

Forum:[Hack Forums](#)

Thread: [Question about steroids is it really works?](#)

aetherhf - August 19, 2024, 2:18 am

Hello all!

I am using whey protein, creatine monohydrate, l-carnitine and multivitamins. My body is natural right now I am thinking to use steroids.

I am 5'10". 273 lbs (%25 fat) right now. I am training since 2.5 years. My fat percentage are high rn btw.

Is there anyone among you who uses it? Is it really works?

Jamika - August 19, 2024, 4:06 am

Ok it may help u but it has high side effect, it can affect ur potency and fertility, check a doctor first

MishaOMBr - August 20, 2024, 2:56 pm

The term "steroids" encompasses a broad range of substances, each with varying potencies and side effects. While I'm not an expert, I do have some experience from my years at the gym, during which I used Anavar (Oxandrolone) and Clenbuterol (a fat burner, not a steroid) in several cycles.

Anavar is relatively mild compared to other steroids and was a choice for me due to its lower risk of causing long-term hormonal damage. I did experience a slight increase in strength and muscle firmness while using it. On the other hand, I'm cautious about more potent steroids like Winstrol or T/HGH, although I've met many well-built individuals who claim to have avoided severe side effects.

As for Clenbuterol, it can be effective for reducing body fat percentage. Best of luck with your fitness goals!

Fancy_Bear - August 21, 2024, 7:03 am

(Aug 19, 2024 02:18 AM)aeth3r Wrote: [\[CITE\]](#) Hello all!

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Hey! At 5'10" and 273 lbs with 25% body fat, focusing on fat loss and muscle gain naturally might be better before considering steroids. Steroids do work, but they come with significant risks like liver damage, hormonal imbalances, and long-term health issues. Since you're still relatively early in your training journey, it might be wiser to optimize your diet and training first. If you do consider steroids, consult a healthcare professional to understand the risks.

Eran - August 24, 2024, 5:46 pm

I would personally avoid it, not worth it in the long run. Just continue the natural route and adjust your workout and meals to your goals. Also why are you taking l-carnitine for?

aetherhf - August 25, 2024, 6:42 am

(Aug 24, 2024 05:46 PM)Eran Wrote: [\[CITE\]](#) I would personally avoid it, not worth it in the long run. Just continue the natural route and adjust your workout and meals to your goals. Also why are you taking l-carnitine for?

For to burn fat and help protect muscles when I am doing cardio

Cameron - August 25, 2024, 7:31 pm

(Aug 19, 2024 02:18 AM)aeth3r Wrote: [\[CITE\]](#) Hello all!

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How old are you? If you're under 35 don't even think about it. If you're over 35 maybe looking into getting your test levels checked. TRT could be something to look into.

If it's solely for size reasons, 2.5 years is still so early into your fitness journey that you still have plenty of room to make natty gains. Remember diet and good quality sleep are just as important if not more than effort in the gym.

aetherhf - August 25, 2024, 9:09 pm

(Aug 25, 2024 07:31 PM)Cameron Wrote: [\[CITE\]](#) How old are you? If you're under 35 don't even think about it. If you're over 35 maybe looking into getting your test levels checked. TRT could be something to look into.

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I am 23. I understand. Thank you so much!

Cameron - August 25, 2024, 10:03 pm

(Aug 25, 2024 09:09 PM)aeth3r Wrote: [\[CITE\]](#) I am 23. I understand. Thank you so much!

No problem. Don't get me wrong, I've been there too and had the temptation but trust me, while you're still so young it is absolutely not worth it. You still have so much potential to make awesome gains. You don't want to fuck up your hormones so early in life that's for sure.

banefuldrummer - August 26, 2024, 9:08 am

(Aug 19, 2024 02:18 AM)aeth3r Wrote: [\[CITE\]](#) Hello all!

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Is there anyone among you who uses it? Is it really works?

Hey, they definitely do work. Im no expert but id recommend staying away from them since you are still young. That shit might fuck up your hormones. But yeah try to work on foundations like sleep, diet and training. Imo give it 2-3 more years natty and then decide. You can always hop on trt when older. But dont forget to consult with ur doctor before any usage.

Zalbai - August 27, 2024, 11:30 am

Using steroids can lead to serious long-term health problems such as cardiovascular disease, liver and kidney damage, hormonal imbalances, and mental health problems such as aggression and depression. These risks often outweigh the short-term benefits that can be achieved through muscle gain.

In short, if you don't want to end up like "Zyzz" don't take it!

Omniscient - August 27, 2024, 12:17 pm

What's your diet like? Usually that's the problem if you're indeed working out regularly and not getting the results you want.

Got a buddy doing full Carnivore Diet. But basically any high-protein, high (natural) fat and ZERO carb diets will do wonders.

Carbs are the enemy, they turn into sugars. Animal proteins are the best along with butter and animal fats.

