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bodybuilders have seen in me and my work with clients. They know what it takes to build a great body and they want to learn how to do it right. ===== When I wrote "What Does Your Doctor Look like Naked, Your Guide to Optimal Health", I targeted the baby boomer crowd. However, I'm thrilled to see that many people of all ages have adopted the book's advice and achieved better health, lost weight, or prevented chronic diseases. Another interesting trend is that certain groups of people have taken the book as gospel and made significant changes in their lives. These groups are not what I initially expected, but they're a welcome surprise. I had planned to focus on baby boomers with my follow-up book, but the response to "What Does Your Doctor Look like Naked" led me to change direction. It was the bodybuilding community that ultimately swayed me into writing "Better Than Steroids!" (BTS). As I delved deeper into the world of bodybuilding, I realized that many young, athletic individuals were relying on my book for physique transformation. They were drawn to the eating programs outlined in "What Does Your Doctor Look like Naked", and I began to investigate why. The first reason is the abundance of misleading information on proper eating. My previous book provides a simple, understandable plan that works, but many people are confused by contradictory advice. The second reason is that bodybuilders sense my passion and respect for their community. They see what I've accomplished with my own body, as well as those of my clients and lifting partners, and they want to learn from me. BTS is a summary of what you need to know to succeed in bodybuilding, athleticism, or simply looking great. I'll cover the essential information in a step-by-step format, starting with an overview of how anabolic steroids work and why food programs are comparable but better. I'll also discuss the importance of tracking your body composition and review key concepts from "What Does Your Doctor Look like Naked", such as Food Timing and The Free Window. The meat of the book is the eating plans, which I've reviewed and refined to guarantee success. These plans come with detailed instructions on how they work, when to use them best, and how to design your own. From leaning up to bulking up, these eating plans are proven to work and teach you how to harness the power of food to achieve optimal results. I'll also cover pre- and post-workout meals, which are crucial for bodybuilders. With this information, mass gain is optimized, fat is burned, soreness is reduced, and recovery is enhanced. The book includes a review of the High Intensity Interval Training (HIIT) cardio program, weight lifting practices to avoid monotony, and algorithms for combining all the knowledge for optimal achievement. Finally, BTS provides a blueprint for success in bodybuilding and beyond. I've included a few supplements in an appendix, with plans to expand on that in future books. ===== Discipline is a crucial trait that separates successful individuals from those who struggle. It's one thing to say something works, but it's another to demonstrate its effectiveness and understand why it works. Discipline isn't about being perfect; it's about making progress towards your goals with consistent effort. A disciplined person takes control of their time and schedule, creating a system that works for them. This allows them to maintain a healthy lifestyle, including a balanced diet and regular exercise routine. Successful physique artists rely on discipline to achieve their goals, rather than just following rules and regulations. The key to success lies in developing self-control and accountability. By working with others towards common goals, you increase your chances of achieving success. The 12-week cycles outlined in the book provide a structured framework for making progress, but it's essential to adapt these plans to suit your individual needs. One story that illustrates the importance of discipline is that of BFA, a self-proclaimed nutritional and exercise expert who fails to practice what he preaches. His poor health and lack of motivation serve as a cautionary tale about the dangers of relying on shortcuts like anabolic steroids. However, by following the principles outlined in this book, you can achieve real transformation and maintain your progress long after any external factors have stopped working. Ultimately, discipline is not just about personal gain; it's also about creating a better life for those around you. By adopting healthy habits and taking control of your time, you can set a positive example for family members and friends. Loaded with the exceptionally confidential information of successful bodybuilding, this book is a MUST for anyone wanting to look good! The author, Dr. Warren Willey, a Board Certified Osteopathic Physician, shares his expertise on elite nutritional programs, diet strategies, and exercise protocols that can help you achieve your physique goals. By applying these principles and experimenting with different protocols, you'll be able to get the results you want without relying on quick fixes or supplements. Dr. Willey emphasizes the importance of discipline, accountability, and a willingness to learn and adapt, making this book an invaluable resource for those serious about improving their health and fitness. With his unique approach to patient care, Dr. Willey has helped thousands of people lose weight and maintain optimal health through his books, including "What Does Your Doctor Look Like Naked?" and "The Z Diet". Whether you're a beginner or an experienced bodybuilder, this book offers practical advice and expert guidance that can help you achieve your goals and look great in the process. So, if you're ready to take control of your health and fitness, grab a copy of "Better Than Steroids!" and start transforming your physique today! The author of the book, Dr. Willey, discusses various methods for measuring body composition, including chemical analysis of a dead body, hydrostatic measurements, electrical impedance, and skin fold calipers. ===== Simple book on exercise and diet plan, easy to read and take notes from. The author provides detailed information on how to modify body composition using food and exercise. The book is well-written but lacks charts and some sections may seem too salesy for some readers. ===== I have mixed feelings about this book though I like how it explains how to