

PEDs

longevity
+ quality of life

WORDS
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Achieving the remarkable level of conditioning displayed by bodybuilding athletes for a show requires a combination of dedicated training, strict nutrition, and meticulous attention to detail. Bodybuilders follow intense workout routines that focus on building muscle mass while simultaneously reducing body fat. **These routines often involve a combination of resistance training, cardiovascular exercises, and specific techniques to target different muscle groups.** Additionally, bodybuilders adhere to a strict diet that is carefully calculated to provide the necessary nutrients while minimizing body fat.

This typically involves consuming high-quality protein sources, complex carbohydrates, and healthy fats in specific quantities and at

specific times. The process of conditioning for a show also involves careful monitoring of body composition, adjusting training and nutrition as needed to achieve the desired level of muscularity and definition. It is a challenging and disciplined journey that requires dedication, perseverance, and a lot of consistency.

While nutrition, training, and rest are indeed crucial components of a bodybuilding athlete's journey, there may be much more involved in creating that perfectly sculpted physique. It is important to note that **there is most likely some type of performance-enhancing drug (PEDs) being used.** Most athletes at the highest



levels choose to use PEDs to enhance their performance and achieve peak levels of conditioning. PEDs can cause great results but can also lead to adverse effects on the body, including hormonal imbalances, liver damage, cardiovascular issues, as well as any psychological disturbances.

The pursuit of peak levels of conditioning should prioritize the long-term health and well-being of athletes, ensuring a sustainable and ethical approach to the

sport of bodybuilding. If you're new to competitive bodybuilding, I can assure you, **performance enhancing drugs will come up at least once in conversation.** In this sport I would easily say 9 out of 10 people in every category are taking some type of PED.

Many competitors will do their first couple shows and remain natural to see what their body is capable of and how the competitions are run. Most likely after the second show they will see what they are up

against, and they'll start to ask questions. They begin to realize it will be very hard to excel to the next level if you do not introduce PEDs to your protocol. The next question is how you find the correct information and understand what is safe for you, your body, and your longevity in the sport.

If you're working with a coach, they may ask you on the questionnaire form if you have ever taken any PEDs. Make sure you are open and honest when responding to these types of

questions, it is very important to have strong communication. Not all coaches are the same, and there are many that will look out for your overall health and well-being, and there are others that have a one size fits all plan when it comes to PEDs. Most likely you will receive a list of PEDs they expect you to take, instead of asking if you want to use them.

They will also fail to explain what each one is for and the possible side effects. A good coach should be able to prep you with or without PEDs and explain everything to you. Athletes always look up to and trust their coaches' opinion. The last thing they want to do is upset them by not following the plan, so they just do what they are told, or whatever it will take to win, without thinking of the consequences.

Ladies, **please remember a lot of these side effects caused by some PEDs are irreversible**, be sure you understand everything

NOT ALL COACHES ARE THE SAME



you're taking, ask questions, and make sure it's a reliable source.

If you're going to be adding PEDs to your plan, one thing you need to do first is get your bloodwork done! This is going to determine a lot about what will be safe for you to take or what could potentially cause some health risks down the road. No PED protocol should ever be the same for each athlete.

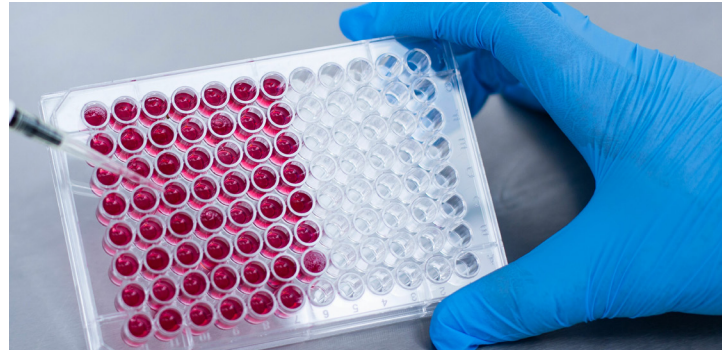
Having bloodwork done provides valuable insights into various aspects of a person's health, including levels of essential nutrients, hormones, cholesterol, and markers of inflammation or infection. These results can vary significantly from person to

person due to factors such as genetics, lifestyle choices, diet, exercise habits, and underlying medical conditions.

