostly going to cover drug stuff but I will say that diet is 100% key. If diet is not on point then forget the drugs. As far as my credentials go (besides some personal training degree but who gives a shit about those, every little skinny cunt at every gym has one of those) and some nutrition courses, I cant say I have much to put on paper. Haven't won any shows and don't care to step on a stage ever. But as you will see I have a great brain when it comes to chemicals and which drugs do what. I have helped a lot of people, so just sit back, get comfy, snuggle up with a bottle of Trenbolone and learn some shit.

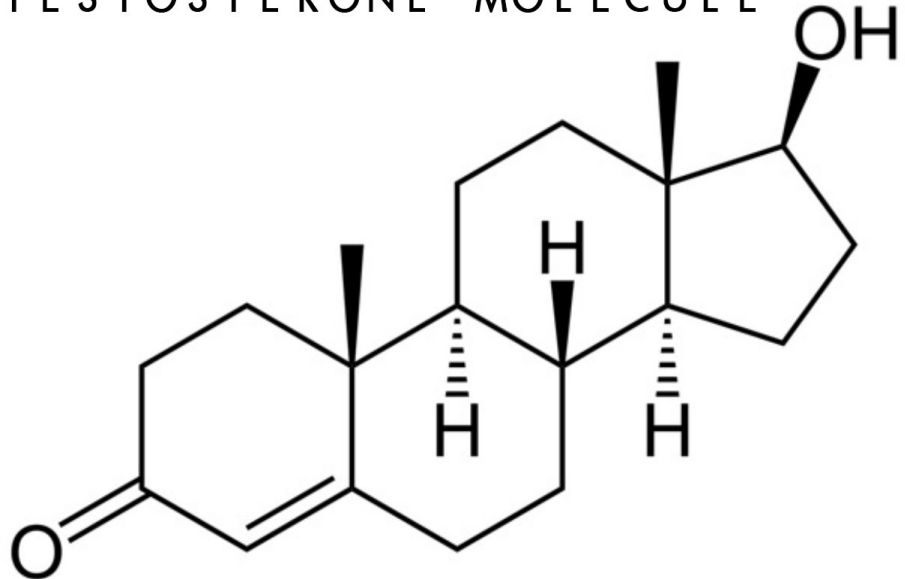
BLAST CRUISE

Lets start the first chapter off juicy brahs. Blasting and cruising is a term meaning staying on gear year-round. Now, before I get into this, I want to say that if you're not about this life and you're only using steroids as an experimental thing, then I don't recommend blasting and cruising. Come off steroids and run a proper PCT (post cycle therapy) and get your natural levels back to normal .The last thing you want to do is ruin your natty levels because you were young and thought trying steroids were cool. Now if

you're in this for the long hall, well be prepared to commit to the needle for life. If it's not something you can do, I also do not recommend blasting and cruising. If you ARE in this for the long hall and continuously trying to progress without the set backs, then this is how it's done.

So you run your normal cycle, whether it be some Deca, Test, Anadrol or what ever it is, then when you finish your cycle of lets say 12 weeks, instead of starting your normal PCT, you would begin what's called a "cruise". This is where you just stay on Testosterone, usually at levels of which your body would normally produce. Some say around 200 milligrams a week and they feel fine. Some say a little less. I myself like around 350 milligrams but I'm also 260 lbs and feel I need a bit more than the average guy. What can i say, I'm a bitch.. haha :) Anyways, so during this cruising is when you let all those other drugs leave the body and give yourself a nice break. I recommend at this time to go donate blood and take liver supports to help with the abuse put on your liver from orals.

TESTOSTERONE MOLECULE



What's some good liver cleansers you ask, Tudca and Liverlong are the only two that actually have had studies done. They both show to repair the liver. Without getting to side tracked let me tell you why you want to donate blood. Your red blood count is really high from the anabolics. The higher your blood count is the thicker your blood gets which makes it hard for your heart to pump. Some of you are saying "Well isn't that wrong to donate my blood to people? Wont they get my dirty steroid blood and make all kinds gains?" Haha, no the impurities are filtered out of your blood. Doctors who have men on Testosterone also have them donate blood to keep red count lower. It's just heart healthy so do it. Do it noww. Sorry the Tren got me fired up for a sec. Anyways, back to the subject about blasting and cruising. Most gurus recommend you cruise as long as you blast. So say three months blast, three months cruise. That's the bro science. I blast until I feel it's just that time to break. Is it the healthiest way? Probably not but I do see the doctor regularly, mostly when I'm cruising so my blood work is more accurate.

That's another thing, if you go see your doctor in the middle of a cycle and get blood work done, everything is going to look way fucked up, HDL levels, liver count will be high, IDI levels, everything will be fucked up. So wait till you're on low test. Give it two months and see how everything looks. Now I'm going to make an analogy why blasting and cruising is better than PCT. Ok so picture you're building this house (you're building your body on steroids) now you have this house half way built but a tornado is on it's way, we will call the tornado PCT. So your house is half built then BAM, PCT hits. Now your house is knocked half down and it's going to take time to try and fix it again. You're waiting a while, time goes by and you now have all the wood and tools again to fix and try to rebuild what you lost. You start rebuilding your house slowly but surely. It's starting to look good again then BAM, PCT tornado hits you again. Gains lost. With