do specific diet plans like Keto for a week or how to bulk; although from personal experience I needed much more than 4 thousand calories in a day to bulk up without being hungry at night. principles in the book and within about 4 months he made a dramatic transformation and has been able to stay lean and healthy. Here are before and after pictures, he sent me in an email thanking me again for the book. Since this time he has also been able to share what he has learned with my mom (who is 65 and has lost 25lbs and is off blood pressure meds) and he is working towards a Ph.D. in nutrition from Ohio State University. Derrick Whitesacre "First off allow me to thank you for the fantastic book, "Better Than Steroids" as I have been seriously training for about 18 months now and although I was able to bulk up pretty quick I have gained a high-fat percentage, 23% to be precise and have struggled to know what to do about it. I've always read all the magazines and I have tried every promising supplement out there from Muscletech to BSN and back. With the help of your book that I have recently read I have achieved my target of 10% body fat. Thanks so much!" BA "I absolutely love your book! For the first time after reading it, it was not like other books where they got confusing and hard to read. When I say this I mean you broke it down very well with the formulas to use and how to calculate how much you need and how to get the bulk look or shredded look without lying and saying, "you can look great in 30 days." You didn't BS me in what I needed to do. I have referred this book to several people to help them with their success. Your book was actually 100% of the reason why I did the bootcamp with Stephanie [Dr. Willey's online personal trainer]. Everything she would explain I read in your book and would know exactly how many calories I needed what Calories I was taking it was a wonderful experience because of it. The only thing I would suggest is the same easy to read on how to actually calculate your foods when you are cooking meals at home such as spaghetti or lemon chicken. If you come out with another book I will definitely get it without hesitation. I am actually going to buy another copy of better than steroids just to keep in my gym bag and one can stay at home. Hope this helps and sorry for all bye spelling and grammar I was never good at it and I am on my phone. Thanks again for sharing your knowledge." Jayke Grant Better Than Steroids is a summary of what you need to know to be a successful bodybuilder, athlete or just look freaking good! It covers in a stepwise fashion, the information you need to succeed and get your ultimate physique. It reviews why and how anabolic steroids work, which will lead us into why food programs, eating plans and tricks like the pre and post workout meal are not only comparable to anabolic steroids, but better! Also discussed is the importance of tracking your body composition, as those who are meticulous enough to do so are the ones who keep improving. Vital topics for bodybuilders and physique artists include a quick synopsis of water and information on insulin and using its powerful anabolic activity in the way you eat. Also reviewed is the importance of The Free Window and its power in building muscle mass and creating a degree of leanness unimaginable while still enjoying a few of your favorite foods. The meat of the book is the eating plans: The top four eating plans for guaranteed success. They come with detailed instructions on how they work, when they work best, and how to design one for yourself. From leaning up to bulking up, these are the eating plans that work. They teach you how to use the most powerful drug out there, food, to your advantage. Dr. Willey says all the time: "Anyone can exercise, but only the ones who know HOW to eat make improvements and look good!" This is followed by the pre and post workout meals, the most important meals in a bodybuilder's day. With this information on utilization of these powerful meals, mass gain is optimized, fat is burned, soreness is reduced and recovery is enhanced! I then cover glycogen supercompensation, a dominant technique in the quest for maximal muscle gain. There is a detailed review of one of the most successful cardio routine out there, the High Intensity Interval Training (HIIT) program. Also included is a detailed section on weight lifting practices, as monotony in the gym will be the death of your goal attainment. Finally, BTS provides some algorithms for putting all the information together for your optimal achievement. Better Than Steroids is the most comprehensive study on bodybuilding nutrition. Join the thousands of people who have found success and transformation with this book. Better than steroids is a guide that helps you achieve your desired physique without using steroids. It covers topics such as nutrition, exercise, and tracking body composition. ===== This book focuses on providing readers with essential information to succeed in bodybuilding or achieving their ideal body shape. It delves into the world of anabolic steroids, explaining how they work and why food programs are equally effective, if not better than them. The importance of monitoring body fat percentage is also emphasized as it directly correlates with consistent improvement. ===== A crucial aspect of this guide is understanding insulin and its role in promoting muscle growth. Additionally, the concept of The Free Window is discussed, highlighting its potency in building muscle mass while maintaining a lean physique. ===== The heart of the book is the four top eating plans for guaranteed success. These comprehensive meal plans come with detailed instructions on how to utilize them effectively, ensuring optimal results. Dr. Willey's emphasis on the importance of nutrition is also evident throughout the guide, stating that "Anyone can exercise, but only those who know how to eat make real progress." ===== The book covers the significance of pre and post-workout meals, highlighting their role in optimizing mass gain, burning fat, reducing soreness, and enhancing recovery. A detailed review of glycogen supercompensation is also included, showcasing its effectiveness in achieving maximum muscle growth. ===== A section dedicated to weightlifting practices helps combat monotony in the gym, ensuring goal attainment. Finally, an algorithm for combining all the information provides readers with a comprehensive framework for their optimal achievement.