For example, one individual may have optimal levels of key nutrients like vitamin D, while another may be deficient, impacting their overall health differently.

By analyzing bloodwork results, healthcare professionals can tailor personalized treatment plans and interventions to address specific needs and optimize individual health outcomes.

Understanding and interpreting these variations in bloodwork is



crucial in promoting personalized healthcare and improving overall well-being. So, do not do what your friends do, and understand everyone's body processes things differently.

Depending on the result of the bloodwork you may not need to take a certain PED. Doing so can put you at risk down the road and can sometimes be a real struggle to fix. **You are also going to need more than a full CBC when it comes to getting your bloodwork checked.**

Some important panel tests that need checked will not be included in the standard CBC bloodwork. You will need to ask your Primary Care Provider to add them to your script in order to be checked. These could be things like estrogen, progesterone, testosterone, and thyroid to name a few.

While you wait for the bloodwork results you can begin researching the list of PEDs that was sent to you. Be careful where you get your



information from, there are a lot of opinions on the internet, and it can be very misleading. Your coach should definitely be the one explaining everything to you, as that is what you hired them to do. Ask them to go over each one listed and ask what it does, what it's for and what are the side effects. The doses you need should also be based off your body weight, goal

and what is required for your division. Always put yourself first, and be sure to always focus on your health, safety, longevity, and quality of life.

The sport of bodybuilding doesn't care if you get sick, have health issues, or can't compete again. Sadly, in reality **you can always be replaced, so you have to look out for yourself from the very beginning.**

While you may be in your prime you also have to think - life outside of competitive bodybuilding, because it will come to an end at some point in your life. Many athletes get the opportunity to decide when they are done, but for some, due to the heavy use of PEDs, your journey may end earlier than you wanted.

The important thing is you want to remain healthy, happy, and still love fitness and the gym after your competitive bodybuilding journey is over. Once the athlete starts the

Everyone's body processes things differently.

cycle of PEDs, they start to make some amazing changes to their physique, and soon become addicted to their new look. They then begin to think they are unstoppable or invisible from anything to going wrong, as they are getting caught up in the appearance of themselves.

Eventually if a competitor doesn't cycle off their PEDs, it will catch up to them. It's very important to not abuse the use of PEDs after a competition. A competitor needs to fully clean out the receptors to give their body a break from all the supplement use, so the body can start to properly function on its own again.

This can be very hard for many athletes, as they love how they look and do not realize



what's going on internally. If an athlete does not cycle off, they are at huge risk of long-term side effects. When cycling off do not just stop everything at once, this can cause issues.

Your coach should be giving you a protocol to taper off properly and start your clean out phase. **Following a proper reverse will allow you to have longevity in the sport.** If you

choose to stay on the PEDs, the body will eventually become accustomed to the dosage being used, and results will come to a halt.

When this happens, many will increase the dose to get the results they desire, which then sets them up for even larger risks or even injuries. Athletes need to remember if you do start taking PEDs you do need

to cycle off them, **do not stay on them long term**, this is not what they are for, unless it's for a medical reason.

The long-term effects of taking Performance Enhancement Drugs (PEDs) can vary depending on the specific drug and individual factors. However, there are potential risks associated with prolonged use of PEDs.



