

## **If you don't have the genetics, use synthetics!**

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This information is not intended to treat, cure, or intended as medical advice, it is for your own reading pleasure.

Have you ever used a prohormone that was bought over the counter and liked the results? Liked gaining muscle, size, and strength? However, you don't like losing some of the gains after your prohormone regimen is over? Then try using creatine in between prohormone regimens. Its best to use a good quality creatine like effervescent or micronized. For example, this creatine is like ingesting a food nutrient that has been chewed 20 times for you already and is ready for instant absorption by our bodies intestines. The size does matter unlike bodybuilding the smaller the molecule the better for absorption and less possible side effects like crystals possibly forming in ones kidneys from excessive dosages like up in the 60 grams a day range that can plug up our systems and not pass thru. Also, why someone does this who knows when the directions say 10 to 20 grams a day.

Lastly, people who possess more fast twitch muscle fibers (white fibers) which is determined by genetics, what your born with. One cannot change this factor yet as we know it and many great sprinters, powerlifters, and many but not all bodybuilders possess predominantly many of these fibers. This ratio of fast twitch to slow twitch ratio can only be determined by a painful muscle biopsy test. I know this first hand for I had it done several times for exercise physiology experiments while an undergraduate in college. On the other hand, many endurance athletes possess mainly slow twitch fibers which give them advantages in endurance activities.

The point here is that creatine can help the white fibers fast twitch explosive fibers much more so than slow twitch fibers and further studies will prove this time and time again. For now, the best creatine is the smallest creatine molecule one can digest not just ingest. Stay tuned for next month and find out about the most absorbable sized vitamin and mineral complex in the world for maintenance and recovery and 100% absorption and no possibility of toxic build up that can result from too much of some vitamins and minerals. You will be amazed!