

Anabolic Freak of the Month:

Name: Troy Otis Brown

Nickname: T-bone & Duracell

Age: 29

Height: 5'6"

Weight: (off-season) 245lbs, (pre-contest) 215-220lbs.

Contest Highlights:

2003 WPF 1st under 95kg

2004 EFBB British Championships 4th under 90kg

2005 Gravesend Classic 1st HW and overall champ

2005 UKBFF West Midlands 1st Heavyweight

2005 UKBFF British Championships 4th Heavyweight

2006 UKBFF West Midlands 1st Heavyweight

2006 UKBFF British Championships 1st HW and Overall (IFBB Pro Card)

Current Job: Personal trainer in London and IFBB Pro Bodybuilder

Troy Brown started bodybuilding at the age of 18 while trying to gain weight for the Nottingham Forest Football (soccer) team. While Troy proved to be a little on the light side for playing professional football, his 11 second 100 meter time (on grass) kept him competitive enough to play semi-pro ball for a short time. During this time, Troy continued lifting and, eventually, the bodybuilding bug grabbed hold of him and forced him to quit football, altogether.

While growing up, Troy's bodybuilding idols were Shawn Ray, Dexter Jackson, and John Hogson for their balanced physiques; and Dorian Yates, Jay Cutler, and Harold Marillier for their strong work ethic.

In 2004, Troy made his mark on the British bodybuilding scene when he placed second at the West Midlands as a middleweight (76kg) and qualified for the British Championships. However, Troy failed to make the top 5 at the extremely competitive British Championships that year, and it was on the way home that he found himself crying and having thoughts about giving up bodybuilding, altogether. Luckily for the bodybuilding world, he changed his mind and refocused his training. In 2005, Troy returned with a passion and crushed the competition at the West Midlands—this time as a heavyweight-- beating the likes of current British Champion, Paul Delhay, in the process. The following year, he finally put it all together and won the heavyweight and overall title at the 2006 British Championships, defeating Zack Khan and his good friend James "Flex" Lewis. This win also qualified him for membership into the exclusive ranks of the IFBB.

When asked what he thought about the current state of men's bodybuilding, Troy responded with confidence and strong conviction. *"Apart from my wife and son, bodybuilding is my life. I love the sport and have a lot of respect for the athletes who stay in shape all year round. What gives the sport a bad name is the athletes who let themselves go in off season"*. Troy believes that if more bodybuilders worked to stay in better shape, year round, the sport would be more appealing to the general public. Amen to that!

To contact Troy, email him at: troy.brown@btopenworld.com or check out his website www.bigstroybrown.com

Female Muscle:

40- year old **Debbie Bramwell**'s first bodybuilding show was the result of attending a Tony Robbins 30-day Personal Power Program about 10 years ago. According to Debbie, she had tried many diets and did endless hours of cardio in hopes of achieving a toned body but it wasn't until she met someone who taught her to weight train and diet properly that she started to see changes. After seeing how quickly her body responded to this program, this same individual suggested that she compete in a local bodybuilding show. Secretly, she had always admired photos of female bodybuilders such as Laura Crevalle and Sue Price in the magazines and she really loved the look; however, she never thought she could do it since she was very shy and reserved. After weeks of contemplation, she decided to accept the challenge and face her fear of getting onstage in front of hundreds of strange people. Following a successful first competition, Debbie loved the "look" and continued to compete for fun and self improvement.

After winning almost every California state contest, IFBB Women's Historian and MD writer, Steve Wennerstrom, finally talked Debbie into doing her first national-level contest. However, it wasn't until her 2002 NPC USA top 5 placing that she finally decided she wanted to be a full-time bodybuilder.

Upon first glance, Debbie gleams of physical prowess; however, by her own admission, her greatest passion is studying human behavior. "Being internally happy and living in the moment was always my biggest goal". She admits that her bodybuilding journey has been very empowering, but she considers the emotional and spiritual support she extends to all women—the belief that greatness comes from within—to be her most important mission in life.

Debbie will once again challenge herself at this year's NPC Master's Nationals (Pittsburgh, PA) where she sincerely hopes to claim the overall title as well as the celebrated IFBB Pro Card. Her ultimate goal is to someday stand onstage at the Ms. Olympia contest next to the best women bodybuilders in the world.

Tony Robbins is quick to remind us that, "*If you can't, you must. If you must, you can.*" From the look of Debbie's body and the strength of her mind, there's little doubt that all of her dreams "must" and "can" be fulfilled.

To contact or learn more about Debbie, check out her website at www.debbie-bramwell.com.

QUESTION:

Dave, I have an insatiable girlfriend. She never gets tired of sex. She needs sex like 4 times a day. I'm afraid of losing her. In your opinion, what's the ultimate cycle for increasing sexual performance? Please include every possible drug.

ANSWER:

The porn star **John “Johnny Wadd” Holmes** liked to say, “*The trick to being a male performer is to get up, get in, get out, get off.*” In that light, try not to hurt yourself with the following cycle!