Some common long-term effects of Performance Enhancing Drugs may include:

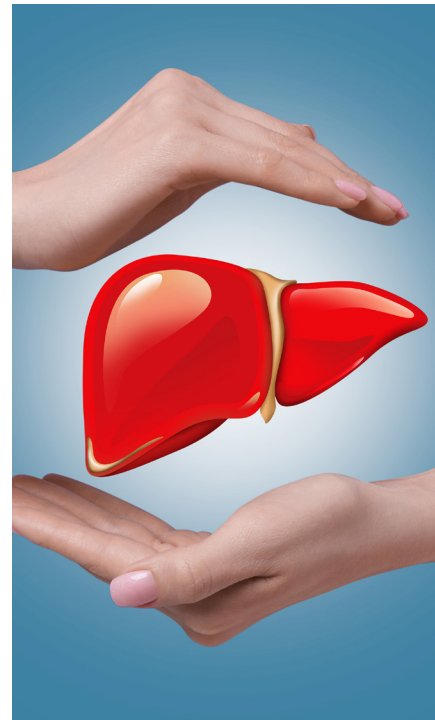


01.

Cardiovascular issues: PEDs can increase the risk of heart disease, high blood pressure, stroke, and other cardiovascular problems.

02.

Hormonal imbalances: PEDs can disrupt the body's natural hormone production, leading to imbalances that can affect various bodily functions.



03.

Liver damage: Certain PEDs can put strain on the liver, potentially leading to liver damage or dysfunction.



04.

Psychological effects: Prolonged use of PEDs can contribute to mood swings, irritability, aggression, and other psychological issues.

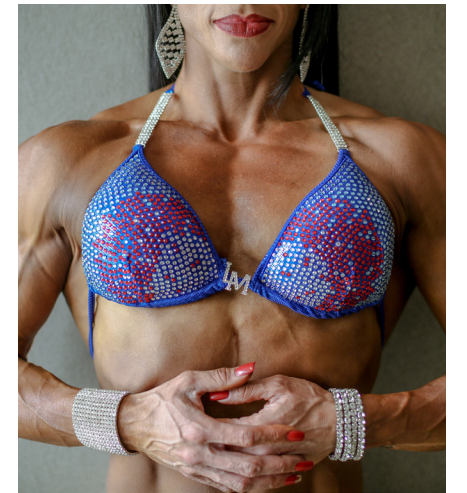
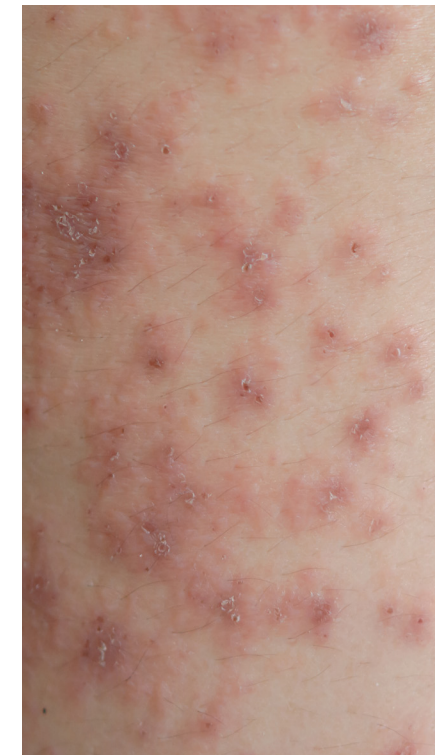


05.

Reproductive system complications: PEDs can interfere with fertility, disrupt menstrual cycles in women, leading to irregular cycles, changes in libido, and potential fertility issues. This can also cause testicular shrinkage and decreased sperm production in men.

06.

Acne and skin problems: Some performance enhancement drugs can cause an increase in sebum production, leading to acne breakouts and other skin issues.



07.

Masculinization: Due to the androgenic properties of some performance enhancement drugs, women may experience masculinizing effects such as deepening of the voice, increased facial and body hair growth (hirsutism), and male pattern baldness. Along with change of jaw structure and even enlarging of the clitoris. It is important to note that the specific side effects can vary depending on the type of performance enhancement drug used, dosage, duration of use, and individual factors.

NOTE.

If you're competing, be smart, do your homework and ask questions. It's ok to say no to the use of PEDs or just to the ones you do not feel comfortable with. Many of these PEDs are not safe for women, so be sure to have the right people in your corner who are looking out for your overall health and well-being.



