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## INTRODUCTION

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There's hardly a more confusing area in the health and fitness world than the area of dietary supplements. A land of hype, truly outrageous marketing claims and things that sometimes hardly work at all. On the flip side, also a place where, if you know what you're looking for and how to use it, offers some real gems that can really push your training and results through the roof seemingly like magic!

There's a secret world of supplements and this guide's goal is to help you become an "insider" that can take advantage of what it has to offer, safely, sanely and smartly.

I think you will be impressed.

Just keep these things in mind as I break down for you not only the best supplements on the market today, but also how to use them to make your fitness (or other goals) a quick reality:

## **Diet Always Comes First.**

No matter if your goal is to lose weight, put on muscle, experience more vibrant health or something else altogether, supplementation needs to be viewed as something that "supplements" your diet choices not something you do to make up for a poor diet. If you attempt to take capsules or powders to get where you would like to be while cramming junk food down your throat three times a day, I can guarantee you will end up disappointed.

No supplement Guide, this one included, will offer much help. Diet has to always come first. When your diet is on point you have a solid foundation that will allow your supplement choices to really make a difference you can see and feel.

## **Use Reputable Brands.**

Depending where you are (like in the United States for example) the Supplement industry may be barely

regulated or not regulated at all. This means if you'd like to see the best results from taking supplements it's a wise idea to buy from a well known reputable company. When you have your list of what you'd like to add to your program take a few minutes and read reviews of the companies products you are considering. Often the cheapest product is not the best choice when it comes to supplements, unfortunately. Good deals are available, of course, but this extra bit of research will always pay off in the long term guaranteed.

### **Every Body is Slightly Different.**

The advice here in our Guide is accurate for the vast majority of people, and is based on my own research, study as well as long personal experience. This doesn't mean that the results we discuss will be experienced by all of us. Some people, as a quick example, have been shown to be "creatine non-responders". Despite creatine being a supplement nearly every expert agrees upon as being a powerful athletic enhancer for maybe 5% of people it doesn't offer much of anything at all. So it pays to keep a close eye on your results as you add new things

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to your program to see if they are right for you. In some rare cases they may not be what you're looking for. All of our bodies are slightly different and can require, in some cases, different approaches to meet our goals!

These things said, I'm excited for this opportunity to help you explore the secret world of supplements. Great things await!

## CHAPTER 1 - THE REAL WHEY TO USE

### PROTEIN

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If you ever need clear evidence of the confusion that sometimes circulates in the supplement world, just take a few minutes to scan the various conflicting opinions on how to use protein! The funny thing is the subject doesn't have to be confusing at all. The trick is to focus on unbiased information on protein - and totally skip the articles written by the many people who have an agenda other than getting you fit and strong.

Here's some simple and smart things to keep in mind when working out your protein needs. Follow these guidelines and you will never have to worry about optimizing your protein intake again!

The Real Whey to Use Protein



## **Determine Your Daily Protein Needs.**

There's some complicated formulas and charts made by muscle nerds that can help you figure out what they think your protein needs are. I prefer to keep it simple and easy to understand. 1 gram of protein for every pound you weigh. I have never, ever seen this not work out for someone's protein needs. When in doubt go over rather than under.

## **Spread Your Protein Out Over Your Day's Meals.**

Regardless of the diet you are following do your best to spread your protein intake out among all your meals. This doesn't have to be exact of course. If you have difficulty getting in your requirements in your meals, the easiest tried and true solution is to add protein shakes as "extra meals" throughout the day and night. I usually eat five meals and add two shakes as snacks. This works really well for most people's lifestyles.

## **When Possible Choose High Quality Protein Sources.**

Yes, the quality of protein you consume matters greatly when it comes to building your dream body. Try to concentrate on things like chicken, fish and other lean meats. When it comes to protein powders 100% pure Whey protein is, by far, your best choice with casein coming in second.

