

Weight Loss

Steroids for weight loss for men

The **use of steroids** actively promotes weight loss, so men can use anabolics to dry themselves during the drying process. But using a fat burner, you should adhere to diet and exercise regimen, so as not to harm the body.

Remember, there are no magic tablets and drinks! The first thing you need to do is activate fat burning. And then you can begin to deal with the improvement of your body more seriously. All weight loss is based on proper nutrition and exercise, the rest - fantastic and nonsense.

A popular innovation in the issue of male weight loss are substances of animal or, less often of vegetable origin, possessing high biological activity, which are called steroids. These nutritional supplements are freely available in all sports stores. If you want to become the owner of a relief body, get rid of the hated fat layer and find a perfect figure, the trainer is advised to take steroids for losing weight to men.

General information and actions of steroid drugs

To understand which of the drugs is best suited individually for each athlete, you need to familiarize yourself with general information about fat burners. Steroids belong to the class of anabolics, which reproduce the effect of male sex hormones. **Anabolic medications have the following properties:**

1. These products are able to accelerate the synthesis of protein compounds, which causes an increase in muscle mass.
2. Testosterone, which simulates drugs of a steroid type, causes an increase in male characteristics in both the male body and in the female body. This is a coarsening of the voice, the growth of muscles, and also the type of physique characteristic of the male body.
3. Sports supplements include a lipase enzyme that breaks down fatty tissues into constituents, thereby allowing you to lose weight. In this process, fats remain in the hepatic area and muscle tissue, so that the body, if necessary, has the ability to convert fat into energy.

If the athlete has set himself the goal of achieving body relief without fat, getting a firm muscle, increasing the visibility of the veins protruding above the muscles, then experienced nutritionists recommend choosing Winstrol or Anavar. They will fight the fat layer in a short time, but at the same time will not have an effect on the volume of muscle tissue.

If a member of the stronger sex is actively engaged in physical activities and does not make the basic rates in losing weight on steroids, then it will be advisable to use the most safe for health preparation "Proviron". It is worth remembering that it is less effective than others.

To achieve the goals for burning fats one steroid course is not enough. The intake of food additives must necessarily be combined with regular strength training and diet.

Description of the most effective drugs for weight loss

Sports nutrition stores have a huge number of drugs. Sometimes it is difficult to make the right choice. We offer to consider the best steroid means to combat overweight, as well as their positive and negative contribution to human health.

Clenbuterol

This product is able to actively burn fat, due to increased body temperature. Increases the elasticity of the muscles and the ability of the body to process oxygen, which greatly facilitates the conduct of intensive training. Stimulates the formation of adrenoreceptors. "Clenbuterol" increases respiratory processes and heartbeat, which entails a normalization of metabolism. The daily dosage is about three tablets. It can be increased to 7 tablets if the goal is to preserve muscle mass.

METFORMIN

This drug has a range of actions: it reduces insulin secretion, normalizes the carbohydrate balance, promotes the removal of fatty deposits, forces the male body to actively use fats while observing a low-carbohydrate-type diet, and stores meat during the drying period. Take "Metformin" in combination with anabolics and do not forget to include enough protein in your food. Tablets should be taken only after meals and at the initial stages do not exceed the daily dose of 1000 mg.

TRIODODIRONIN

The thyroid hormone obtained as a result of synthesis. The drug significantly increases the metabolic processes and the production of heat by the body to maintain a constant body temperature and ensure the operation of all its systems. This has a favorable effect on fat burning. "Triiodothyronine" can be used for drying, but it should be extremely accurate with a dosage to avoid the disappearance of meat.

The drug is especially good for men who want to eliminate fat from the abdominal area. To increase the effectiveness recommend taking with "Clenbuterol" and testosterone. Also include in the food at least 200-300 grams of protein. Take the medicine 30 minutes before eating. Dosage, depending on many factors, ranges from 5 to 100 mcg per day.

TROUBLESHOOTING

A steroid product based on pyruvate acid. It stops the painful processes of proliferation of dense connective tissue in the liver zone, due to the normalization of the level of proteins, fats and carbohydrates in the body of the stronger sex. "Priluvat" burns excess weight, while leaving the muscle mass in the same state. The required dose is from 5 to 20 grams per day, depending on individual growth parameters, weight and age, and the amount of extra pounds.

