

Real Bodybuilding Muscle Truth From 25 Years In The Trenches

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Real Bodybuilding: Muscle Truth from 25 Years in the Trenches. by. Ron Harris. 4.67 - Rating details · 18 ratings · 1 review. Real Bodybuilding rips apart the lies, myths, and misinformation to give you the truth about the art and sport of bodybuilding. Author Ron Harris uses his own expertise and experience as a champion bodybuilder and top magazine writer to break down the most effective training and nutrition strategies to build your perfect physique.

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the real truth about bodybuilding & fitness supplements The message of today ' s post is really quite basic, but it ' s something that every person out there trying to build muscle, burn fat and get into great shape needs to understand.

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Testosterone is a naturally occurring steroid hormone. Those with higher natural testosterone levels are able to build muscle much easier than those with lower levels.

[Bodybuilders Before and After Steroids \(with pictures\)](#)

Testosterone is the most important muscle-building hormone in your body. You might have heard that alcohol reduces testosterone levels, and for the most part that ' s true. However, alcohol ' s effects on testosterone are dose-dependent. A couple of drinks won ' t do much, but 10 drinks can reduce testosterone by 20% to 30%.

[Alcohol and Muscle Growth - What's the Real Truth ...](#)

3.0 out of 5 stars Real Bodybuilding: Muscle Truth from 25 Years in the Trenches Reviewed in the United States on November 21, 2010 This book contains some good info and Ron is an entertaining writer but if you've been around bodybuilding for a long time you already know the info in this book.