Avoid protein blends where many supplement companies will hide the percentage of each type of protein in their mix, with an aim of selling you cheaper and less effective proteins while still having you pay a premium. This is a dirty trick that nearly all the major supplement companies engage in. Knowledge is power.

## **Avoid Soy Protein.**

Soy protein can do terrible things to a person's hormonal levels, especially if they are male. We're talking about even small doses of soy causing skyrocketing estrogen

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levels, lethargy and increased body fat. It's cheap and plentiful, but certainly nothing you want even close to being in your diet. Don't believe the hype vegans and others tried to spread about the supposed benefits of soy. Both science and the real world have shown the exact opposite to be true. Avoid at all costs!

Protein is equally important to you whether your goal is to get hugely muscled, athletically fit or cut fat and lose major weight. Master the question of protein intake and the rest of your diet issues will be a breeze. Follow these foundational rules and you will never need be confused by the protein question again! Pretty cool right?

## CHAPTER 2 - CREATINE AND MUSCLE BUILDING

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You'd be hard pressed to find a dietary supplement that has safely helped more people pack on pounds of solid muscle than creatine. In fact when it first broke onto the market, the first company offering creatine to the masses ran some rather infamous ads comparing its power to banned and illegal anabolic substances!

The ads were only partly true - creatine does offer the strength and muscle gains of some of the less potent versions of these things, but it does so in a way that doesn't wreck your hormonal levels or otherwise endanger your health. Creatine is both legal and safe.

There's a few inside tips you should definitely be aware of when you decide to take creatine. These will absolutely maximize your results with the supplement. Be prepared to have to go up a shirt size (or two)!

## **To Load or Not to Load?**

There's some debate among fitness experts, diet gurus and top trainers on whether it's necessary to creatine load - meaning should you take a higher dose of creatine for a short period of time to quickly raise your creatine levels before going down to a maintenance dose.

My thoughts? In the early days of creatine use it became the thing to do when using the supplement. But as technological advancements have been made in the area of creatine absorption it is not necessary to pre load anymore

Is this written in stone? No. It's possible you may respond just as well with loading creatine. Try out both methods and compare your results, to see what's best for you. I have a feeling you will join me in becoming a believer in non creatine loading though - nearly everyone I've ever trained has seen equal results following this protocol!

## **Stay Hydrated.**

It is VERY important to stay hydrated when you are using creatine. Think a gallon of water for a full grown male a day. If you neglect staying hydrated you may well end up experiencing muscle cramps or other issues. Avoid them by drinking enough water.

## **Cycle On and Off Creatine.**

It's a good idea to cycle off creatine every six or eight weeks and staying off for three or four weeks. Creatine is safe and side effect free for the vast majority of people, but it is also something that you probably want to take a break from just to give your body a rest from time to time. This is a rule for really every supplement you're taking apart from protein powder.

## **On the Various Creatines.**

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Let's be clear: all the most reputable studies in the lab and out on creatine have featured creatine monohydrate.

Creatine monohydrate is also the least expensive form of creatine on the market, but also it has proven in some cases to leave the body bloated and cause some users stomach cramps. The new forms like creatine ethyl ester have been engineered to not cause these effects, so are definitely worth a look if money is not an issue

If you are looking to get stronger and put on muscle, use creatine following these tips and You WILL get bigger fast, guaranteed! Nothing else will give you as much bang for the buck.

## CHAPTER 3 - THE MANY MIRACLES OF FISH OIL

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If you had to pick one supplement to boost your overall health and well-being, a great choice beyond a good multivitamin to address any vitamin and mineral deficiencies you may be experiencing, would be fish oil.

In fact you could make a convincing argument fish oil may even be more important than a multivitamin for those of us who eat a pretty well balanced diet.

Taken in the right dosage fish oil works absolute wonders, especially for men who can see it revitalize their entire hormonal system.

Let's take a look at its many miracles.