Negative aspects of the use of steroids for male weight loss

Like many other medications, steroids have not only a positive effect, but can also have adverse effects:

- disturbance of sleep regimes;
- excess of the norm of activity and excitability;

- decrease in efficiency and loss of strength;
- increased appetite and nausea;
- high loads on the heart system;
- there are prerequisites for the appearance in tissues, as well as the accumulation of a large amount of lactic acid in the blood, which is very dangerous for death;
- the fall in blood sugar is below the established norms;
- nervous state and anxiety;
- high body temperature and intense sweating;
- involuntary trembling of the fingers in the case of nervous diseases and convulsions.

To achieve and, most importantly, to consolidate the result of losing weight with the help of steroids, representatives of the stronger sex must eat four times a day in strict regime, not exceeding the allowed norm of kcal, reduce the number of carbohydrates in the diet, do not eat a few hours before bedtime, force loads and nourish the body with a vitamin complex. Lose weight is easy! Feel free to begin to improve and get better!

Steroids for women for weight loss

Women who lose weight, can consider the option of taking such steroids as testosterone, oxandrolone, etc. Hormonal and synthetic anabolics with minimal harm to the body contribute to weight loss, but only in conjunction with exercise and diet. It is important for girls to choose the right dosage in order for the drying to be successful, the body weight decreased, and the muscles became more prominent.

The most popular anabolic drugs

The choice of **anabolic drugs for girls** should be approached with special attention, since all steroids have different composition and can have side effects. We offer to consider a list of the most popular and safe drugs for weight loss, in the development of which pharmacists took into account all the characteristics of the female body:

1. **Oxandrolone.** Unlike many other steroids, oxandrolone does not lead to the appearance in the female body of an excess of male sex hormones. This is a significant advantage, because a high level of androgens is dangerous infertility and risk of violation of the structure of the genital organs. This synthetic medicine perfectly stimulates the immune system, thereby eliminating the accumulation of excess weight. Sufficient dosage is about 15 mg per day, and the duration of use is from 6 to 8 weeks, depending on the individual characteristics of the organism.
2. **Testosterone propionate.** Characterized by the ability to develop strength and is best suited for drying. This medication is set quite a high price for a reason. It has a wide range of properties - quickly removes fat, promotes muscular relief, increases the level of sexual desire, provides the necessary oxygen rate, which must flow to the heart, and also helps build muscle mass. Testosterone propionate is available in the form of a solution, so it is injected into the body with injections, which are recommended for girls once every 5 days. The required dose of the substance ranges from 25 to 50 mg.
3. **Boldenon.** If the girls begin to take Boldenon, they can gradually observe the increase in mass, which is of a muscular nature. This drug will build up the muscles slowly, but fairly well. In connection with this circumstance, the course of administration should be continued for about 10 weeks. This drug increases the strength of the female body and

appetite, so it is recommended only to girls who lose weight in the program of active physical activity.

4. **Anadrol.** Similar to the action with Boldenom, and also contributes to the disappearance of joint pain. Has a high level of exposure to the male hormone on the girl's body. The dosage of the drug is no more than 50 mg for a period of 24 hours, and the course is continued for 4 weeks.

The positive effect of steroids on the process of losing weight

One of the main properties characterizing steroids is their rather high level of biological activity. These substances of natural origin have a number of advantages that are incredibly useful for the female body:

1. They have the ability to accelerate the processes of generation and renewal of cells, as well as tissue structures and muscles.
2. Favorably affect the anabolic processes. That is, proteins begin to be synthesized at a faster rate, the hormonal background rises, and new types of muscle fibers form in the body.
3. Improve the strength and endurance of women, which greatly facilitates and increases the effectiveness of physical exertion, the performance of which helps to lose weight.
4. Have an active fight with the fatty layer.
5. Eliminate problems in the intimate life, by increasing the sensitivity of the body and attraction to a partner. After that, sex life will occur regularly and not only improve your health, but also help burn calories.
6. Influence on the mental activity of women in the best way, namely - increase the mood and help to find inner peace.

Possible negative consequences

First of all, it is necessary to take into account the fact that steroids decrease the production of estrogen. Therefore, if girls start using too much anabolic substances, the following negative effects are possible:

- damage to the sebaceous glands - this is manifested in the appearance of redness on the skin, blackheads and acne;
- malfunctions in the immune system;
- facial features and voice, characteristic of men;
- a painful increase in the genitals, exhaustion of the mammary glands and infertility.

If women do not abuse tablets of anabolics, then the probability of these effects is small enough. Find the right approach to your body in the matter of losing weight and taking steroids, which is suitable for health and set goals in the best possible way. Lose weight correctly! We wish you success!