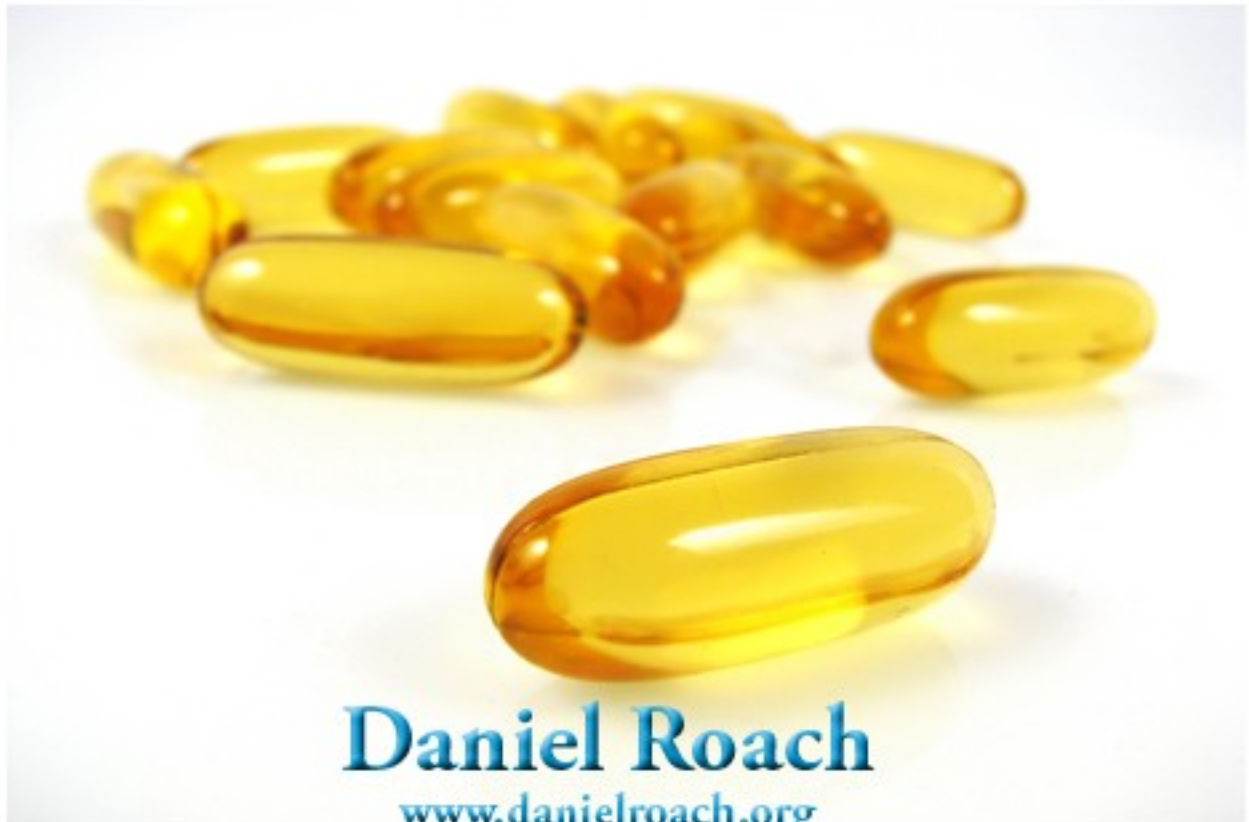


10 Supplements Your Fitness Routine Can't Live Without



Daniel Roach
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---Daniel Roach

Introduction:

What Are Doing For Yourself?

Want to kick your workouts into high gear? Want to see serious gains in lean muscle and serious losses in fat? Almost everyone in the western world can answer yes to those questions. Obesity has become an epidemic that is threatening to swallow us whole unless we take our lives by the horns and do something to change for the better. This book was written to help you get the most out of your health and give you the knowledge to develop the body you've always wanted.

This book assumes a few things up front. Below is a check list that you can use to find out whether or not you are truly ready for this book. Even if you decide it isn't for you, I encourage you to read it anyway, as this information will become more relevant the further you are down your path to health.

Are you ready for this book? You are if you can answer yes to these few questions:

1. Do you eat a nutritionally balanced diet, that places a minimum on junk food?

2. Do you work out regularly, at least 3 days a week, with both cardiovascular and weight training?
3. Are you serious about increasing the results you see in the mirror?