**Fish Oil Will Make You Look Better.**



Yes, health benefits aside fish oil will definitely help you look better. Taken in the right dose (think 3 grams a day) they will start shifting your body composition more towards lean muscle and away from flabby fat. Taking healthy fats to burn off unhealthy fat may sound strange, but this is backed up by science and real world results. Try it and take a look in the mirror in a few weeks and you will likely become a believer!

Here's another fish oil fat loss fact that may intrigue you - fish oil speeds up fat loss from where many of us would like to lose it most in our abdominal region. Questing for six pack abs? Don't skip your three grams of fish oil a day.

### **Fish Oil Will Help You Build Muscle.**

I've already mentioned the wonders fish oil works as far as optimizing a man's hormones. One result of this you'll be able to see if you are hitting the weights is increased strength and muscle much quicker than if you weren't taking fish oil. This is a key reason why all the major weight lifting and power lifting coaches have their

athletes take big doses of fish oil every day. It works well and will never result in a dirty drug test!

## **Fish Oil Will Lower Your Bad Cholesterol Levels.**

There's no natural supplement that's better for your heart health than fish oil. It can even reverse fairly serious cases of cardiovascular disease in many people. Expect your cholesterol to come under control much more easily when you add fish oil to your diet. Just make sure the dose is high enough - for serious issues going up over five grams a day until you see great improvement may be necessary. Beyond a bit of stomach discomfort for some people there's no worries about negative side effects.

## **Fish Oil Will Enhance Brain Function.**

Ever hear that eating fish was good for your brain? Well taking fish oil supplements is even better for your brain! If you're suffering from depression or attention span concerns recent studies have shown fish oil can help clear

up both of these issues to a degree on par with some prescription medications. This is a all natural, healthy solution free from addiction risks or other dangers of using potentially harmful chemicals.

## **Fish Oil Can Prevent Serious Eye Diseases.**

As a preventive measure fish oil does a great job of protecting two of your most valuable possessions - your eyes! Both dry eye disease and age related eye diseases have been found to be much less common in people who have high levels of fish oil in their diets. Not many things are much more important than your eye sight are they?

Fish Oil is both powerful and inexpensive. It may not have the glamorous name or mystique surrounding it that other supplements possess, but that doesn't mean it's not a miracle worker! Make sure you take yours every day.

## CHAPTER 4 - THE SMART WAY TO USE CAFFEINE

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Caffeine can be a huge help in getting us in shape, or when misused, a stumbling block in the way towards our health and fitness goals. I'm sure we all know someone who's so addicted to it they can hardly move in the morning without a few cups of coffee don't we? This is bad news and not the way to get fit and healthy.

This begs the question - what exactly is the best way to use caffeine? No problem, let's take a look!

### **What's The Perfect Dose?**

Now if you're aiming to use caffeine as a fat loss tool and pre-workout stimulant 200-400mg three times a day is a good dose for most of us. Be sure to take one dose about 45 minutes before you train if you would like that extra burst of energy to power you through a hard workout.

Personally, I never take any at all after dinner since I train in the morning or afternoon and late doses seem to disrupt my sleep schedule more often than not. You may or may not have the same concerns as I'm slightly caffeine sensitive.

### **Thoughts On Caffeine Sources.**

If you are looking to strictly monitor your caffeine intake to be able to track your results caffeine supplements are by far the way to go. It's difficult to determine how much caffeine you are taking in from things like coffee, tea and soft drinks. This doesn't mean you have to give up your morning coffee, estimating that dose and being more strict with your others is a method many use (myself included) quite successfully.

### **Take Breaks From Caffeine Use.**

Take at least a day off a week and a week off every few months if you would like to keep your bodies ability to make the best use of caffeine up to par. If not you are likely to dampen it's effects which can spiral into needing

higher doses and eventually enter the realm of health risks. Let's not forget while generally safe in high amounts caffeine does bring health danger. At over 10 grams it can even kill! This is a serious substance that needs to be used smartly and safely.

### **Safely Stack It.**

Be cautious of some of the herbal fat loss products which are simply caffeine being marketed under a different name. If you should take these with your normal caffeine use going unchanged you can quickly experience some of the negatives of caffeine overdose. Here's some of the more common one on the market today: Guarana, Yerba Mate, Xanthine, Green Tea, Kola Nut to name a few. There's plenty more too.

