

Anabolic Freak of the Month:

NAME: ART ATWOOD

AGE: 32

HEIGHT: 5'11

WEIGHT: Off season (300-320), Contest (270-280)

CONTEST HIGHLIGHTS:

1993 Teenage Mr. Wisconsin LHW and Overall Winner

1999 Mr. Wisconsin SHW Winner

2000 Junior USA - NPC, Super-Heavyweight, 1st and Overall

2001 Nationals - NPC, Super-Heavyweight, 1st (earned Pro Card)

2002 Toronto Pro Invitational - IFBB, 1st place (first professional win)

2003 Olympia - IFBB, 13th

SCHOOL ATTENDED: University Wisconsin Milwaukee. B.S. Exercise Kinesiology

CURRENT JOB: Creator/Visionary

Art Atwood is no rookie to the sport of bodybuilding. He's been competing as an IFBB pro for the last 5 years ever since winning the super heavyweight class at the 2001 NPC National Bodybuilding Championships. At 5'11" and over 300lbs in the off-season, Art's also a member of an elite group of athletes who can lay claim to having won at least one IFBB Pro show. He did it in 2002 when he captured 1st place honors at the Toronto Pro Invitational, beating the likes of Markus Ruhl and Gustavo Badell.

Growing up in Mequon, Wisconsin, Art started weight-lifting at 11 years old under the tutelage of his older brother Todd. By high school, he was the captain of the football team as well as a sprinter and high jumper. However, it wasn't until he met Toney Frontier in college that he realized what his true potential for bodybuilding was. Under Toney's guidance, Art won the overall 1993 Teenage Mr. Wisconsin. It was at that point that he knew what he wanted to do; be a professional bodybuilder.

When asked what motivates him in the gym and in life, Art's answer is rather impersonal and somewhat philosophical. "I believe that desire is the key to motivation, but it's determination and commitment to an unrelenting pursuit of your goal - a commitment to excellence - that enables you to attain the success you seek."

Interestingly, Art doesn't see view himself as a professional bodybuilder as much as he sees himself as a creator and builder of new ideas. "I feel like I'm connected to a higher power when I'm creating something . . . whether it's my body, my business, or a great new friendship!"

Speaking of creating, Art started his own supplement company, **Professional Supplements** a few years ago. In his own words, "Pure Vitargo is the most revolutionary glycogen loading supplement available on the market". He also has 4 new products that are ready for release in the very near future. Anyone interested in purchasing Professional Supplements can check out his website at www.purevitargo.com.

Art Atwood certainly doesn't fit the stereotype of the typical bodybuilder. In my eyes, he embodies the wise words of Joel Barker who said, "***Vision without action is merely a dream. Action without vision just passes the time. Vision with action can change the world!***" You can surely bet that Art has and will continue changing the world around him.

Female Bodybuilding:

“I don't have the typical inspirational story of how I got into bodybuilding. Actually, I wanted nothing to do with it.” So says IFBB Pro **Heather Foster** who's fresh off a win at the 2006 IFBB Europa Super Show.

Born in Kingston, Jamaica (West Indies), Heather immigrated to Jamaica, Queens (New York) when she was only 2 1/2 years old. That's right, she moved from Jamaica to Jamaica! After graduating from high school, Heather attended City College (CCNY) where she studied physical education, and LaGuardia College, where she studied physical therapy. Now, she's a practicing physical therapist at a reputable health center that specializes in sports medicine and rehabilitation.

Heather's foray into women's bodybuilding started with a reluctant recruitment into a local City College (CCNY) bodybuilding competition. Although vehement about not standing onstage in a two-piece posing suit, Heather was talked into it after realizing that she, actually, did have a lot of muscle on her basketball and track trained physique. “If I had a dollar for every time someone asked me to ‘make a bicep’ in high school, I could've put myself through college!” Showing up wearing sunglasses so that no one would recognize her, she finally got over her shyness and got up onstage without ever having lifted a single weight. Ironically, she placed second in the heavyweight class and the rest, as they say, is history.