If you answered yes to all of these, let's get started.

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A handwritten signature in black ink that reads "D. Roach". The letters are stylized and connected.

---Daniel Roach

Supplement 1:
Protein Powders

Protein powder is the one supplement that you must have. Period. If you have nothing else, have a good protein powder. Why are protein shakes so important? Because they are easily digested and readily available. Most people think that they can get enough protein in their diets but most of the time they're seriously underestimating how much protein

their body needs. If you think that you can eat all of the protein that you need everyday during meals, listen up:

How to Calculate Your Protein Intake:

$$(Body\ Weight\ in\ Pounds) - (Body\ Fat\ Percentage) = Lean\ Body\ Weight\ (Protein\ Intake\ in\ Grams)$$

For Example:

If you weigh 170 pounds with a body fat percentage of 20%, your equation would look like this:

$$(170) - (20\%) = 136$$

This means that you have a lean body weight of 136 pounds and therefore need a protein intake of 136 grams daily.

Why is Protein so Important?

Because muscle is costly. It costs your body more in caloric value to keep a pound of muscle than it does to keep a pound of fat. In fact, one pound of muscle metabolizes roughly 50 calories. Since muscle is made up of mostly protein, you begin to see why you need so much protein everyday. The most important times to get your protein is directly after a work out and directly before you go to bed.

After your work out, your body has depleted all of it's stored glycogen, or food energy. Your body is crying out for more fuel and your muscles

have been broken down by hard work. It's at this point that you have about a one hour window of opportunity to give your muscles the nutrients they need. At this point, your muscles are wide open to protein and nutrient intake. Give your body what it needs and take a protein shake directly after your work out. No if, ands or buts about that rule.

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Supplement 4:

Creatine

If your muscles weren't made of protein, I'd have put creatine at the top of this list as the most important supplement. As it stands, just take my word for it that if you want an instant boost in strength and muscle size

without harmful steroids, creatine is your supplement. How any athlete, bodybuilder, or anyone looking to get into shape, could pass up using creatine is absolutely beyond me. Unlike Nitric-Oxide supplements which haven't been on the market long enough to know the true long term health effect, creatine has been around since the 1960's and hasn't been shown to cause any serious side effects or long term harm.

Why is Creatine So Important?

Creatine is a metabolite that is already present in your muscles, heart and brain. When supplemental creatine is added to the creatine already present in your body it has some really spectacular effects. Not only will it increase your strength and endurance almost immediately, but it will also make your muscles look bigger! Want instant gratification in this world? Creatine is one of the best ways to get it. Now it won't turn you from flab to fab or anything, but you will notice a difference within the first few uses.

Cycling Creatine

Another common question with creatine supplements is whether or not they should "cycled." Cycling is used for supplements like fat burners where their use is cycled a few weeks on, a few weeks off. The reason for this is that your body is, by nature, an adaptive organism and will build up a resistance to certain supplements, making them less effective. Once this happens, it is recommended that you discontinue using them for a week or so to let your body's resistance go back down. People often ask if creatine should be cycled and the answer is no. Your body doesn't build up a tolerance to creatine so don't worry about it becoming less effective.

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---Daniel Roach

Supplement 7:
L-Carnitine

Ah, carnitine, one of the wonder supplements of the fitness world. For years this amino acid was touted for it's fat burning properties, but now

it has even been found to aid in recovery and muscle growth. L-carnitine has long been known to help your body release stored fat cells to be used as energy, thereby enhancing your natural fat burning potential and adding an extra burst of energy to your day. Recently, however, studies have shown that carnitine also has properties that enhance blood flow to muscles, providing them with much needed nutrition and oxygen after a work out, but also helping to remove toxins from the cells, resulting in a faster recovery time.

The coolest new property found to be present in L-carnitine is it's ability to increase the number of what are called androgen receptors in your the cells of your muscles. What's so cool about this effect is that it increases muscle growth. You see, these androgen receptors are found in muscle cells are their job is to initiate muscle growth when they interact with testosterone. The more of these receptors you have, the most there are for testosterone to latch on to and trigger your body to create more muscle. See what I mean? That's cool!

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---Daniel Roach