### **Caffeine Dose is Body Weight Dependent.**

When you start losing big amounts of weight, if that's your goal, be sure to lower your dose of caffeine

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accordingly. It's very body weight dose dependent. This also means if you are 220lb guy and you and your 120lb girl friend are both taking the same amount something is seriously wrong. My guess is she's taking way too much, so lighten up a bit for safety's sake!

Used smartly caffeine is priceless. Just remember this game is all about looking great and being healthy too. Always err on the side of caution!

## CHAPTER 5 - CHOLINE AND THE MIND

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So far we've talked about supplements that can help us become leaner, stronger and healthier. But can they help us become smarter too? The answer is a powerful YES. In fact certain little known supplements (often referred to as nootropics) can give us a mind boost that's almost something out of a science fiction movie.

One of the best and most widely available is choline (also called phosphatidylcholine). If you're interested in achieving mental peak performance this supplement is a must.

Let's explore.

### **Choline Enhances Memory.**

This aspect of choline has been very widely studied as a way to combat the horrors of Alzheimer's disease. For



those of us who are healthy these studies have also revealed that choline acts as a memory booster in healthy individuals as well. Having a more reliable memory offers a great many lifestyle benefits socially, at work and beyond. Take choline and possibly never lose your car keys again!

### **Choline Boosts Total Cognitive Function.**

Beyond being a memory booster, choline enhances nearly every other area of cognitive function. Quicker decision making ability, clearer thought and focus and even big jumps in creative functions have all been credited to optimal choline levels reached through supplement use. This has made choline a secret weapon of everyone from authors to professional poker players.

### **Choline and the Mind Muscle Connection.**

Recent research on Olympic athletes has shown choline supplementation before competition cuts down reaction

time considerably. The theory that's being studied further is that the supplement works to create more effective mind and muscle connection. If this is true we shouldn't be surprised to learn in the future that choline can even help bodybuilders and fitness enthusiasts achieve their own goals more efficiently!

### **Choline Dosage**

A good starting dosage of choline for mental enhancement is 3 grams a day. This can be slowly increased as you judge your body's tolerance for the supplement all the way to 8 grams or more. Some stomach turbulence can occur if you start yourself off too quickly so easy does it. Be sure to split your daily dose up into an AM and PM serving.

### **Is Choline Safe?**

Yes, choline is remarkably safe. It's present in much of the food we eat (like eggs and red meat) and there hasn't been any reports I'm aware of, of harsh reactions to choline supplementation. Of course not everything agrees

with all of us, so be sure to use caution when adding any new supplement to your diet.

## **Where To Look For Choline**

For now most of the companies offering choline seem to be legit. I prefer to order from life extension orientated sources as they have a long history of providing the highest quality health supplements available. This is purely personal choice and you have many good options available depending on the country you live in.

I would advise against starting off taking choline in a blend with other supplements. While these types of things are widely available it can be a poor choice as it's hard to determine which supplements are responding well to your unique needs and which aren't. A better method is to add them one by one and once you are fairly certain which you are benefiting from then considering using pre-made blends and mixes!

Use choline smartly and you will likely become smart.

## CHAPTER 6 - GREEN TEA FOR FAT

### BURNING

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It's more than a bit ironic that while there is a huge demand for fat burning supplements - which makes sense considering fat loss is a primary goal of most people who are enthusiastic about health and fitness - there's hardly any fat loss supplements that really work well.

One is caffeine, which we already took a close look at. The other is Green Tea, the current rage in hardcore (and not so hardcore) weight loss circles.

Green Tea's effects are wildly mind blowing. When we understand it and how to best use Green Tea effectively our ugly body fat is put in serious danger! Consider the added health benefits of Green Tea as a special bonus.

