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Use of excessive doses.

When it comes to steroids, the principle of "more is better" is most often wrong. Receiving excessive doses has become a major problem for users of steroids. This practice is not only dangerous but also ineffective. Large doses cause liver and kidneys to work in extreme mode, which can lead to disease. Aromatization and suppression of natural testosterone production may become a serious problem. The human body can only handle a certain amount of synthetic steroids. He was not able to absorb the excess dose and often transforms the excess steroids into estrogen.

Poor nutrition.

Ignoring the role of nutrition, can significantly weaken the anabolic effect of steroids and to strengthen their side effects. Steroids are most effective when used in conjunction with high-calorie foods and high protein. The optimal amount of consumed calories during the day during steroid cycle is the 4000 - 7000 calories. This number should consist of 60% from complex carbohydrates, 20% of the full protein and 20% from fat. To achieve this may require extra effort.

Improper training.

Weight training must be intensive in order to induce the state of catabolism. It is the presence of this condition steroids are most active. An athlete can achieve such a state of the body by regular intense workouts. Keep in mind that weight training is an incentive for "absorption" of anabolic steroids, skeletal muscle cells. Without the intense stimulation of steroids do not have on your muscles the proper exposure. Training should be progressive in nature and focus on your job with maximum weights.

Improper cycle periodization.

Steroids are most effective and safe when used with proper cycling, at the right combination of several steroids. It was found that the simultaneous use of two steroids in moderate doses can be very effective and safe. By testing was also able to establish that to maintain the initial positive nitrogen balance is necessary to gradually increase the dosage of steroids. It was also found that a positive nitrogen balance returns to normal after 6-8 weeks of steroid use. These facts indicate that, during a steroid cycle, you should use a model with a gradual increase in dosage, and that it is best to change the types of steroids at intervals of not more than 8 weeks. Studies also show that the side effects, loss of strength and weight, taking place at the termination of steroid therapy may be minimized by using proper downward cycle.

The lack of regularity in blood testing.

Initial blood tests should be done in order to set the individual parameters of blood of the user, and later compare them with possible changes in the blood under the influence of steroids. The analysis can prevent many serious complications that are not showing any symptoms yet. And in the end, it may be that you missed is too late.

Anabolic steroids are not dangerous if it is used correctly. It is also very important to buy steroids from reputable reliable sources. One of such steroids shops is HalfPriceGear.com To buy original anabolic steroids browse <http://halfpricegear.com/>

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