Flash forward to the present where Heather's physique can be best described as a combination of flawless symmetry accented by beautiful shapely muscle. With one NPC National Bodybuilding Championship and two IFBB Pro victories under her belt, Heather is somewhat of a bodybuilding prodigy. When asked about her future aspirations, she replies, “I would like to win the Ms. Olympia title. It's what I'm really striving to accomplish.” She's also very clear about that fact that she'd like to be instrumental in educating and enlightening society about what it's like to be a female athlete. With an indomitable will and an extraordinary work ethic, I believe Heather will realize all her dreams and aspirations.

To find out more about Heather Foster, visit her website at **www.heatherfoster.com**.

QUESTION:

Dave, I follow a high protein, moderate carb, low fat diet. Why am I always irritable and hungry? And why are my energy levels all over the place? One minute I feel great; the next, I feel like I just wanna sleep. Please help!

ANSWER:

The answer to your question is “it's all in your head”. What do I mean by that? Under normal dietary conditions, the brain preferentially uses glucose as a fuel source. Because of this fact, there's an incessant need for glucose in the bloodstream. While following a high protein, low carbohydrate, low fat diet, blood sugar tends to drastically drop between meals. This results in the following:

- (1) Increased appetite
- (2) Increased irritability
- (3) Decreased energy levels

Think about it, what if blood sugars could be sustained at normal levels throughout the day? Wouldn't this drastically improve the likelihood of the diet's success? Of course it would!

The question still remains; how can blood sugar levels be kept stable when the brain is constantly feeding on glucose from the bloodstream to fulfill its vigorous energy requirements? The answer is simple: Find an alternative energy source for the brain. For those of you who know a little about how the brain works, you'll realize that fats, in the form of *ketone bodies*, can act as a very efficient alternative fuel source. The trick is getting the brain to use these ketone bodies despite the fact that it loves to consume glucose. In fact, the brain loves glucose so much that it can be thought of as being "addicted to glucose". This addiction becomes readily apparent when we observe that it takes 3 days (72 hours) of carbohydrate restriction to coax the brain into using ketone bodies as a fuel source. For any of you out there who know anything about drug withdrawal, it also takes 3 days (72 hours) to get over the physical withdrawal symptoms of most highly addictive drugs. In essence, you must detoxify your brain from sugars before it can take advantage of the energy-sustaining effects of ketone bodies. Once the brain stops using glucose and starts using ketone bodies, blood sugar levels stabilize and the diet becomes significantly easier.

One final thing to consider is that while consuming a carbohydrate-free diet, it's imperative to consume enough essential fatty acids so that the body has all the raw materials necessary to produce these all-important ketone bodies. In the absence of a threshold amount of dietary fat, the body will invariably turn amino acids (from muscle tissue) into glucose via a process known as gluconeogenesis. This results in the following undesirable state:

- (1) The brain remains in glucose-burning mode.
- (2) Hard-earned muscle tissue is cannibalized for amino acids.

Remember, there are many different ways to skin the proverbial cat; however, the path of least resistance will always win the day.

QUESTION:

I need some help. What would you recommend for muscular symmetry? My pecs seem to be two different sizes and my right arm is visibly bigger than the left.

ANSWER:

Don't despair; this problem has plagued every one of us at one time or another. The best solution is to start training your body using more unilateral-- one appendage at-a-time-- movements. Use dumbbells instead of barbells and unilateral machines (such as Hammer Strength) instead of standard machines. When you do employ compound movements, such as barbell presses or hack squats, make a conscious effort to "push" from the *smaller* side. Finally, if your size discrepancy is extremely noticeable, try adding an extra day per training cycle where you dedicate about 15 minutes to train the lagging body part with an extra 3-4 sets. For example, if your right leg's *vastus lateralis* muscle is smaller than the left, you might add an additional 4 sets of single leg extensions

for the right leg only. Make sure that you perform these extra sets on a day other than your usual leg-training day.