**Green Tea Skyrockets Metabolism.**

Green Tea is remarkable in that it not only provides fat burning properties due to its caffeine content, but possesses its own ability to super charge metabolism unique to it alone.

This metabolic boost means more fat loss while you are taking Green Tea - without added jitters, sleepless nights or any of the other unpleasant side effects that are often associated with some of yesterday's fat burners. You can even take Caffeine Free Green Tea and still see its metabolic benefits! This works well if you are taking a precise amount of caffeine daily, but would like to also use Green Tea for a true "take it to the limits" fat melting stack!

### **Green Tea Greatly Improves Endurance.**

If you are an endurance athlete, engage in high intensity cardio training or other endeavors where stamina reigns supreme you will be excited to learn that Green Tea has been shown to safely boost your endurance levels almost magically. This is a quality that's overlooked by many experts who cover Green Tea as a fat burner, but let's not

slight what a plus this can be in the effort to get fit fast. It's pretty simple when laid out in black and white: the more you can train the more calories you will burn. More calories burned equals less body fat. Sounds good, doesn't it?

### **Green Tea is a Super Anti-Oxidant.**

Taking Green Tea won't only make you healthier as you lose weight, but it will also boost your immune system and help fight off colds and sicknesses. There's only a few other anti-oxidants which are generally considered more powerful and all are much, much more expensive than Green Tea supplements.

### **Green Tea Dosage?**

If you are taking Green Tea in capsule or pill form a good dose for fat loss purposes is 600mg of EGCG (the metabolism boosting element of Green Tea) a day split into two or three doses. This amount would be difficult to consume in tea form with an average cup of Green Tea containing in the neighborhood of 40mg of EGCG. Go for

the supplement version if you are serious about fat loss!

### **Is Green Tea Safe?**

Yes, Green Tea is safe. The only concern could be if you are using the caffeinated version on top of other caffeine supplements or drinks. This could cause jitters, stomach pains, anxiety and so on. Always pay attention to how your supplements are likely to interact with each other and this problem can be completely avoided. Beyond this weight loss supplements don't come any safer than Green Tea, unless they are total placebos!

If you are drinking something other than water and Green Tea you may not be taking your fat loss efforts as seriously as you could be!

## CHAPTER 7 – HEAL THE BODY WITH CURCUMIN

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The description "super food" gets tossed around quite often and a bit too liberally for my taste in health and fitness circles. Many of the things that have been described as "super foods" in the recent past, like say raspberries for example, are quite good for you, but "super"? Probably not.

One food ingredient which doesn't get its props from mainstream sources as much, but truly does deserve the super food label is the Indian spice turmeric or more specifically. curcumin. Curcumin is the active part of turmeric now available in highly pure forms perfect as a health supplement.

Need to heal your body? Cut body fat? Or a mild pain killer?

Curcumin is all those things and more.



Let's explore it's many benefits.

## **Curcumin Is Nature's Best Anti-Inflammatory.**

Inflammation in our bodies is the cause of a host of health problems including reducing our ability to lose weight quickly. If you need an anti-inflammatory that works without question, curcumin is probably your best choice. It out performs all of its natural competition, every over the counter drug anti-inflammatory and even most of the prescription drugs that address this important issue. To top it off it's both safe and relatively inexpensive. If you've even experienced the stomach aches that can be caused by other anti-inflammation options you will join many of us in becoming loyal to curcumin for life! That's one set of side effects I sure won't ever miss.

## **It Promotes Healthy Fat Loss.**

Curcumin isn't a fat loss agent to the level of some of the other supplements discussed here in our Guide, but it will aid your overall fat loss fight. It does this by inhibiting fatty acid synthase- which will make it harder for your body to pack on body fat while supplementing with it. This is very noticeable in the real world with many users noticing it frees up their diet somewhat allowing a little extra freedom to "cheat" while still seeing good results.

