



Ergogenic Aids For Bodybuilding

HN, Tony Xhudo MS

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This book contains comprehensive coverage on what you need to know about ergogenic substances, and the effect they have on the human body as it pertains to muscle growth and recovery that is concise and well researched for your needs. This book also bridges the gap between dietary manipulations and sports performance allowing you the reader to make an informed decision of what works and what doesn't. The author himself, with over 30 years of experience as a health practitioner and personal trainer and coach, has personally studied and experienced the effects of the supplements listed in this book. If you are also serious about your training and have experienced a 'plateau' due to a lack of supplement know how, then you will need to buy this book. Filled with information on herbal ergogenic supplements that will help you manipulate your body's natural hormonal levels thus allowing you to achieve a level never thought possible with natural supplements. So if you are serious about your weight training or bodybuilding and do not want to rely on the sales clerk next time you visit your local GNC center, then just bring this book with you and know what decision to make. Ergogenic supplements for bodybuilding covers the most up to date information on the most popular sports enhancing supplements that is currently out there and even some that you'll be the first to know and use. There are among over 40 nutritional ergogenic supplements and where to buy them, with brand names listed, dosage information, and cycling techniques. This book also presents information and guidelines on safety of use and provides scientific basis regarding the benefits of use. This book offers you excellent specific nutritional information on dealing with the aspects of bodybuilding and ergogenic's, written by an expert in the field of sports supplementation.

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