I myself don't follow any strict diet (yet) but I'm considering it. Seems a waste of time when you workout that much but don't also eat properly. Especially if you're trying to build muscle and do any shaping. Working out is always healthy but results are up to you. Do you want strength? Cardio? Muscles?

Cameron - August 27, 2024, 3:59 pm

(Aug 27, 2024 12:17 PM)Omniscient Wrote: [\[CITE\]](#) What's your diet like? Usually that's the problem if you're indeed working out regularly and not getting the results you want.

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Has your buddy been getting good results on carnivore? Been looking into it lately and the results you see some people getting (even without exercise) makes it look like a cheat code.

I'm starting my cut on Oct 1st and really thinking of giving carnivore a shot but don't know if I'll be able to keep it up for 3 months, was actually thinking calorie deficit first 2 months and then carnivore for the final to lose as much fat as possible. Traditionally I've just tracked calories and tried to keep around a 500 cal deficit.

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(Aug 27, 2024 03:59 PM)Cameron Wrote: [\[CITE\]](#) Has your buddy been getting good results on carnivore? Been looking into it lately and the results you see some people getting (even without exercise) makes it look like a cheat code.

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around a 500 cal deficit.

His results are fantastic. I'm tempted to give it a try. He says first week is rough but after that it's awesome.

Cameron - August 27, 2024, 4:38 pm

(Aug 27, 2024 04:27 PM)Omniscient Wrote: [\[CITE\]](#) His results are fantastic. I'm tempted to give it a try. He says first week is rough but after that it's awesome.

Be worth a shot. Seems most people have a similar experience with week 1 being a mental battle then getting easier after that.

I just hope it wouldn't kill my love for steak, I'll normally buy a whole sirloin from the butcher (New York Strip for you guys), slice it up and vac seal them which normally lasts us a good few months. Works out much cheaper per kg and far better quality than supermarket meat.

Omniscient - August 27, 2024, 5:17 pm

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Apparently you can eat more than just steak.

<https://carnivorestyle.com/carnivore-diet/>

Here are some examples:

Red Meat: Pork, Beef, Lamb, and Game

White Meat: Turkey, Chicken, Fish, and Seafood

Organ Meat: Liver, Kidney, Bone Marrow, Heart

Eggs: Chicken, Duck, and Goose Eggs

Dairy: Butter, Cheese, and Cream

I just don't agree with the diet. I think I'd go more Keto which would include the above plus nuts, veggies, and fruits. Fairly sure I can handle Keto, which isn't as extreme as Carnivore but has similar effects (zero carbs). These are both based on the old Atkins diet btw which was low-carb but the trend now is zero carbs.

M?tt - August 27, 2024, 5:39 pm

You're in your 20s and want to take steroids to boost your testosterone for some gains / fat loss? I hope you understand that this will slaughter your testosterone levels as you age.

To answer your question, it obviously works. However, don't think it's going to replace a bad sense of nutrition. The supplement industry is a double-edged sword and I'd make sure you do A LOT of research before buying something that's going to destroy your body in the long run.

But hey, if you're ok with living with medical issues in your 30s then go ahead and send it. Just know that nothing will outperform a bad sense of nutrition. Diets are a waste of time if you don't stay dedicated to them and develop healthy habits.

Also to elaborate on the carnivore diet; this works for mostly the same reason that Keto works. Carnivore just focuses on the meats since they are more nutritionally dense than the vegetarian alternatives that are acceptable in Keto.

Omniscient - August 29, 2024, 8:39 am

[aetherhf](#) Have you had your hormone levels tested? No one should take anything like steroids or testosterone without blood work being done.

[aetherhf](#) - August 29, 2024, 8:39 am

(Aug 27, 2024 12:17 PM)Omniscient Wrote: [\[CITE\]](#) What's your diet like? Usually that's the problem if you're indeed working out regularly and not getting the results you want.

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I did high carb and high protein more than 3500 cal since 2 months. Thinking about to make carb cycling method. I am doing heavy workout in gym eating more carbs 200gr raw rice + 700-800gr chicken breasts, eggs, oat, protein powder per day. I should use lower weights and do more cardio and take less calorie. I am going to zero carb diets! Thank you so much!

I want first strength and loss fat.

(Aug 29, 2024 08:39 AM)Omniscient Wrote: [\[CITE\]](#) [aetherhf](#) Have you had your hormone levels tested? No one should take anything like steroids or testosterone without blood work being done.

I don't tested hormone levels will go to urology and I'll update the thread. If my hormone levels are low probably they will give me TRT therapy.

(Aug 25, 2024 10:03 PM)Cameron Wrote: [\[CITE\]](#) No problem. Don't get me wrong, I've been there too and had the temptation but trust me, while you're still so young it is absolutely not worth it. You still have so much potential to make awesome gains. You don't want to fuck up your hormones so early in life that's for sure.

You are right. I keep doing exercises and will do diet.

7 - July 2, 2026, 1:28 am

[aetherhf](#) how did you get on. Did you position improve or not?