### **Curcumin Helps Control Cortisol Levels.**

Keeping cortisol levels low is crucial if you hope to build muscle and get lean. High cortisol levels send a message inside your body to go into "emergency" mode and retain your body fat by any means necessary. Research has shown curcumin to be a miracle worker when it comes to keeping cortisol levels low. This can equal becoming leaner and more muscular, quicker. Provided you are training hard and following a well thought out diet of course!

### **Curcumin Fights Cancer.**

Curcumin is being studied very heavily in both Australia and New Zealand for its cancer fighting properties. These properties are interesting to medical experts not only for how effective curcumin seems to be, but maybe more importantly because the supplement keeps working over long periods of time. This is rare for cancer fighting agents which the human body off becomes resistant too. Hopefully we all never need this aspect of curcumin, but if we do it's here for all of our health's sake.

### **Curcumin Is A Top Anti-Oxidant.**

Curcumin shines as an anti-oxidant. It will boost your overall health, give you more energy and all the rest of the other great things we associate with anti-oxidants. If you make a habit of cooking with turmeric often or supplement daily with curcumin you can expect to be much more vibrantly healthy. It works and works well!

### **Curcumin Dosage?**

A normal dose of curcumin is 900mg a day. If you are

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sick this can be boosted up all the way to 900mg three times a day until you are feeling healthy again. This is in addition to any you may be adding to your meals.

## CHAPTER 8 - TRIBULUS: MAN ON FIRE!

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If you're a man and looking to get your testosterone levels up to "high normal" - which means you will see definite improvements in bed as well as in the gym - there's not many natural supplements that can REALLY help. Tribulus Terrestris is probably the best of them.

In the 1990's when Tribulus Terrestris first made it outside of Eastern Europe (it was a secret weapon in the former Soviet Bloc's weight lifting circles) and made it to the West it was promoted pretty recklessly. There were comparisons made to anabolic steroids and growth hormone, comparisons which were far from accurate. This built up an expectation Tribulus couldn't meet (nor could any other supplement then or now).

This is a huge reason why Tribulus isn't nearly as popular now as it could have been. The good news is that if you have realistic expectations from Tribulus, a trusted source to order from and take the right dose you will feel like a

"Man on Fire" and see benefits that are real and tangible.

Interested in learning the truth about Tribulus and how best to use it to your advantage? Read on.

## **Tribulus And A Quick Boost To Test.**

Studies have shown taking the proper dose of 40% saponin containing Tribulus (this is high quality Tribulus and what you should be taking) three time a day will quickly boost testosterone in the first ten days of use. This can be great if you are suffering from low test for any number of reasons and want to get things back in order fast. Again this will take you with sustained use to "high normal" levels - perfect for top performance in the gym and bed, but not on the level of illegal anabolics.

## **How to Smartly use Tribulus as a "Male Enhancer".**

If you are interested in using Tribulus as a safer alternative to things like Viagra or Cialis, be sure to use it

correctly. That means taking it three times a day and giving it time to build up in your system. The results are truly impressive - as long as you don't think you can take Tribulus and see a boost thirty minutes later. It just doesn't work that way.

### **Buying the Right Tribulus Product**

Unscrupulous supplement companies have released Tribulus supplements made of material that's near worthless. You are looking for a product that contains 40% saponins like I've mentioned above preferably from European sources. North American Tribulus has been notoriously ineffective as has it's Asian varieties. No one is really sure why, but it has been confirmed in the gym and bed room again and again.

There's a handful of companies selling high quality Tribulus so do your research and they shouldn't be hard to find!

### **Tribulus Dose**

For a man around 200lbs the proper dose of Tribulus is 625mg - 725mg three times per day of the quality of Tribulus we've already discussed. Take your Tribulus with food or a protein shake. Some people find it a little hard on the stomach if taken without food. Make sure you always stay well hydrated if you want to get the most out of the supplement.

With the smart use of Tribulus you may have the same problem of the old Bulgarian Weight Lifting teams who lived on the stuff - too many victories, and suspicious opponents wondering if you are taking banned substances! It's okay, because we all know the truth!