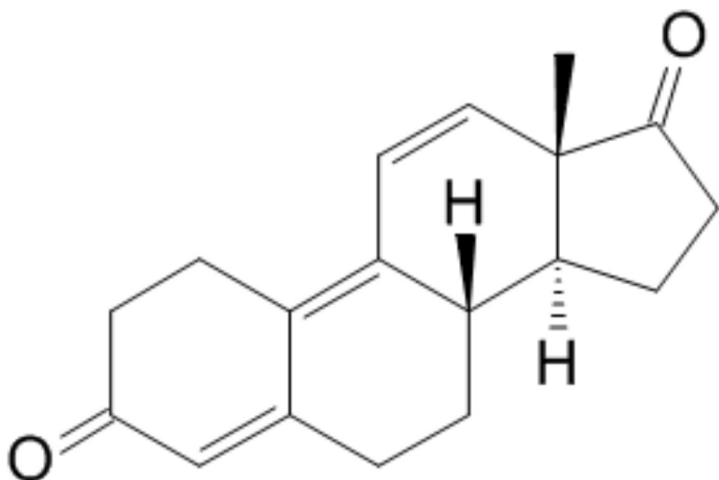
blasting and cruising you can keep building that house and have little set back when you run that Test not too much at all. Not a big enough set back where it won't be easy to fix. I don't care what anyone says, I did the whole cycle on, cycle off bullshit and it is a straight up waste of time. You lose most gains. Your body can not stay on point when your test is low as fuck. And even after proper PCT you're still going to go threw a little crash faze which is just a major set back. Sex drive loss, all kinds of bullshit.

Everyone in the fitness community with a respectable physique is not coming off gear. Most don't blast and cruise either, they stay blasting... they need to look good for photo shoots posing with their supplements in pictures. They can't afford to do a PCT, shrivel up and try to keep up with their social media money making business. They need to look ripped year-round. They need to trick them kids into thinking the supplements they're flexing with got them that way. They won't show you how much Tren it takes to look that way.

Now here's something to consider for the guys that are a bit older about blasting and cruising every year. After your twenty-eighth birthday your

natural production of testosterone gets lower and most men need to be on TRT (testosterone replacement therapy) by their mid forties anyways, so you can get an early start and have more gains. Eventually most will need to be on TRT. Testosterone is what makes you feel young, why wouldn't you consider it when you're older. If done correctly it's completely safe, doctors monitor your blood pressure and everything else needed to stay safe. Blasting and cruising is a big decision and should be thought out. Something I wouldn't recommend at a young age. We all make mistakes at young ages and then wish we could fix it. Play it smart.

TRENBOLONE MOLECULE



COUNTERING STEROID SIDE EFFECTS

In general steroids are pretty safe to use. Unlike what the media wants you to believe, steroids don't kill people. There are no deaths directly linked to steroids. There are people who have died and had steroids in their system but steroids have never been linked to the cause of death. Most deaths are due to the hardcore lifestyle that some people live, along side with steroid use. Recreational drugs and steroid use do not mix. Your liver will not enjoy taking Winny while hammering alcohol. Now you're thinking, "Well what about all the young wrestlers who died from steroids? Was it steroids that killed them?" Hell no. Most of them were all hooked on opiates or some sort of painkillers. They lived reckless as hell, partying along side the use of steroids. Then you're going to say, "Well there are some bodybuilders who die young. Did steroids kill them?" No bodybuilders' deaths are linked to over use of diuretics. Being too dehydrated stops your heart. Now I'm not going to sit here and say steroids can't have some harmful effects on the body but if used correctly, most can be avoided. And if you're a regular dude like me just trying to be jacked and not get on stage, your worries are much less. I'm going to list as many steroid side effects as I can think of then tell you ways to counter.

1. **Gyno** - aka bitch tits. Bitch tits are a result of a build up of too much estrogen. Not all but a good amount of steroids convert to estrogen.



The build up of estrogen will cause a sac to form under your nipple. It's breast tissue. That's right you're turning into a hoe. Most people will say "Ya I have anti-estrogens on hand incase something happens." Makes no sense to me. Why would you wait till something happens? You will have to suffer for a few weeks with estrogen side effects. There is no need for that. Two weeks of zits on your back and face, sore nipples, water retention, high blood pressure, all because you wanted to see what happens first. Fuck that. Run anti-estrogens the whole time and never get any of those sides. What is an anti-estrogen? It's a pill used to control estrogen. Comes as liquid as well from research labs but I don't recommend those. Pill form is more accurate and easier to dose. The thing that's tricky about taking anti-estrogens is some men are more estrogen sensitive than others, meaning some men will need only a little anti-estrogen and some will need more. The only way to find out is trial and error and to find your sweet spot. Here are the 3 main anti-estrogens used; Nolvadex, Arimidex, and Aromasin. I like to use Arimidex, it's just something that has always worked well for me and I have no reason to use anything else. Now I will tell you what each drug does. Nolvadex is normally used for treating breast cancer in woman and men. Actually all of the drugs I'm going to list for estrogen are used for this purpose. For us steroid users, Nolvadex is a serum that blocks the estrogen mainly in the breast tissue but it does not get rid of it, it will be floating in your system. You might still experience bloat and high blood pressure or other effects of high estrogen. Now Arimidex is an aromatase inhibitor.

It helps keep Testosterone from converting to estrogen. This will actually help you control the levels, as Nolvadex will not. Aromasin is similar to Arimidex. It blocks estrogen production in the body by blocking the aromatase enzymes, the enzyme responsible for estrogen systemization. Choosing one of these three will keep them juicy titties at bay. For Arimidex I recommend taking a half a milligram every other day to start. If you are still feeling estrogen side effects then raise it to 1mg every other day, most pills are 1mg. For Nolvadex 20mgs a day is a common dose. Aromasin usually comes in 25mg tablets, I would recommend starting out at 12.5mgs every other day and upping to 25mgs if needed. So now you think you're in the clear for bitch tits huh? Well kinda but if you're running Tren or Deca you have a whole other monster that anti-estrogens won't help you with. It's called PROLACTIN. This can cause a form of bitch tit that is reversible, unlike estrogen gyno. It's more of a puffy nipple look, pepperoni tits if you may. There are a few drugs to counter this issue as well. Cabergoline or the generic name Dostinex, also known as Cabaser.

