

Male Support

Sport and doping have been closely interrelated for decades. And from this it is impossible to escape anywhere. However sporting functionaries fight with the use of steroids, they were used and will be used in the future. But today the conversation will focus on the two most important issues related to taking steroids - **impotence** and the effect of pullback after the completion of the steroid course.

Necessity of using steroids

First I would like to continue about the use of doping in sports. All professionals use steroids. Undoubtedly, there are various "natural methods" and all sorts of food additives. And with the right application, you can achieve fairly good results.

But progress will be visible until the athlete reaches his genetic ceiling. And no matter how gifted the athlete is, his natural limits are significantly lower than those standards that are necessary for a successful performance at the competitions.

There are also so-called "natural championships". But who can guarantee that athletes participating in them do not take steroids? Of course, there is no proof of this, and no one is going to look for them. Just need to understand that professionals will always use steroids.

Sports - business. To get a prize or to conclude an expensive contract with an advertiser, you need to win, and without anabolics this can not be done right now. Now there is no question of amateurs. They do not need steroids by and large. To increase a sufficient number of muscles to give the figure an athletic appearance, you can and without them. But still, it's time to return to the main topic of the article: steroids - "rollback" and impotence.

Effect of steroids on the potency

The question of the **effect of steroids on potency** will always be relevant. Very often you can hear talk about the dangers of anabolic medications, and one of the most common side effects is called impotence. But it is proved by scientists that this man's ailment has only two reasons: psychology and prostate. It is also very often forgotten to mention that almost all steroids are used in traditional medicine, and some of them are used to treat disorders of the reproductive system.

However, the most common reason for the appearance of impotence is in psychology. A lot of articles have also been written about the power of autosuggestion. If you constantly tell yourself that there are some problems with erection, then they can appear. And there are absolutely no steroids here.

Rather, impotence will occur with excessive use of alcohol than from steroids. And, according to statistics, about 50% of men who suffer from alcoholism have huge problems with erectile function. Another thing is that they do not really care.

It is proved that alcohol has a strong negative effect on potency. At the same time, to meet a man who does not drink alcohol at all, is quite difficult. Someone drinks more often, and someone less often, but they do not suffer from impotence. But in this respect, alcohol is much more dangerous than steroids.

In addition to all the above, do not forget that testosterone is a sex male hormone. The higher the level, the stronger the erection.

The concept of withdrawal syndrome

Although the main theme of the article: steroids - "rollback" and impotence, but not to mention the syndrome of "cancellation" can not, because these topics are interrelated. The "cancellation" syndrome is a reaction of the athlete's psyche to the completion of the anabolic cycle.

When taking steroids, the body stops synthesizing natural testosterone. During the course, there are no problems with this, since the level of the male hormone is so high because of the intake of anabolic drugs. But at the end of the cycle, problems may arise. And it is important to note that they are all of a purely psychological nature.

If the cycle had a duration of one or two months, then the problem will be solved very quickly. When the level of artificial testosterone drops, the body begins to synthesize it independently, and everything comes back to normal. In addition, the composition of a properly composed course includes drugs that can protect the athlete from any unpleasant consequences.

Those who consider steroids to be the cause of worsening of erectile function can only be said that porn actors regularly use anabolic drugs. Undoubtedly, their dosages are smaller than those used by athletes, but everyone has their own goals.

It is worth mentioning about men who are in adrenopause. This is the case when the synthesis of natural testosterone is reduced in the body. Almost always this is due to age or serious diseases. At this time, nothing in life is interesting for them. However, after going through hormone therapy, everything comes back to normal.

Do not think that this article is a kind of propaganda for the use of anabolic drugs. On the contrary, if for professionals steroids are a necessity, then people who are engaged in the halls to maintain health and create a beautiful figure, you should think well before using steroids. They do not need to win tournaments and get expensive advertising contracts. They do not need steroids.

The problem of "rollback" after the completion of the course of steroids

At once it is necessary to tell, that the problem of recoil after a cycle is much more serious, than considered above. If impotence, arising from steroids, is simply invented, then the rollback affects the very essence of the sport, namely the result. Why do we need sports achievements if they can not be saved?

In this case, it does. Very often beginners want to spend one, a maximum of two steroid cycles, after which no more anabolic use. But they just think so. If steroids have been used, then in the future it is necessary to conduct courses. Otherwise, progress will not be due to rollback.

Thus, it is necessary to remember that a rollback is present after each steroid cycle, and this must be prepared. The question of how much the mass will remain is more complex. It all depends on the genetically engineered "ceiling". For example, if your "ceiling" is 95 kilograms, then events can develop in two ways:

- If the genetic limit has not yet been reached, then, gaining 12 kilograms during the cycle, will remain from 4 to 5 kilograms.

- If the natural limit is passed, and you scored 105 kilograms, then as a result of the rollback the weight will return to 95 kilograms.

This is not an instantaneous process, and someone may take a few weeks for someone, and for someone - months. But it will happen, and the reason for the recoil is that the body tries to economically spend its resources, and it is not profitable for him to maintain an excessive mass of muscle tissue.

That's when all the problems begin. By conducting courses, the athlete constantly introduces an imbalance into his body. During the cycle, anabolism increases, muscle mass grows, the body quickly regenerates. After the completion of the course in the body, catabolic processes begin to occur, and there is no growth of mass.

The most interesting thing in this situation is that when training is conducted with the use of steroids or only natural, its results can be foreseen, since there are reference points. In the case when the training is mixed (the steroids are used, then no), one can only foresee the progress during the cycle and the loss of mass after it.

If you constantly alternate trainings, natural and steroid, then every time you go between them, the "coordinate system" gets lost. If you know in natural training how much it is necessary to make approaches for the thoracic muscle group and how long it takes to rest, then you have chosen the most effective way of achieving the result. But after the beginning of the cycle, everything will change, and the intensity of the training process will increase. Under the influence of steroids, an athlete can perform a significantly larger amount of work in training.

After completion of the course, the intensity should be reduced. The main question is how much this should be done. If in natural training you knew the number of approaches and repetitions, then after the cycle it is recommended to select these values anew.

In order not to get confused and not to constantly mislead the body, there are two approaches to training: professional - steroids should always be used; amateur - never hold cycles of anabolics.

Brief summaries on the issue: **steroids - "rollback"** and impotence, I want to say that if you train for yourself, then think carefully before the start of the course, whether you need it. Choose the path that is considered optimal for yourself: with or without steroids. As for impotence, then this use of steroids has nothing to do with the use of steroids.