## CHAPTER 9 - THE PARAMOUNT

### IMPORTANCE OF DIET

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As you can probably see after having made it this deep into our Guide, I'm all for cutting edge supplements as long as they are effective and safe. They can enhance our training, our lifestyles and speed up our drive towards our goals.

What I'm NOT for is pushing the lie that somehow supplements can replace a smart and solid diet plan. It's impossible and anyone who claims differently has a financial interest in telling you lies. Move away from them without spending any money very quickly my friends! They are looking for a sucker and you aren't a sucker are you?

If you are trying to lose weight, put on muscle or just experience vibrant health diet is not just important. It's ALL important.

Here's some diet tips to keep in mind. Combining this along with smart supplementation can make you look and feel like a new person.

### **Protein is King.**

No matter if you are trying to cut fat or put on muscle (or both) protein is king. Making sure you are getting enough protein from whole food sources should be one of the foundations of your dietary efforts. Choose lean protein sources whenever possible - think chicken, turkey and fish. Occasional red meat is fine (especially if it is grass fed and hormone free). Avoid things like soy which can and will wreck your hormonal balance completely.

### **Control Your Carb Intake.**

Carbohydrates can be your diets worst enemy, Unless you are in a serious bulking phase or involved in hardcore endurance sports you will likely eat more carbs than you

should if you're not tracking them. Is it necessary to go "no" carb? Not at all, though this approach does work well to get lean if you have the discipline to maintain it. Either way control your carb intake and you will be glad you did when you look in the mirror in the months and years ahead!

### **Very Important - Fats DON'T Make You Fat.**

When it comes to fitness, muscle building and health the obvious is often far from true. Take fats for example. It would seem eating fats would make you fat, right? Far from true. In fact the right kind of fats will help you stay lean and healthy. Think a few servings of salmon or mackerel a week to be sure you're on point in addition to any supplement efforts in this direction.

This covers the three major areas of all of our diets. Now there's entire books on the subject worth reading so this one chapter can't really serve in place of those kind of resources. If you follow these foundational ideas as well

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as not falling into the trap of thinking supplements are a cure for poor diet you are well ahead of the game.

Follow through with more in depth works on the subject and the body of your dreams will be yours in no time - built on a disciplined diet, intense training and exercise and the supplement secrets you have been learning in this Guide!

## CHAPTER 10 - SAMPLE FAT CUTTING AND MUSCLE BUILDING STACKS

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Ready to go full force towards your ideal body? Once your diet and training are on point and you've decided you're adding supplements to the mix the question remains even after getting this far into our Guide - what are some great ways to stack these supplements together to achieve your goals?

Well first you need to establish what your goals are. For most people enthusiastic about health and fitness the two biggest are: Cutting Fat and Building Muscle.

Here's a sample stack of each that I've seen work absolute wonders. The doses are all for a 175lb man so if you are much bigger or much smaller adjust accordingly!

### **Fat Cutting Stack**

This stack is ideal to get lean and mean. Make sure your

carbs are low, you are training intensely and not missing any cardio sessions either. Expect the fat to melt away much quicker when these supplements are added to the mix.

**Caffeine.** 200mg three times a day. Pick an inexpensive source.- skip the big bodybuilding company brand names where you are paying for their label and marketing schemes. I pick mine up from the local supermarket for about a quarter the price.

**Green Tea Capsules.** 200mg three times a day. Decaffeinated capsules are best, unless you are pretty caffeine tolerant. Don't forget you are also taking caffeine.

**Fish Oil.** 1000mg three times a day with meals.

**Alpha Lipoic Acid.** Not featured in our Guide, but a nice addition to a cutting stack. ALA gives a definite nudge towards becoming supremely lean. 200mg three times a day.

## **Multivitamin and Mineral Supplement.**

Essential to make sure all your dietary grounds are covered. A small vitamin or mineral deficiency could cause you to retain your extra body fat. A good vitamin and mineral supplement will prevent that problem. Sports versions are usually the best quality for the price.