Bromocriptine also known as bromo. Pramipexole also known as prami. The king off this selection in my opinion is Cabaser. It cost the most for no damn reason. Not only a huge libido increase but no side effects. These drugs are all used

Over the counter Drugs & Remedies

- Pantothenic acid
- Benzoyl peroxide
- Tanning
- Salicylic acid
- Tea tree oil
- Neutrogena

Prescription Drugs

- Retinol
- Accutane

for treatments of early stages of Parkinson's disease, but they have a place in the steroid world too. They are all used to lower prolactin while on Tren or Deca or any other prolactin raising drugs. High prolactin sides are the following: decrease in sex drive, some have loss of appetite, acne, water retention, pepperoni tittes... baby pleaseee.

Very similar to estrogen sides but they're not estrogen related. If you have any of these sides and cant get the drugs to counter act these issues you can simply stop the drugs and the issues will go away pretty fast. When I first started using Tren I had no clue about prolactin and my right nipple was looking fucked up. I discontinued my Tren use and it went away in about a week. Dosage on these drugs is the following. Cabergoline .5 milligrams twice a week, best dosed one Monday and Thursday. Bromocriptine dosage starts at 1.25mgs, nightly with food and gradually increases to 2.5mgs. Pramipexole dosages are usually run at .5 milligrams a day. Just use cabaser, take it from me I have used them all. Got shitty sides from most. Nausea, restless leg syndrome, fuck that. Cabaser gives me boners and it's easy to take. Half a pill twice a week. Easy peezezy. Now that we have man boobs covered lets move on to the next.

2. Acne - Acne is caused due to hormones changing. It's a hormonal imbalance in the body. Like when a chick has her period, if you notice she gets some zits because they have a temporary hormone imbalance. For steroids it seems to be genetic whether or not you get zits. I get zits only when my prolactin or estrogen is too high which I control with the drugs previously mentioned. For some people this dose not help, they still seem to get acne. There are shit loads of remedies people say work but I can't speak from experience. I know for sure Accutane works but it is pretty harsh on the body and I wouldn't recommend it, only in extreme cases of acne. Here is a list of what has helped other steroid users with acne when controlling your estrogen and prolactin is not enough. (See Box Above)



The list goes on just hit the Google search and you can find many things people have tried with success. It's something that varies person to person. There is no one thing that cures all. A lot of guys suffer with acne while on. A lot of times I believe it's to do with Testosterone blends. My reasoning is because there is so much going on in your body, all the different Testosterone and esters doing different things, usually makes for unlevelled hormones. I think test blends suck. There is no point, just take another cc of Enanthate. Of course there's always the guys who think just because the bottle says test 400 that it is stronger than test 250. Wrong. And 90 percent of the time it's not even 400mgs. Trying to fit all those milligrams into one milliliter is hard. Most likely will knot your ass up. Test is test and in the end it all does the same shit, no need to mix a bunch of different test into 1ml.

3. High Blood Pressure

High blood pressure is a problem for some. I never experience this even at high doses. There are a lot of remedies people use and have success. Ways to counter high blood pressure are the following:

- Low dose Cialis has been shown to not only be prostate healthy but also lower blood pressure. Dosages of 2.5 milligrams daily help to lower BP and the extra bonus is more blood flow to your pickle. Who doesn't like that?
- Baby aspirin is used to prevent heart attacks due to its blood thinning and it can also reduce high blood pressure by slowing down the production of the hormones that control high blood pressure.
- Eating celery. I know sounds fucked up right? In celery there is an extract called NBP. It relaxes the tissues of the artery walls that increases blood flow and reduces blood pressure.

These are three remedies that are kind of easy to get a hold of but for best results, obviously you would want the good shit prescription meds. How do you get that you ask. Well its simple just poke around online. Most pharmacies in Canada will ship medications with out a prescription. It's a lot easier than you may think. I must warn you I am no doctor and I don't want to give out doses on these drugs and have someone do this and get hurt so I will list the drugs and you can research and decide which route you would like to go.

- Lisinopril
- Atenolol
- Bystolic
- Hydrochlorothiazide

The list goes on and on but I don't think you will need to go any further. If none of the listed above work for your blood pressure then you better just come off gear. It won't be safe staying on with your blood pressure that high.



Another thing that is affected by steroid use is cholesterol. Just like i mentioned, I can list all the medications you can find but that's a simple Google search. Most bodybuilders use the combination of low dose niacin along with folic acid B6 and B12. Side effects may include itchy burning skin for about an hour after using niacin. It does suck but it eventually stops happening as you build up tolerance. Niacin is great for reducing your LDL levels. Most estrogen blockers will have an effect on lipid levels (cholesterol levels). Why is it bad to have messed up cholesterol levels? Your blood cholesterol level has a lot to do with chances of getting heart disease. High blood cholesterol is one of the major risk factors for heart disease. A risk factor is a condition that increases your chance of getting a disease. In fact, the higher your blood cholesterol level, the greater your risk for developing heart disease or having a heart attack. So keeping that shit in check!

Shrunken nuts are another side effect for some men but it's an easy fix. Just add a little HCG to your cycle. 250ius Monday, Wednesday & Friday and your nuts should swell right back up.

One major side effect that is genetic as well is hair loss. Now I did suffer from this but mostly because of my hair genetics. I didn't start losing my hair until I hit around the age of 30 and I had been messing with hormones since age 25. If baldness runs in your family chances are steroids will speed up the process. Is there a cure for it? Not really. If there were I would have saved a lot of money on hair transplant surgery. You can start finasteride at 1mg a day, it may help some but if you start it don't stop taking it ever. The longer you're on it the better. It's wicked cheap and you can go to most hair doctors for free consultation, tell them you want to be on it and they will give it to you. I pay about \$140 for a three-month supply or you could search the black market. I would just spend the extra money and then at least you have that peace of mind that it's 100 percent legit. Losing hair sucks. The drugs that really effect the hair are drugs high in DHT. The Pre-Contest drugs, the ones that get you shredded. My favorite ones, Winstrol, Masteron, Proviron and some say Tren but that's my baby, she does no harm. Anadrol can affect hair loss too, all steroids can but those ones seem to be what most guys have had issues with.