“ PEDs CAN BE A VERY HELPFUL MISSING INGREDIENT FOR ANY COMPETITOR

While Performance Enhancement Drugs may offer certain benefits in terms of athletic performance or physique, it is important to note that there are some potential perceived benefits that individuals may associate with PED use. This can be a very helpful missing ingredient for any competitor to even older adult to solely focus on the quality-of-life benefits from them.



01.

Enhanced physical performance:

PEDs can potentially increase strength, endurance, and overall athletic performance, which some individuals may view as a benefit in competitive sports or physical activities. This can also help in everyday life giving you a boost of higher energy levels.



02.

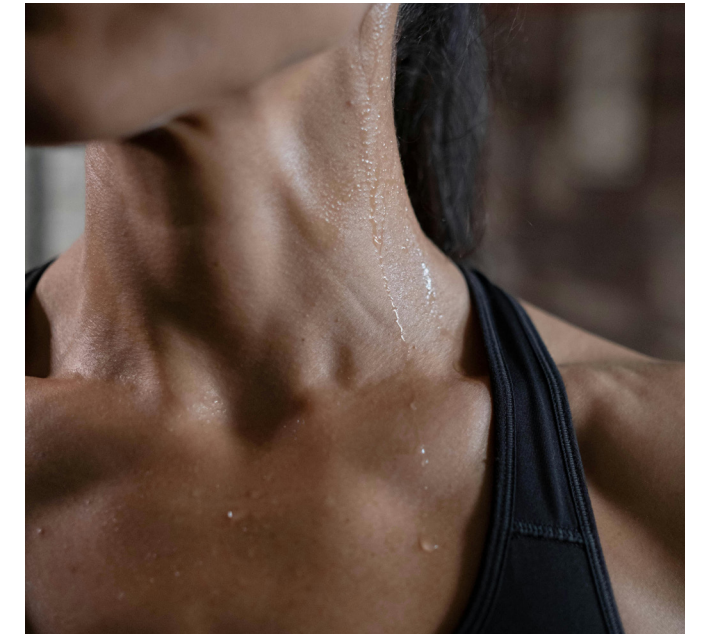
Improved recovery:

Some PEDs are believed to aid in faster recovery from intense workouts or injuries, potentially allowing individuals to train more frequently or at higher intensities.

03.

Increased muscle mass:

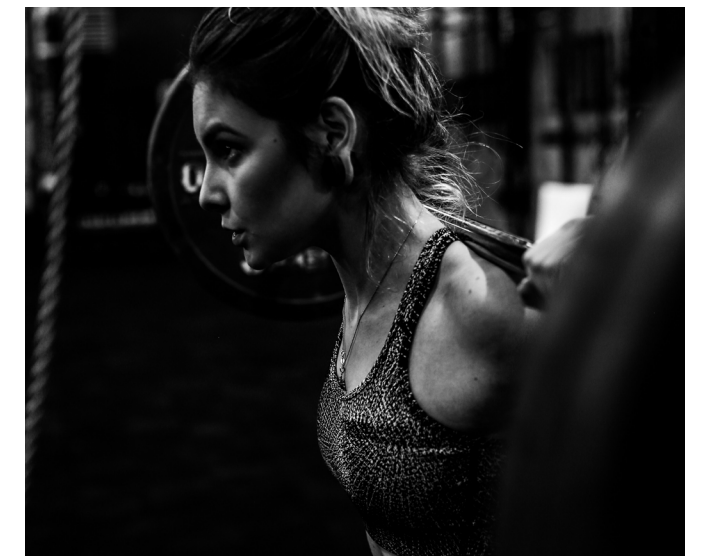
Certain PEDs are known to promote muscle growth, which may be desirable for individuals seeking to improve their physique or body composition.



04.

Boosted confidence:

The perceived physical improvements resulting from PED use may contribute to increased self-confidence and self-esteem in some individuals.



Performance enhancement drugs are substances that are sometimes used for medical purposes due to their ability to enhance certain aspects of performance or treat specific conditions. For instance, anabolic steroids, which are commonly associated with athletic performance enhancement, can be prescribed by healthcare professionals to treat hormonal imbalances, muscle wasting diseases, and certain types of anemia.

