

# LEGION®

THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

## THE "GOOD" AND "BAD" REASONS TO TAKE STEROIDS



Just here in the U.S., at least a million guys and gals of all ages turn to the sauce every year to get bigger, leaner, and stronger faster, and these numbers are on the rise.

This isn't surprising, really, considering how many juiced guys and gals dominate the fitness social media scene, how much of a difference the right drugs can make, and how easy it is to get your hands on them.

## **THE "GOOD" REASONS TO TAKE STEROIDS**

If you're a professional athlete or actor and your livelihood is directly tied to your physical performance or appearance, then you have a good reason to take steroids.

Being a pro athlete is a brutal, cutthroat business. At any given time, in any given sport, there are thousands of highly skilled and dedicated people vying for a very small number of roster spots. Aside from the top performers, many pro athletes have to fight tooth and nail just to keep up and continue to make a living.

And so it's no surprise that steroids are hugely popular in this scene.

They give a considerable edge in almost every sport where strength, size, and recovery are important (basically every sport that pays big). With the right drugs, you can train and compete more and more intensely without having to worry about overtraining, which gives you a huge competitive advantage.

## **THE "BAD" REASONS TO TAKE STEROIDS**

The "bad" reasons to take steroids are, unfortunately, the more common ones:

- ✓ To shortcut the process of gaining muscle and strength.
- ✓ To get admiration and approval from others and/or make them jealous.
- ✓ To get people to buy stuff.

You're probably on social media, so you know what I'm talking about. Around every corner is another "influencer" who's willing to subject his body to a regular regimen of dangerous chemicals to get followers to peddle products and services to.

This isn't just fundamentally dishonest, it's also actively harmful.

First, drug users that have had little experience or results as a drug-free lifter generally give bad advice to non-drug users. With the right steroids, you can get a lot wrong in the kitchen and gym and still build an outstanding physique.

Many people on gear don't realize this, though, and unwittingly teach their followers to make all kinds of diet and training mistakes that natural weightlifters just can't afford to make. Mistakes that stick them in a rut, which (ironically) can lead many of them try steroids themselves.

Second, many steroid users create false expectations that will inevitably lead to disappointment and failure for others. This is especially true of those that tell people that anyone can get huge and shredded with enough hard work and #dedication.

### **WHY AM I NOT ON STEROIDS?**

If I were on moderate doses of the right steroids, I'd probably be able to gain another 10 to 15 pounds of muscle and maintain even lower levels of body fat and subcutaneous water. I'd be able to do with a much looser diet, too.

In short, if I got on gear, I could look outstanding and pay a lot less attention to my calories, macros, and food choices, and I could use my much-improved physique to further grow my following and sell more stuff.

I know these things but still choose to be drug-free. Why? Well...

I care about my long-term health.

Steroids have a long list of side effects that I don't want to mess with. For example, just about everyone that uses steroids has experience with one or more of the following:

- ✓ Testicular atrophy
- ✓ Cystic acne
- ✓ Elevated LDL cholesterol levels
- ✓ Elevated blood pressure
- ✓ Increased aggression

Fortunately, they typically disappear after steroid use stops, but other side effects can haunt you for the rest of your life, like male pattern baldness, decreased sperm count and fertility, and male breast growth.

Permanent acne scarring is also common, and some women can develop more masculine facial features.

Furthermore, we don't know what the long-term side effects of many steroids are because the research would never get past an ethics board.

What we do know, and what we will learn, will come from simply observing what happens to the many people using these drugs. And I don't want to be one of those case studies.

You also can never really be sure about what you're putting into your body when you take steroids.

I don't want to risk becoming psychologically dependent on drugs.

If I had a nickel for every time I've heard a long-term steroid user tell me that he originally intended on doing "just one cycle," then I'd be making money in a very odd way.

Seriously though, too many people tell themselves they'll just do a cycle or two, just to "try it out" or "speed things up a bit," and wind up on the bike for the long haul.

The reason for this is simple: it's very hard to stop.

I don't like to lie.

If I were to take steroids, I'd have to lie about it minimally to you and the rest of my readers and followers. If I didn't — if I were open about it — I would lose the respect and support of too many people and my businesses would take a significant hit.

This alone makes steroids a deal breaker for me.

I have a firm personal policy to try to speak and act as honestly as possible because I believe that doing otherwise courts chaos, both personally and interpersonally.

## THE BOTTOM LINE ON PEOPLE ON STEROIDS

I believe that we should all have the right to generally live the way that we want to live so long as we aren't hurting others.

If people want to do it, then they should be able to without fear of reprisal. Sure, they might ruin their health in the process, but they can do the same with many other drugs that are freely available, like alcohol and painkillers.

I also understand why many professional athletes and actors use steroids. In many cases, they'd be putting their careers at risk if they didn't.

What I'm not cool with, though, is bottom-feeding scam artists using steroids to hawk pills, powders, and PDFs. These "fake natties" also create highly unrealistic expectations in many of their followers — expectations that lead many to dabble in steroids themselves.

So, while steroids can absolutely help you look like a "Greek god," they can also ruin your physical, mental, and emotional health.

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