Other guys will say they have dick issues on steroids and that goes back to controlling your prolactin. Deca dick or limp dick from Tren may be the result of too much prolactin. Control that and your dick should be killing the twat game.

STEROID STACKS

This chapter I'm going to write out various cycles that can be used to reach your goals. One thing I need to make clear, people always seem to ask what's a good cutting cycle? What's a good bulking cycle? The truth is there is no such thing as either. I myself bulk and cut on the same drugs. It's diet that determines if you're going to grow or get lean. You can get lean on Deca and Dbol if your calories are low enough and you're doing cardio. It all comes down to your calorie intake. So lets begin with some basic cycles.

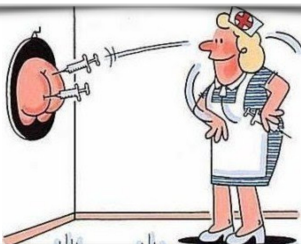
12 week cycle then PCT or cruise

- Testosterone 250mg Monday/Thursday
- Anavar 50mgs per day, half dose AM/ half dose PM
- Arimidex .5mgs every other day



12 week cycle then PCT or cruise

- Testosterone 250mgs M/TH
- Deca 250mg M/TH
- Arimidex .5 mgs every 3 days
- Caber half milligram M/TH



12 weeks then PCT or cruise

- Test Prop - 100mg EOD (every other day)
- Trenbolone Ace – 50mg EOD
- Four weeks in add Winstrol 50mgs ED (everyday) 25mg am/ pm
- Arimidex - .5 milligrams EOD
- Cabaser - .5 milligram M/ TH

adding it. The cycle will be 100 mgs of Test Prop every other day with 50mgs of Tren Ace every other day. After 4 weeks in add 50 mgs of Winstrol everyday with split doses of 25mg AM and 25mg PM. When you get more advanced with Tren you could run it higher (I do) than the Test but when doses are small I would recommend running it this way. If you're going to cruise I suggest adding (the last 3 weeks) 50mgs of Test Enanthate for it build up in your system. You could drop out Test Prop by 50 mgs a week and use E. If you stop Prop then add Enanthate to cruise, you will go threw a crash faze. The Enanthate still needs time to build up in the system. Trust me I know, I have made this mistake myself.

A common first time cycle would consist of Test Enanthate or Test Cypionate 500 milligrams a week. Split into two shots, one shot on Monday of 250 milligrams, one shot on Thursday of 250 milligrams. So 1cc each on day of dosing. Most Test C or E is dosed at 250 mgs per ml, 250 milligrams per cc for you newbies. I would say run an oral along side whether it is Dbol or Anavar. I think both of those play nice into a first cycle. 50 milligrams of either or 25 milligrams in the AM and 25 milligrams in the PM. There are a lot guys who try to start out with 250 milligrams of Testosterone thinking well its only a little so it will be easier to recover in my pct. Not true. 250 milligrams will shut you down your natural testosterone production just as much as 500 milligrams. So why not get all that you can out of your cycle. If you're shutting down your natural levels anyways you might as well make it worth it. A first timer cycle would look like this: (See Box 1)

If your calories are set accordingly, this next cycle is great for gaining mass. You could also cut on this but it's known as the bread and butter during growing season. This is also for newbies with less experience. No need to really do crazy cycles. That myth, the more the better, is definitely a myth. You want to utilize using the smallest amounts to make as much gains possible. You don't want to use a lot drugs because later down the road your receptors end up fried and then you need even more to get results. So a common cycle would be 500mgs of Testosterone E or C, per week, same split doses as previously mentioned (250 mgs M/Th) with 500mgs of Deca split up as well, same days. And yes you can shoot them in the same needle. You can mix anything in the same needle no matter what it is, common mistake for newbies thinking they have to do separate shots. So basic mass cycle looks like this: (See Box 2)

The next cycle is a beginner cycle for when dieting and getting body fat low. These types of cycles work well when getting lean but usually requires more pinning. When getting lean you want to usually use fast acting esters. Many like to use Test Prop here. Personally I stay on Test E year-round and never switch it up. If it's not broke why try to fix it. So this cycle will consist of Tren. "I thought you said beginner cycle?" Well I wouldn't say jump to Tren right away. Maybe after going threw a mass cycle so you can see how you respond to hormones. I ran Tren my first cycle and it really was not a good idea. Now I feel like I need Tren every cycle to be satisfied. Tren set my standards high and most drugs don't do shit for me without Tren along side of them. I wish I waited a bit and maxed out on growing before

Now that we covered three basic cycles lets jump into some moderate cycles, not advanced but people who have a few under their belts. These would be for mass:

12 weeks then PCT or Cruise

- 800mgs Test a week. Split doses of 400mgs M/TH
- 650mgs of Deca of split doses M/TH
- 750mgs or Equipoise split doses M/TH
- 50mgs of Anadrol 25mg AM/ 25mg PM
- Cabaser .5mg M/TH
- Arimidex .5mg every other day

This next cycle requires a bit more pinning but the combination works well.

12 weeks PCT or cruise

- NPP 100mgs EOD.
- Sustanon 250mgs EOD
- Dbol 50mgs ED - split doses am/pm
- .5mg Arimidex ever other day
- .5mg Cabaser M/TH

This would be a cycle used for Pre-Contest dieting or getting lean for the summer.