**Whey Protein.** Use Whey protein to make sure your protein needs are met.

Eight weeks of this and you may be sporting a new six pack!

## **Muscle Building Stack**

Now for the fun stuff! This stack will have your biceps bursting through your shirt as long as your calories are high. Don't forget your muscles are never going to get bigger if you eat like a rabbit! Please don't blame me if you need to go up a few shirts sizes either.

**Creatine.** 5 grams twice a day.

**Tribulus.** Tribulus is great to keep your hormones on point and even aids focus and aggression in the gym too. Follow the dosing suggestions in our Tribulus chapter.

**Fish Oil.** 3 to 5 grams a day.

## **Multivitamin and Mineral Supplements.**

Pick a good sports multivitamin.

**Vitamin D.** 5000 IU a day split into two doses. This is in addition to any Vitamin D in your multivitamin. This will work wonders in optimizing your testosterone levels safely. A secret that amazes nearly everyone who tries it for the first time!

**Whey Protein.** Be sure to push it to the limits with your protein intake. Three shakes on top of our four or five meals a day is often what it takes for a hard gainer to push through their sticking points. You can consider



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casein protein as a less expensive alternative if your budget is tight, but avoid soy and mixes which are tainted by soy. Please don't ignore that last bit of important advice if you are trying to get huge!

## CONCLUSION - \*BONUS\* WHAT SUPPLEMENTS YOU SHOULD NEVER TAKE!

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Welcome to our bonus chapter - the worst of the worst. Do yourself and your fitness efforts a huge favor and stay far away from these gems. Both your body and your wallet will owe you a big thank you for having their best interest at heart!

What Supplements you should NEVER Take!

### **Soy Protein.**

I've mentioned it several times in our Guide so if you were paying attention you knew it would be on our list. Soy protein supplements can literally destroy a man's hard work towards building a lean and muscular physique by boosting his estrogen levels through the ceiling. This will make you soft, more prone to retain fat, kill your

motivation and your sex drive, It may even encourage the growth of cancer. Do any of these things sound good to you?

## **DMAA (1,3-dimethylamylamine) Containing Products.**

It's a long ingredient name, but you can find DMAA in many "pre-workout" boosters. Recently banned in the United States. DMAA does nothing as far as cutting fat or giving more energy - it is addictive and has been shown to sky rocket blood pressure and heart rate. Another example of supplement companies not putting safety first.

## **DHEA.**

DHEA is marketed as a way for men to increase their testosterone levels. Even at mega doses it has never been shown to have this effect at all. What it will do is screw up your bodies own hormonal balance likely

causing you to seek medical assistance should you ever want to get it back to normal again. Stick with the Tribulus, leave the DHEA alone.

### **Creatine Serum. Or any other "liquid creatine" supplements.**

No one ever went broke creating products for lazy people, Mixing creatine in liquid is obviously too much work for some people so not a few supplement companies rushed to the market various forms of "creatine serum" - creatine supplements pre-mixed in various liquids. The problem? Creatine breaks down very quickly in liquid form if not taken within a half hour or so losing all of its active properties. Liquid creatine supplements are a complete waste of money. They just don't work.

### **Androstenedione.**

There was a time not long ago when "pro-hormones" were the rage in the bodybuilding world, The final

generations of them (before they were banned in most countries) were very effective and some were nearly side effect free. The first androstenedione is still the one with the most name recognition today. It is hardly effective at building muscle and carries a ton of unwanted side effects. If you should come across a bottle avoid, avoid, avoid! It wasn't any good in its heyday and it's not any good now!

### **HMB.**

Not dangerous to anything but your bank account, HMB takes our final spot on the list due to it still being pushed in some circles as a dynamic muscle builder. It's expensive and in it's fifteen plus years on the market I've never heard one person in real life give a good review of any HMB product. It just doesn't do much of anything at all for fitness, muscle building or health. Use your hard earned money elsewhere!

Thankfully there's plenty of things that do work! Don't

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waste your time on this garbage! Good luck and thanks for reading.