QUESTION:

Dave, is it possible to get my girlfriend pregnant while on testosterone injections? I heard that it's like taking birth control for a man.

ANSWER:

Testosterone stimulates the Sertoli cells in the testicles to produce sperm. In order for testosterone to accomplish this task, it needs to be present at relatively high concentration (i.e. it needs to "bathe" the Sertoli cells in testosterone). Whenever you inject an exogenous source of testosterone, the Leydig cells in your testicles stop producing endogenous testosterone. When this occurs, this *locally* produced source of testosterone is no longer available to stimulate the Sertoli cells. Say, for instance, you injected 250mg of testosterone enanthate per week. By the time this 250mg gets into the bloodstream, it's been watered so significantly that the relative amount passing through the testicles winds up being negligible.

However, as levels of exogenous testosterone injections rise to very high levels (over 1000mg per week), the relative amount passing through the testicles now increases to ample levels to cause spermatogenesis to occur once again. When this happens, low and behold, you're fertile and before you know it you're girlfriend's pregnant.

QUESTION:

What's the difference between T4 and T3 and what is all the hype about T4? I've been reading some posts on different forums, and also some articles. It sounds like T4 is better, but I figure you would know better than anyone.

ANSWER:

Thyroxin (T4) is the "inactive" thyroid hormone produced and secreted by the thyroid gland. The body then converts this T4 into an "active" hormone known as Triiodothyronine (T3). When thyroid deficiencies are medically treated, thyroid patients are placed on synthetic T4 (also known as *Synthroid*). The reason patients are given T4 replacement is that it's extremely hard to overdose on it since the body only converts what it need to T3.

If a pre-contest bodybuilder were to supplement with T4, there would be very little change in metabolic rate since very little T4 would actually get converted into T3. Therefore, in order to instigate a significant metabolic effect on the body, it's necessary to supplement with T3-- sold synthetically as *Cytomel*.

QUESTION:

My freakin' joints kill. I'm only 35 yet my aching shoulders and knees make me feel like I'm 75. What's the best anabolic cycle to help ease joint pain and speed up the repair process?

ANSWER:

I live with shoulder joint pain so I feel where you're coming from. The most effective cycle that I can envision for maximizing muscle size and preserving, and possibly even restoring, joint integrity appears below.

WEEK #	Test Enanthate (mg/week)	Deca Durabolin (mg/week)	IGF-1 (mcg/day)	Adequan (mg/week)
1	500	400		500
2	500	400		500
3	750	500	10	1000
4	750	500	10	1000
5	1000	600	10	
6	1000	600	10	
7	1000	600		500
8	1000	600		500
9	1000	600	10	100
10	1000	500	10	100
11	750	400	10	
12	500	200	10	

Testosterone enanthate is dosed at 500-1000mg per week throughout the cycle to ensure that muscle gains are maximized. Injections should be taken approximately every 2nd to every 3rd day. I prefer the "every other day" method since blood levels seem to be the most stable when this dosing regimen is followed.

Deca Durabolin is an incredible anti-inflammatory anabolic steroid. It possesses many of the same anti-inflammation properties as the catabolic steroid, cortisone (without the negative side effects of muscle loss, fat gains, and immune system suppression). It is for this very reason that Deca is the mainstay anabolic throughout the entire 12-week cycle. Remember, less joint swelling and reduced pain will, ultimately, enable the sore-jointed lifter to handle maximal weights.

Unlike anabolic steroids, which exert their growth and repair effects exclusively on skeletal muscle, IGF-1 (insulin-like growth factor-1) acts on skeletal muscle as well as connective tissue. The introduction of IGF-1 in short 4-week mini cycles, broken up with 2-week off periods, will help to rebuild damaged cartilage, ligaments, and tendons found within and surrounding the various joints of the body.