- 100mgs of Test Prop EOD
- 100mgs Tren Ace EOD
- 100mgs Masteron Propionate EOD
- Week 8 add 50mg oral Winstrol ED, split doses AM/ PM
- .5mg Arimidex EOD
- .5mg Cabaser M/TH

Next cycles are for more advanced users. This is aimed more towards people who have been cycling a while. Don't be that guy that jumps right to this section thinking you will make more gains this way. Be smart, build up to greater cycles as you grow. All these cycle are even better if your running pharmacy HGH along side of it. Don't waste your money on china's shit. Most of the time it's peptides anyway. If you're going to take HGH do it right, run pharmaceutical grade. If you can't afford it don't bother with it, stick to anabolics.

***So this cycle is probably one of my favorites**

12 to 16 weeks then PCT or cruise

- Tren Ace 125mgs everyday
- Test Enanthate 500-750mgs a week
- Masteron 100mgs everyday
- Anavar 100mgs everyday
- 50-75mgs of NPP everyday
- Arimidex .5mg EOD
- Cabaser .5mg M/ TH

- Testosterone 1000mgs a week. 500mgs M/TH
- Deca 1000mgs a week. 500mgs M/TH, Can also use Tren Enanthate instead of Deca
- Anadrol oral or inject 50-100mgs a day split doses AM/PM
- Arimidex .5mg M/TH
- Cabaser .5mg M/TH.

There are so many variations of steroids you can run. This next one is super advanced and probably is over kill. I have run this cycle and it was a bit much. I ran it for eight weeks made a lot of gains but I think it was over kill for sure.

- Masteron 100mgs ED
- Tren Ace 150mgs ED
- Test Prop 100mgs ED
- 100mg NPP ED
- 100mgs inject Anadrol ED
- Test Base 50mgs pre-workout
- 100mgs of Anavar ED
- 50mgs of Whinstrol ED
- Cabaser .5mg Monday/ Wednesday/Friday
- Arimidex .5mg everyday.



These are a few cycles you can look at for guidance, you can play around with them and add different drugs and see how you respond. I'm not a huge fan of insulin but a lot of guys use insulin along side. I'm also not a huge fan of orals due to the damage it does to the liver or stimulants... Clenbuterol, ECA, T3 but they can be effective when cutting body fat. I don't use them too much because they tend to give me high amounts of anxiety. I can add these doses to better help ?????

- **Clenbuterol** - Start with 20 mcgs a day and increase by 20 or 10 mcgs daily depending how you feel. Most see good results when they reach 100mcgs. You can go above this, base it on how you feel. Week two, start to taper down every day decreasing your doses by 20mcgs everyday. Rest two weeks then start again. Resting is important, your receptors get use to clen easy that break is a must.



- **ECA [Ephedrine caffeine aspirin]** - Before I get into this one if you don't already know, this can be bought right at any of your local pharmacies. All you do is go up to the pharmacy counter and ask for BronkAid. It is an asthma medicine used for temporary relief of wheezing. It also has twenty-five milligrams of ephedrine in it. Once you buy the BronkAid, walk over to the medicine area and buy two hundred milligram caffeine pills and then eighty one - milligrams baby aspirin. Those combined give you your cycle of ephedrine caffeine and aspirin. The aspirin is used to control your blood pressure.

- **Dosage** - Day 1-5: 25mg Ephedrine, 81mgs aspirin, 200mgs caffeine. Day 5 - 15 repeat except up the Ephedrine to 50mgs, if more is needed you can go higher.

- **T3** - Now T3 is a tricky drug, it can be dangerous. It's a thyroid medication usually prescribed to obese people. If not done correctly you can experience some nasty sides. People recommend running T3 a few weeks. I don't think it's enough time really, I think it works better ran for 12 weeks.

- **Dosage**

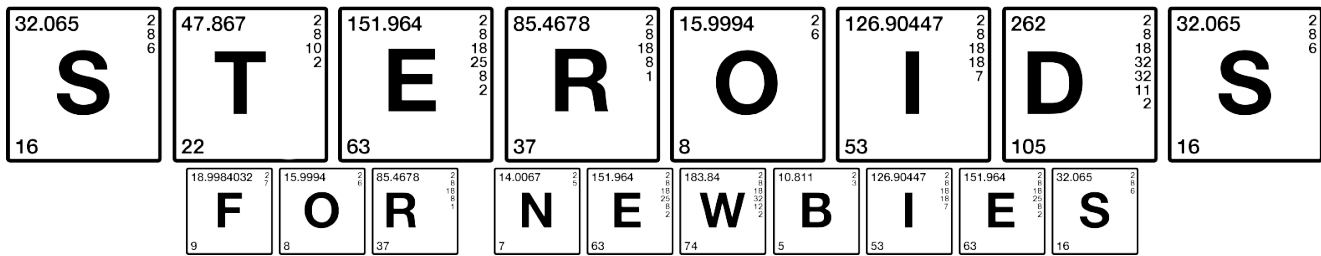
Week 1: 25mcgs a day

Week 2 - 6 : 50mcgs a day

Week 6 - 8 : 25mcgs.

For best results.

To conclude this chapter anything I have stated in this chapter is for entertainment purposes only. I am not a doctor and do not recommend to do anything I stated here. This is stuff I have done but in no way am I encouraging anyone to do any of the things previously stated. They are dangerous and not legal.



This chapter is dedicated to you real newbie guys who have no clue what certain things mean. We all have questions in the beginning. How do I get steroids? How do I inject steroids? What do these measurements mean? What size needles do I use? What spots do I inject? I know there are a lot of unanswered questions you guys need answered. I have been there myself so I know what's up. I'm not condoning using or buying steroids. This is for education purposes only.