Similarly, stimulants like amphetamines may be prescribed to individuals with attention deficit hyperactivity disorder (ADHD) to improve your focus and concentration. Additionally, some drugs used to treat asthma, such as the bronchodilators, can have performance enhancing effects by increasing lung capacity and oxygen intake. Or even Thyroid medication, which is primarily prescribed for individuals with medical conditions related to thyroid dysfunction, such as hypothyroidism. These conditions can significantly impact the body's metabolism, energy levels, and overall health. Thyroid medication helps regulate thyroid hormone levels, restoring balance and alleviating symptoms associated with these conditions.

As we age, our bodies undergo various changes that can impact our overall health and well-being. One significant change is the gradual decline in testosterone levels in both men and women. **Testosterone plays a crucial role in maintaining muscle mass, bone density, and overall energy levels.** As its levels decrease, individuals may experience a decrease in muscle strength, reduced energy, and a decrease in libido. Additionally, aging can also lead to changes in blood work levels.

For instance, cholesterol levels may increase, which can contribute to the

development of cardiovascular diseases. Blood pressure may also rise, increasing the risk of hypertension. Furthermore, blood sugar levels may become less stable, potentially leading to the development of conditions such as diabetes. While these changes are a natural part of the aging process, there are steps individuals can take to mitigate their impact.

Regular exercise, particularly strength training, can help maintain muscle mass and improve energy levels. A balanced diet rich in fruits, vegetables, lean proteins, and whole grains can support overall health and help manage cholesterol and blood sugar levels. Additionally, regular check-ups with healthcare professionals can help monitor and manage any changes in blood work levels, allowing for early intervention if necessary. It's important to remember that everyone's experience with aging is unique, and these changes can vary widely from person to person.

By staying proactive and making healthy lifestyle choices, individuals can optimize their well-being and maintain a high quality of life as they age. There is so much new technology and supplements to help support specific individuals and keep their bodies running properly. This is basically giving the body what it is deficient in to make it run like a machine again.

One of these being TRT. Testosterone Replacement Therapy (TRT) is a medical treatment used to address low testosterone levels in individuals who have been diagnosed with hypogonadism or other conditions that result in testosterone deficiency. The importance of TRT lies in its potential benefits for individuals with clinically low testosterone levels. TRT can help bring your levels back to normal.



01.

Symptom relief: TRT can help alleviate symptoms associated with low testosterone, such as fatigue, decreased libido, mood changes, and reduced muscle mass. By restoring testosterone levels to a normal range, TRT can improve overall well-being and quality of life.

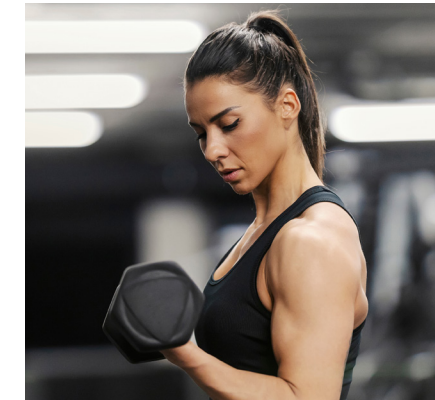


02.

Bone health: Testosterone plays a crucial role in maintaining bone density. Low testosterone levels can contribute to osteoporosis and increase the risk of fractures. TRT can help preserve bone health and reduce the risk of osteoporosis-related complications.

