Steroids

Anabolic steroids can be taken orally, injected, rubbed on the skin, and can be combined with other drugs as well. Steroids increase muscle mass. In the Olympics, steroids have been found the cause of shattering of several records. Testosterone is the main factor of making people bigger and stronger.

Some side effects in females are it changes their menstrual cycle or stops it, deepens voice, smaller breasts, and etc. Some side effects in males are enlarged testicles or shrinking of testicles, cancer, loss of hair, and etc. Both males and females change drastically emotionally.

Some people do it to look better; others do it because they think it will help them achieve their goals. Ephedrine effects the Central Nervous System, increases alertness, burns fat, more oxygen is delivered to muscles. The side effects are heart attacks and strokes.

Narcotic Drugs reduce pain and sensitivity. They are Beta Blockers. Controls nervousness, slows heart rate down. Diuretics are used to lose weight. It also dilutes the banned substances. Blood doping helps runners and other sports with need of oxygen.

Cretin is produced in our body. It is composed of 3 amino acids. It does not have the long-term effects. Andro was banned in the Olympics and NFL. Pro baseball player Mark McGuire uses it. There was an increase in sales after he admitted to using it. Many people think that taking drugs is cheating.