Ok so first thing first, obviously I can't tell you where to buy steroids. That would be illegal but I will tell you it's not hard to find. 99.9% of steroids are bought and sold online. I know what you're thinking... online wow that's scary but truth be told it's common as hell. And honestly it's a lot safer and cheaper than buying off the guy at the gym. That guy at the gym bought it online himself and

he's selling it to you for double the price anyway. Buying online is the way to go. Do not Google "buy steroids online." A hundred websites will popup ready to sell you fake steroids. Google "steroid forums." Go on forums and read what people are saying. It will lead you to places to buy. Another thing I would recommend is getting a Steroid test kit. They have them right on Amazon for \$100.00. It won't tell you if the juice is dosed correctly but you will know if there is hormone in the product or not. It's a little peace of mind for you. When ordering online almost everyone pays for steroids with Western Union or Money Gram. It keeps the drug dealer anonymous and is honestly the safest way to purchase for you and them. The process goes like this... the dealer gives you a name and a country or state to send to. Find a branch that sends Western Union or Money Gram, the major of grocery stores do. You get the little paper, write down the sender name, state, and then your name and pay the clerk. She then sends the money and prints a receipt with a code of numbers usually printed at the top of the paper. Then you would email or message the dealer with the code and your sender name. He then picks up the money and bam!! You bought roids. All you need to do is just wait on your stuff to arrive and you're ready to rock and roll. Well not quite but you're on your way there.

Your package is delivered and now you have your steroids. And you have read the cycles in the beginning of my book and you have a good idea what you want to do. Now your looking at your steroid bottle, you can't figure out what all those numbers are and what the word MG means or the word ML. What does that mean? I'll break this down to the simplest terms as I can so you can understand. So most steroids come in 10ml bottles. I know, I know...ml, what does that mean? Well it stands for milliliters, but I'll break it down way more. Most needles have three numbers. Those three numbers are 3 mls but to try to make it even easier we can say those three numbers are 3ccs each number is 1cc second is 2cc third is 3 cc. so that whole bottle is 10cc, or 10 ml so to determine your dosages you go buy how many milligrams or CCs you want to use.

For example the bottle of steroids you bought lets say its Test E. Most Test E on the bottle says 250mg per ml so on the bottle it will look like this 250mg/ml so what that means is there is 250 milligrams for the number 1 on the needle. You pull the juice out to the number 1 on the needle and you now have 250 milligrams of Testosterone. You can say 1cc or one ml but its 250mgs now. What happens if you put two ccs? or ml in the needle. Meaning what happens if you fill the needle with the oil to the number 2? it means it will double so 1cc was 250mgs now you have 500mgs in your needle. get it?? Good. Now not all steroids are dosed the same, for example lets say Test Prop is usually dosed at 100mg/ml with means if you fill the needle to the 1 mark you have 100 milligrams of Test Prop ready to inject. To make it even more simple just remember when you look at the bottle what ever number it shown on it, when you draw out one cc then that's the number your getting in milligrams so to get a better idea here is a pic of a 3ml syringe. With pills dosing is really easy, each pill packaging will say how many milligrams are in each pill. So you won't have any trouble figuring that out.



Okay next step, you have your juice, you understand how to dose it properly, now you need needles. This varies state to state. In my state and most of the east coast you walk into any pharmacy and tell them what needles you need and they will sell you a box. From my understanding this is not the case in each state. Linked below are some needle websites I have used that are legit.

www.eastcoastmedicalsupply.com

www.atlanticmedsupply.com

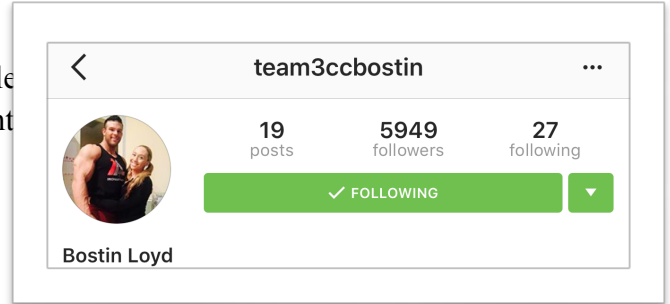
www.healthwarehouse.com

There are so many more, a simple Google search and you will have a list of them. So lets discuss needle size and length. First off you will need a package of 18 gage needle heads. These will come in real handy. You need these in order to extract the oil from the bottle easily. If you try extracting the oil with your injection needle it will take a long time and it will be a pain in the ass. I will come back to this after I explain injection needles. Most common injection needles are one inch and half long, 22 to 25 gauges. A lot people can get away with using a one-inch needle but if your shooting your ass I recommend the one and a half inch needle. Oh and the needles are so sharp you don't feel shit. Always be sanitary as well to avoid infections and use alcohol pads. Okay, you first pop your bottle. Yaaa poppin bottles up in disssss bitch... lol anyway, you pop the lid, take an alcohol pad and wipe the top of the bottle. Now your needle will most likely have the needle head you're injecting with on the top of the syringe. so what you do is unscrew the needle and set it down on your alcohol pad. Then open your 18 gage that you can keep reusing, just keep it in sanitary packaging, I usually put it in the needle package I'm injecting with and switch packaging every shot. So you take the 18 gauges, screw it on the top, now draw out the desired amount of steroid. Then screw your other needle back on and it's shot time.

You have a good understanding of things but you're unsure on how to inject your steroids properly. The easiest way for me to tell you where and how is this magnificent site called www.spotinjections.com. This site has pictures that are really detailed and it will show you exactly where you can inject your hormones properly.



Now that you have the tools, the know how, go get fucking huge. In this section I'm going to also add in a little bonus. I'm going to type out a PCT protocol. It comes right from my favorite natural athlete... Bostin Loyd, Instagram name @Team3CCBostin



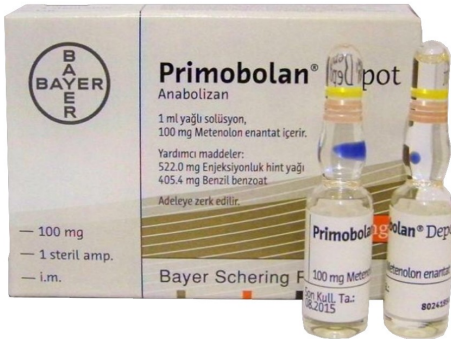
- Days 1/3/5/7/9/11/13: HCG
@1,500 IU/EOD
 - Note - the above is a 14 day period with HCG
As soon as you finish the above 14 day HCG cycle do the following :
 - Days 15-45
Clomid @ 100mg/ed
 - Days 15-45
Nolvadex @ 20mg ED
 - Days 15-52
Aromasin @ 15mg ED
- Note - Always take Aromasin daily, as it's effects last for less than a day.
Note- Aromasin should be run a week longer than the Clomid, to stop the estrogen rebound from interfering with your recovery.