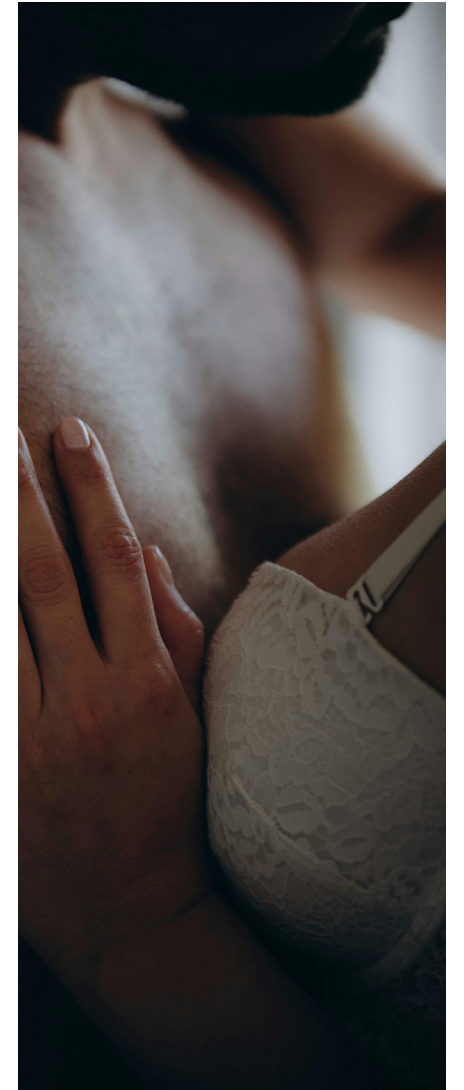
03.

Muscle mass and strength: Testosterone is an anabolic hormone that promotes muscle growth and strength. TRT can help individuals regain muscle mass and improve physical performance, especially when combined with regular exercise.



04.

Cognitive function: Some studies suggest a link between low testosterone levels and cognitive decline. TRT may have a positive impact on cognitive function, including memory, attention, and spatial abilities, although further research is needed to fully understand this relationship.



05.

Sexual health: Testosterone is essential for sexual function, including libido and erectile function. TRT can improve sexual desire, erectile function, and overall sexual satisfaction in individuals with low testosterone levels. It's important to note that TRT should only be used under the guidance of a qualified healthcare professional. They will assess the individual's specific situation, conduct appropriate tests, and determine if TRT is suitable and safe for them.



Regular monitoring is necessary to ensure proper dosing and to manage any potential side effects. As adults, **prioritizing the quality of life is paramount for overall well-being and fulfillment.** Quality of life encompasses various aspects, including physical health, mental well-being, social connections, and personal fulfillment.

Maintaining a healthy lifestyle through regular exercise, balanced nutrition, and adequate rest is crucial for optimal physical health. Applying routine bloodwork to assure your body is functioning at all cylinders.

By focusing on these aspects and striving for a balanced and fulfilling life, adults can enhance their overall quality of life and experience greater happiness and contentment.

Listening to the body is number one, the body always speaks we just need to listen. No one should have to go through life being tired, low on energy or even feeling depressed. Something is usually off and can be adjusted accordingly. Using certain protocols can help put the body's levels back where they should be, allowing you to rediscovering a sense of youthfulness and a sense of vitality.



In conclusion, PEDs have a lot of benefits for athletes, the general public, and even older adults. We are all far from perfect and there are many ways to correct any deficiencies we might encounter. The same PEDs that help professional athletes reach their overall conditioning and shape, also help many average people in the medical world for various reasons.

So why are PEDs looked down on if an athlete uses them, verse someone else using them for a medical reason? Is it because it's not medically prescribed, monitored, and regulated, or is it simply because they are not making money off you? Which is usually why its labeled illegal when an athlete uses them because it's not prescribed by a health care professional.

So, if you make the decision to add PEDs to your protocol for a competition or everyday life, be sure to keep checking your blood work and monitor how you feel. Pay attention to any changes that may occur and always remember to cycle off the PEDs and let the body recover back to its natural functions. If you end up having issues, you need to inform your coach and stop your competition prep immediately, it is not worth it, and you need your health.

There is always another show, do not push through! You also need to be open and honest with your PCP or specialist so they can get you the right medical attention and back to functioning properly sooner than later. Always focus on your longevity and your quality of life, this is what's most important!



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I am a professional female bodybuilder with the IFBB Pro league, fitness model, and entrepreneur. I am part owner of Harlan's Elite Fitness and Harlan's Elite Customs. I am also a certified personal trainer of Harlan's Personal Training as well as an online coach.

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