WEEK #	Test Enanthate (mg/week)	Trenbolone (mg/week)	Cialis (mg/3 days)	Dostinex (mg/3 days)
1	500	150	10	0.5
2	500	150	10	0.5
3	750	150	10	0.5
4	750	150	10	0.5
5	1000	200	10	0.5
6	1000	200	10	0.5
7	1000	200	10	0.5
8	1000	200	10	0.5
9	1000	225	10	0.5
10	1000	225	10	0.5
11	750	300	10	0.5
12	500	300	10	0.5

Testosterone enanthate is dosed at 500-1000mg per week throughout the cycle to ensure that muscle gains are maximized. Injections should be taken approximately every 2nd to every 3rd day. I prefer the “every other day” method since blood levels seem to be the most stable when this dosing regimen is followed. Testosterone is extremely androgenic and thus pushes the user’s sex drive through the proverbial roof. In my experience, when dosages of testosterone rise over 500mg per week, there’s never a moment when sex isn’t a major topic of interest.

As most of you probably know, my favorite anabolic steroid has always been **trenbolone acetate**. Never has there been an anabolic that gives you aggression, strength, and sexually charged behavior all in one compound. Four times more androgenic than testosterone, trenbolone might be the ideal pre-contest steroid but at dosages over 150mg per week, it’s also the ultimate “porn star” drug. When injections of 50-100mg are taken on an every *other* day (EOD) dosing regimen, sex drive soars through the stratosphere.

Once the “desire” part of the equation is satisfied with the correct anabolic steroid regimen, the next issue to address is “function”. In my estimation, the most potent erection-producing drug on the market has to be **Cialis** (tadalafil). One 10mg pill provides over 36 hours of guaranteed erections. Limit your intake to 2 pills per week—to prevent acclimation to the drug-- and you’ll always be ready to perform.

Finally, we must closely examine the hormone, prolactin, since it’s produced in extremely high quantities immediately following orgasm. This temporary state of hyperprolactinemia does two things—it decreases libido and it causes of the lengthy refractory period (flaccid penis) following orgasm. In other words, prolactin reduces a man's desire for more sex after orgasm by inhibiting the formation of new erections. When the anti-prolactin drug, **Dostinex** (cabergoline), is ingested at a dosage of 1/2 mg every 3 days, users report the ability to have 3-4 multiple orgasms, back-to-back, without

ever losing an erection. If this isn't the Holy Grail for aspiring porn stars, I don't know what is

Please note that no aromatase inhibitors are included in this cycle since estrogen is an essential component for sex drive.

QUESTION:

I know that oil and water don't mix, but can water-based Winstrol and oil-based testosterone be loaded in the same syringe and injected into the same place without any issues?

ANSWER:

While water and oil-based drugs don't mix, per se, they can be sucked up into the same syringe, shaken up, and then injected. This procedure is similar to shaking oil and vinegar before pouring on a salad. Even though you can't truly solubilize the two compounds, once injected into the body, they'll both get absorbed just as efficiently.

Because water-based drugs such as Winstrol tend to clog syringes pretty easily, a viable solution is to draw up a small amount of any oil-based drug such as testosterone, EQ, Deca, or trenbolone into the same syringe as the water-based compound. Shake the syringe. Next, watch how easily the content of the syringe (water-based Winstrol with a small amount of oil-based steroid) easily passes through the tip of the needle and effortlessly deliver the drug into the injected muscle of choice.

QUESTION:

I have started using insulin and was told to use it post workout (12 IU). Should I use Humalog or Humulin-R? I totally trust your opinion so whatever you tell me to do, I will listen.

ANSWER:

Humulin-R lasts a little longer (5-6 hours) than Humalog (2-3 hours) and it doesn't "hit" you quite as fast. When supplementing with insulin, it's very important to remember that you still have your own natural insulin production (unless you're a diabetic). With that in mind, you'll get better results if you use a slightly slower-acting, longer lasting, insulin (Humulin-R) so that you have additional (but not excessive) insulin present for extended periods of time. I have found that 8IU Humulin-R taken with breakfast in the morning and 4IU Humulin-R 4-5 hours later is the ideal dosing regimen to increase muscle gains while minimizing body fat storage. When you supplement with exogenous insulin, you never want to "feed" the insulin; you want to inject just enough insulin to ensure the optimal absorption of your food.

QUESTION:

I just wanted your opinion on something. Do you think it's possible for me to lose fat while taking in an overload of calories for putting on mass? This trainer in my gym

told me that if the calories are clean and my training is intense enough, I can get ripped while eating large amounts of food? Also, I do high intensity type training, and I'll be doing cardio 3 days a week. How much success could I have with this approach? I never diet down because I always seem to lose too much muscle. I have used AAS in the past, but it's just not an option for me anymore, although I have a pretty good stockpile of some good pro-hormones. I don't mind being fairly big and smooth, but I have some belly fat now and I really don't want it to get that much bigger. I am 6'3" and I used to be 275 lbs, but that was in the days of AAS. I can easily be 245-250 lbs now and look pretty good, but I hate the extreme dieting and I really don't have the discipline to do it. What's your take on my question? If you don't think I will have success, do you have any suggestions?