Juice For Ladies



who want to stay ladies



This chapter I'm going to talk about steroids for females.

There is really not a lot of information for females to read about which makes it hard for girls to learn or to know what they are doing. I have helped a lot of females with steroids probably more than males. I have worked hands on with girls step by step watching them change, I wish I could use their names here. A lot of them have their pro cards. You would be shocked how many girls message me on Instagram. It's because there really is not a lot of info out there for them to look at. I really feel bad for a lot of girls who get into steroids without the right guidance. It's usually an asshole boyfriend just having his girl take this and that.

Before you know it they have a deepening voice and many other permanent manly traits and they have to deal with it for the rest of their life.

Before I get into this ladies, go on amazon and order a roid test kit. It's so simple, you will know what's exactly in your steroids. The sad thing is there is so much fake shit and you females pay the price hard. Even if you think you can trust your coach, your coach might not even know that the drug is really Test Prop in your Primo bottles. When he was using it he probably couldn't tell, he felt fine, now you give a female Test Prop, my god you will be looking dudeish in no time. When guys tell females to use testosterone it makes me cringe. Like really dude? You are going to tell a chick to use a male hormone? You're going to tell a chick to use the drug that female trans genders use to turn into males and think that's ok?? If you have seen a clit damaged by steroid abuse it's not pretty. If you're like me and you go to these fitness expos, just look around. There are so many girls with facial hair and other male traits. They are all under shitty guidance or using crap they read from some shmuck on the internet. It's really sad. So hopefully I can lay out the drugs for you females that I know for a fact are effective and female safe because I have seen hundreds of girls use them and make shit loads of progress. But don't be mistaken these drugs can also have nasty sides if not used in moderation or abusing them at high doses will be bad news. It can effect your fertilization as well.



Here is a list of all female safe drugs. Primobolane, NPP, Anavar, Winstrol, clenbuterol, ECA, T3 ,HGH and also anti estrogens like Arimidex work great with these drugs in combination of a good diet, you can't lose. My personal option NPP is like Tren for men on a girl. The gains are so dramatic and so fast, lean solid tissue and strength threw the roof. And the sex drive is high as fuck. The drug's real name is Nandrolone Phenyl Propionate [NPP].

I have seen chicks with slight muscle use it and their asses round, delts start popping, the shit is great. Highly recommended to take your body to that next level. It works well on moderate doses of 50mgs every 3 days, if your NPP is legit the gains will be dramatic. The thing with girls is you really want to keep it simple. Don't be like guys and stack 5 different things together. Keep it simple, one drug each cycle for a while. The great thing about you beautiful creatures and yes I mean you reading this, you pretty thing you :) is that when you come off the drugs you keep your gains.

It's not like guys, we come off drugs, our Testosterone crashes because we used a hormone that shut down our natural production of testosterone now we need to do all this shit to figure out how to get our natural levels back on and in the mean time our Cortisol levels are high and were losing muscle and putting on fat. You lovely ladies get to just come off and stay sexy. I do recommend taking a liver cleanser when you come off though. Tudca is a good one, it will pull a lot of the toxins out of your liver and make you good as new for the next round. This is if you're using orals of course. The women injectables are very light on the liver and I would not sweat liver damage. Some girls experience acne when using gear. This is do to your hormones in your body changing, once you get on a normal dosing schedule and your body adjusts to the drug your acne will most likely clear up. I have rarely seen girls get acne. If you're a girl who gets acne when you have your period chances are you might get acne when you first start a cycle but hang on this acne will most likely clear. Another drug that really works well are estrogen blockers like Arimidex over Nolvadex. These are used on a male steroid cycle to combat estrogen so we don't get acne or titties. Lower estrogen in the body makes for lower water retention as well, which makes you look leaner. My recommendation is a half a milligram of Arimidex every other day. Even if you are only taking Arimidex and no other steroid that lowers your estrogen you will see a big difference. You females are full of estrogen. Let's get into Primobolane. Primo is a drug that has been around along time. Primo comes with side effects for some individuals. Oily skin has been the major reported side effect. Females can use 50 to 100mg a week. I always tell girls to use 50mgs every three days and I have seen them get awesome results. One thing about Primo is it's very slow, the gains come over a period of time, not quick like NPP. The muscle is lean, good gains but that all goes according to diet. You can bulk or cut on all these drugs but the diet is what's going to determine your results.

The drugs will aid you on your mission. The drug takes about three to four weeks to start working. I think all female's cycles should be 12 to 16 weeks. If you're taking orals cut those out after about eight weeks, especially Winstrol due to it being a little more harmful on the liver. Speaking of orals, Anavar is a great drug. Most girls start out with Anavar and they use it over and over again for a while. It's not too harsh on the body. First timer dose of Anavar, I reckon 10mgs a day, split into two doses, .5mg AM, .5mg PM. You want to split doses to keep blood levels as stable as possible. Anavar has a half life of 8 hours which means it starts to leave your body in 8 hours so its best to split doses. If you've been using Anavar for a bit you can go up to as high as 30 milligrams for advanced users but most will be good around 15mgs, always split the dose though. Another great drug but probably the harshest for females due to it being a DH derivative is Winstrol. This drug does wonders for you when your body fat is really low. Mostly used as a Pre-Contest drug, kind of like a final touch drug.