Finally, Adequan is thrown in as a final key component to the joint remodeling process. As I've mentioned in a previous article, Adequan is a new injectable veterinarian drug whose active ingredient is polysulfated glycosaminoglycan (PSGAG). Adequan has a number of incredible benefits. For one, it relieves the pain and disability of joint damage, and this relief has been shown to last up to 6 months or longer. Adequan also binds to damaged cartilage and boosts its metabolism thus greatly facilitating its repair. At the same time, it blocks the action of destructive enzymes that promote joint inflammation, break down the synovial fluid, and attack the cartilage. If all these effects weren't enough, Adequan also stimulates the synovial membrane of the joint to manufacture new synovial fluid to replace the thin, degraded, fluid of degenerative joint disease. This helps to lubricate, nourish, and clean up the cartilage.

QUESTION:

When I train females, should I circuit train them, or have them lift the same as men but different exercises? Right now I have a female who wants to burn fat, and I'm not sure of the best exercises to use.

ANSWER:

I tell all my female clients who want to get "toned" but "not too big" the same thing, "Train like you want to be the biggest, most muscular, bodybuilding in the world." The truth is that without anabolic steroids, it will never happen. In fact, if these women eat perfectly, train with fierce intensity, and get adequate rest, they'll be lucky if they even add enough muscle to reach their desired physique goals. The most important concept that you should impart is that the addition of a few extra pounds of lean muscle tissue will, ultimately, boost resting metabolic rate which will lead to a leaner, more toned, physique.

QUESTION:

My friends tell me that they shoot IGF-1 right before they lift and that they get unreal skin-bursting pumps. They tell me that "media grade" IGF-1 is extremely long acting so even though you take it pre-workout, it's still "in there" for hours after. This way you get crazy pumps during the workout and maximize muscle repair and growth after. Also they say that this "media grade" needs to be taken in 60-120 mcg shots as opposed to the "receptor grade" stuff where less is needed. Can you explain this to me? I'm ready to start; I just didn't know that there were different grades of this stuff.

ANSWER:

"Media grade" implies it's used for cell culture media; whereas "receptor grade" is usually reserved for use in the living organism. In theory, "media grade" is not as refined as "receptor grade".

Additionally, you never want to take IGF-1 (insulin-like growth factor-1) -- key word being *insulin*-- before you train for obvious reasons; you'll get low blood sugar. Additionally, 10-20mcg IGF-1 is the most you should ever inject per day if you're looking to get the best results. As I've discussed in previous articles, as the dosage of IGF-1 increases, the tendency for IGF-1 receptors to down regulate increases. Therefore, with regard to IGF-1, the take-home message is, "Less is better!"

QUESTION:

Someone at the gym told me that I should use fast acting insulin (Humulin-R or Humalog) on Mondays and Thursdays as opposed to the everyday (twice daily) dosing schedule. He said that if you supplement with insulin every day you will build up insulin resistance and then you'll have to take more and more to get the same "kick". Eventually, he claims that it will get to the point that you'll have to take daily dosages in the extreme amounts just to keep your blood sugar levels stable and, at which point, you might as well consider yourself a diabetic.

This same guy insists that it's the same deal with testosterone dosing. He claims that while 1000mg/week is better than 500mg/week, it causes your receptors to down regulate and then, before you know it, you need to take 1500mg/week and then 2000mg/week to still "feel" it.

Dave, I'm confused. Can you shed some light on this subject?

ANSWER:

Whenever I hear the "someone at the gym" moniker being used, I immediately prepare myself for a bevy of half-truths. Remember, when you inject with fast acting insulin twice daily, you're not replacing your natural insulin production; you're merely supplementing it to ensure that you adequately absorb all the high quality calories you're consuming. Endogenous insulin is not released once or twice per day (as is the case with hormones such as testosterone or thyroid); it's pulsed by the beta cells of the pancreas all throughout the day. It's even released when you're not eating meals. Therefore, it's virtually impossible to completely mimic the natural secretion of insulin to the point of shutting down your pancreatic cells. Just ask a Type I Diabetic how hard it is to maintain stable blood sugar levels with exogenous insulin shots. With that being said, it becomes quite obvious why it's just not possible to create any significant amount of insulin resistance by taking small physiological shots of fast-acting insulin. If taking a small injection of fast-acting insulin can cause insulin resistance, then that must also mean that eating a high carbohydrate meal post workout to spike insulin levels must also cause insulin resistance. And as we all know, that's just not the case!