ANSWER:

All the so-called "experts" out there love to make putting on muscle and losing body fat a complicated process. Most of them do this because they have a poor understanding of basic nutritional principals. Albert Einstein was fond of saying, "*If you cannot explain it simply, you do not understand it well enough.*" If I were you, I'd concentrate on leaning yourself out. If you do it properly, there's a very good chance that you'll gain a significant amount of muscle in the process. The reason I say this is because when people get fat, it's usually because they're not eating the right foods (which you readily admit). If you concentrate on eating a high protein (50 grams per meal x 6 meals per day), moderate fat (25 grams per meal x 6 meals), and low carbohydrate (under 10 grams per meal) diet, I can guarantee that you'll gain muscle and lose fat. Remember, low insulin levels (from a low carb diet), sufficient amounts of muscle-building protein, the correct ratio of essential fatty acids, and adequate rest are the basic tenets for a lean, muscular, physique.

QUESTION:

Here is one I have never seen addressed. If you're on gear all the time in order to maintain a super freaky professional physique, how do you keep your nuts alive? I heard that HCG can't be used that often for fear of desensitizing them. What's the answer?

ANSWER:

Think about this for a minute: When a woman goes on birth control pills, does she worry about the fact that her ovaries are no longer producing estrogen or progesterone? Women can take "the pill" for 25 years (without a break) and then, stop, and have absolutely no trouble getting pregnant. Why is that? It's because the hormonal systems of the human body are regulated by negative feedback loops. What this means is that when hormone levels are high (whether naturally occurring or from exogenous administration), the body turns off endogenous production. Then, when hormone levels get low, the body increase production.

With that being said, while I don't recommend staying on anabolic steroids, year-round; there's no reason to take HCG to stimulate endogenous testosterone production while you're "on". Like all negative feedback systems in the body, once you stop your anabolic steroid cycles (even if it's only once a year or once every 5 years), your body will detect the low testosterone levels and will, once again, resume production.

QUESTION:

I'm 5'10", 210lbs, and my age is 25 years old. I can't get past the 220lb mark. I have 50 Sustanon-250, 3 bottles (10cc) Testosterone Cypionate, 1000 Dianabol, 20cc 300mg Deca. How should I combine this for the best possible results?

ANSWER:

WEEK #	Test Cypionate (mg/week)	Sustanon (mg/week)	Dianabol (mg/day)	Deca Durabolin (mg/week)
1	750			400
2	1000			500
3	1000			500
4	1000			600
5	1000			600
6	1000			600
7	1000			600
8	1000			600
9		750	25	
10		1000	25	
11		1000	30	
12		1000	30	
13		1000	35	
14		1000	35	
15		1000	40	
16		1000	40	

Once again, by adhering to my basic principles of mass building cycles, combine 750-1000mg of a long acting testosterone ester with a highly anabolic compound and you'll maximize the potential to add significant amounts of lean muscle. As you can see, the cycle I've designed is broken into two 8-week mini-cycles, utilizing testosterone cypionate and Deca Durabolin for the first 8 weeks and Sustanon-250 and oral Dianabol for the final 8 weeks. Personally, I prefer this 8 week mini-cycle approach over the straight 16-week cycle since muscle gains always came easier for me when I frequently switched compounds. If you don't have access to a multitude of different anabolics, don't panic since consistency still rules the day!

Reminders:

My Personal Training Certification Course, **S.M.A.R.T.**, is now available online at www.smarttrainingonline.com. With S.M.A.R.T. it's simple to become certified as a personal trainer from the convenience of your own home. I, personally, wrote the information-packed 100-page manual and I guarantee it's the most comprehensive diet, supplement, and training manual available.

Prison Bodies:

Robert “Stonewall” Jackson sent this photo from the Federal Satellite Low in Jesup, GA where he’s finishing up the last leg of a 7-year sentence. At 62 years of age, the former 1986 NPC Jr Nationals Middleweight Masters Champion, currently benches 375lbs, squats 500 (in the bucket), and can perform 100-rep sets of pushups, pullups, and dips. The 5’7”, 200 pounder, is also a veteran of the Vietnam War where he earned several medals of Honor. Stonewall would like the world to know that life doesn’t stop at 60. In fact, in his case, it’s just getting interesting. He’d also like to send his love to his daughter Tammi Square in Cedar-Hill, TX.

Juan “Diesel” Morel, incarcerated at the Arthur Kill Correctional Facility in Staten Island, NY, is serving a 4-year sentence and is due to be released within the next few months. Lucky for Juan, Arthur Kill has a nice weight lifting facility and it even holds annual bodybuilding competitions. On September 21, 2006, Juan won the overall bodybuilding championships at 5’10”, 210lbs. As you can see from his photos, at 24 years of age, Juan has a bright future in bodybuilding when he’s finally released.

Any prison inmates (state or federal) who think they’re worthy of appearing in MD, send your photos and story to:

Dave Palumbo

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To purchase my book, *Perfect Prison Physique*, please send a \$25 money order to the above address or order online at **www.davepalumbo.com**