When you're at ten percent body fat or under it gives you that super hard look. That's the DHT in the drug. DHT is also known to give some hair loss in some woman or hair thinning. I should say most of the time the hair returns after. It can be pretty liver toxic so you don't want to stay on it to long and defiantly take a liver cleanser after. If your body fat is not ten percent or under you can still use Winny to put on some muscle its pretty versatile drug, you can use it to grow or harden up. You want to keep those doses same as Anavar doses like I explained. Some more advanced users stack the two together (Anavar and Wintrol).

I don't usually recommend a double oral session but if you're going to do it I would say keep the doses of each drug low, for example; ten milligrams of Anavar and ten milligrams of Winny, both split doses. A lot of stage competitors use Winny and that is what completes their physique before stepping on stage. Well that and water manipulation. That bone- dry solid look is from the DHT (the Winny) This steroid also is available in injection form and would be way less harsh on the liver. It is very painful to inject and most girls will be in a lot of pain. Not saying you beautiful creatures can't take pain. I mean you push baby out of your vaginas but most girls will pick orals over injects for this reason. It fucking kills. I could sit here and go over what each chemical does in the body, the half-life, and all that but do you really care? I'm trying to keep this whole book simple as hell. People get way too caught up in the chemical talk and it makes people trying to learn lose track because they don't know what the fuck they're talking about. Especially girls who just want to hear how to get a flat belly and a round ass.

That's' all diet but these drugs will help . Before we get into the fat burners let's talk about HGH. HGH for females is very effective at 2ius per day right when you wake up, before breakfast. This drug has all kinds of good benefits, speed up metabolism, makes your skin look better, you look younger, you burn fat and put on muscle, makes your hair grow longer and thicker. It's a win win. There is so much Chinese HGH or under ground HGH, is really not worth wasting your money on this crap, most of the time its not HGH. You want to find a Pharmaceutical HGH. Even those can be faked so it's a tough situation but if you get the real deal it can be a good drug. There are other drugs that may be female safe that I haven't seen first hand so I won't comment but there could be some benefits from Tbol not to be mistaken for Dbol and also Equipoise. I haven't seen any females use them so I won't put my two cents. Now most females are probably not reading this whole book but in the guy section I went over Clen, ECA and T3 dosages. I also went over how to get ECA legally right at your local drug store. So lets start with that actually.



- **ECA** - is Ephedrine Caffeine Aspirin. is banned in the USA due to meth cooks using it as their main ingredient. But if you go into any local pharmacy, walk up to the prescription counter and ask for BronkAid and they will sell you the box (ID is required). Each BronkAid has 25 milligrams of ephedrine. Then walk over to the next aisle and buy 200mg caffeine pills followed by 81mg baby aspirin. Now you have yourself a fat burning weapon. You want to start out with one bronkAid pill, one baby aspirin and 200mgs of caffeine as your dosage. Some people like to dose it a couple times a day. Eventually you might need to up the bronkAid to two pills. I only recommend doing this for two to three weeks. I have seen people make the greatest progress when taken in the morning before doing fasted cardio.



- **Clenbuterol** - Clenbuterol easy to get. Most peptide or research sites have them available. I don't recommend using these Clen sources, I would recommend getting it in pill form. Most pills are twenty mcgs, it's best to start day one at ten mcgs and increase by ten each day until reaching around 100mcgs. Two to three weeks is a good time frame then taper down to 10mcg each day until you discontinue. Most do two weeks on and two weeks off but three won't hurt you. Bodybuilders commonly use Clen. You can use Clen by itself, or along with these other fat burners but they would go better along side other drugs like Anavar and such.

- **T3** - T3 is a thyroid medication mostly prescribed to obese people. But it does have its place in bodybuilding. It can be dangerous and could potentially mess with your thyroid, which is why you need to use this drug very carefully. Most people start out at 25mcgs a day and increase by 25mcgs each day until reaching 100mcgs max. But some people just take 50mcgs and stay with that. The drug will help burn fat but if your calories are too low your metabolism can start eating at your muscle and not your fat. The safety part that is important about t3 is the tapering off. You need to slowly taper off t3, if you stop cold turkey supposedly it can shut down your thyroid and put all the weight back on fast. Honestly this is not a proven fact, I have stopped cold turkey myself and was fine but that might not be the case for everyone so I will still put it in here as dangerous. Playing with your thyroid... you just can't be too careful.

Now that I went over these drugs and dosages you should have all the tools you need and don't listen to these gym assholes. Guys if you're reading this part don't fuck these chicks up. Girls are a lot more sensitive than us, don't make them carry the burden of a voice as deep as ours. We guys we can fix gyno or any other issues, chicks are stuck with clit dicks for life and that's just gross. The Steroid test kits are a must, girls definitely get on them. Stay safe...

CONCLUSION

My Instagram page was recently shut down after posting that I'm going to release this book . I lost a big following which I'm trying to get back now. The sad thing is people in society see this book as glamorizing and teaching kids how to use drugs. What they don't see is that most people reading this are already about to use drugs and they want to do it correctly without hurting themselves. Yes, I'm no doctor but is any doctor going to help people use steroids? Then you might say “well just don't use steroids.” Well sorry some of us are not content with looking average, some of us want to better ourselves and be the best we can. Why do girls get boob jobs and people get plastic surgery? Some people don't feel comfortable the way they look. Why does society get to decide that a person can't put something in their own body at their own risk that will better their look even if they know the risks and side effects. Realistically if used correctly there isn't even as much harm as this piece of shit society has made you all believe. Society can't handle the truth. They would rather be lied to by all these fake natural athletes creating false hope for kids. Kids believing they can naturally reach the level of their heroes and start feeling depressed when they realize they can't do so. Excuse me for reaching out and trying to help people who are going through stuff that I have gone through with no help. To all my fans and friends on social media and in life I have nothing but love for you all .

New IG is @Musclehead3.0