When addressing the topic of testosterone injections, it's pretty readily agreed upon and verified by observation that 1000mg per week is the ideal dosage to initiate maximal gains with minimal side effects. Lower dosages don't stimulate the best gains, while higher amounts seem to significantly increase side effects such as water retention, elevated blood pressures, and overall general malaise. Additionally, since steroids are fat soluble compounds that pass directly through the fatty cell membrane of the muscle cells, it's ridiculous to talk about "receptor downregulation" as if we're talking about a protein hormone that facilitates its actions by way of cytoplasmic receptors (found on the surface of the cell membrane).

Another very dangerous term that is thrown around rather indiscriminately by inexperienced self-proclaimed experts is the term "kick". It's important to understand that steroids (testosterone and its derivative) and protein hormones (insulin, IGF-1, thyroid, and GH) exert their effects in a very slow, sustained, manner. On the other hand, stimulants (such as caffeine, ephedra, and amphetamines) act in a very dramatic fashion causing many users to proclaim, "It just kicked in". Remember, if insulin "kicks", chances are you're gonna die! Therefore, stop trying to feel everything. When it comes to hormonal supplementation, feeling as if your body is in balance is the rule of thumb.

Human Interest:

Muscle Radio is a weekly one-hour internet radio program devoted to delivering the latest gossip and news concerning the world of men's bodybuilding. Weekly guests include top IFBB professional and NPC amateur bodybuilders, IFBB judges, and industry

insiders. **Hardbody Radio** is the women's version of the show; focusing on female bodybuilding, fitness and figure athletes.

Hosted by former lawyer and bodybuilding aficionado, Larry Pepe, these two radio shows boast a monthly listenership in excess of 1.2 million people. As of this writing, Muscle Radio and Hardbody Radio have both received positive mainstream publicity in Las Vegas Weekly Magazine, Hay House Radio, and in many top bodybuilding magazines.

Muscle Radio has featured top stars and legends, alike, including Dorian Yates, Dexter Jackson, Flex Wheeler, Lee Labrada, and MD Columnist and legal consultant to the show, Rick Collins. Just recently, I made my first appearance on the show and I must admit that Larry is knowledgeable, passionate, and well informed regarding the breaking news and bodybuilding industry as a whole. I know that his great love for what he's doing will inevitably lead to great success in this burgeoning genre of internet communication.

Hardbody Radio airs live every Wednesday at 6:05 PM EST at www.HardbodyRadio.com and Muscle Radio follows at 7:05 PM EST at www.MuscleRadio.com.

Steve Liss, a self-proclaimed close friend of MD's John Romano, sent in this photo from the Federal Prison in Lewisburg, PA. While Steve is not in the photo himself, he'd like to give props to two of his iron brothers. **Shawn Myers** (fourth from the right) is coming to the end of his 6-year stint. At 30 years old, his 6'1" frame holds quite an impressive amount of muscle. Frankie Schiavone (third from the right) is 32-years of age and has about 12-15 months left in his sentence. My motivational words of wisdom come straight from the mouth of Mario Andretti when he described what it takes to achieve your goals.

"Desire is the key to motivation, but its determination and commitment to an unrelenting pursuit of your goal - a commitment to excellence - that will enable you to attain the success you seek."

Any prison inmates (state or federal) who think they're worthy of appearing in MD, send your photos and story to:

Dave Palumbo
P.O. Box 1122
Seaford, NY 11783

To purchase my book, ***Perfect Prison Physique***, please send a \$25 money order to the above address or order online at www.davepalumbo.com.