



Biology for Bodybuilders: One of the world's most successful drug-free bodybuilders shares his training secrets and explains the key scientific concepts that will help you get healthier and stronger.

Doug Miller, Glenn Ellmers, PhD, Kevin Fontaine

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Doug Miller—a lifetime drug-free bodybuilder—won the 2009 world championship of the International Federation of Physique Athletes. He also graduated first in his class from Penn State with a degree in biochemistry and molecular biology. Doug used his knowledge of biology and biochemistry to build a world-class physique and now he's sharing his secrets for the first time. In this book, Doug teamed up with a professional writer and a professor at Johns Hopkins Medical School to explain the key scientific concepts to help you:

- Choose the right foods to drop fat and gain muscle
- Create a safe, effective exercise program that works for you
- Bring new levels of focus and intensity to your workouts
- Regulate post-workout recovery to maximize progress
- Maintain a healthy hormonal system for optimal health
- Create a potent mind-muscle connection to become leaner and stronger

Not a bodybuilder? No Problem! All the science in this book is about basic human biology. Young, old, tall, short, muscular, flabby... whatever! All humans are the same at the cellular level. From the Preface ...Most people who work out understand, in a vague way, that weight training causes tiny tears in the muscle fibers which the body repairs by sending in energy (in the form of sugar) and spare parts (in the form of protein) making the fibers slightly stronger and bigger. Building muscle involves repeating this process many times as efficiently as possible. So far, so good. Beyond this point, however, the details start to get a little hazy—even for people who've been hitting the gym for a long time. What I wanted to do in this book is share my approach to dieting and training, and explain some of the methods and lifestyle habits I used to become a successful natural bodybuilder (including a few interesting anecdotes). But I also wanted to explain in clear language how the biochemical and biomechanical processes of building muscle actually work; how they can be made more efficient by properly regulating your nutritional needs and recovery; and by choosing the right nutritional supplements to maximize your fitness goals and control body fat. That is a lot of ground to cover, so in addition to Glenn's help with the writing, I'm also grateful for the invaluable assistance of my other co-author, Dr. Kevin Fontaine. Dr. Fontaine is an Associate Professor of Medicine at Johns Hopkins University. He has a longstanding interest in using resistance exercise to improve health and wellbeing. This book would not have been possible without him; and he even helped restructure the theme and tone of the book—making it a lot more readable. Plus, his experience, training, and extensive research background really helped to give this project a solid scientific foundation. Despite the title, this book is not only for bodybuilders, certainly not only for competitive bodybuilders. More and more people are weight training these days, whether for a sport, overall health, or just to look better. And everyone in America seems to be on a diet. The information presented here is intended to be useful for anyone seeking to build a stronger, more attractive physique.

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Irene Wang:

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