



Underground Bodyopus: Militant Weight Loss & Recomposition

By Daniel Duchaine

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A Diet Book for People Who Aren't Fat? Popular diet and exercise programs (we don't need to name names) are designed to get you back to normal, to ordinary. But what if you want to become extraordinary? What do you do then?

In this innovative book, Dan Duchaine, the internationally-known bodybuilding "guru" will teach you all of the secrets from his 12-year career as a professional body confidante. You'll learn what the world's top bodybuilders do to get lean and ripped - from thermogenic aids, thyroid hormone, and anti-catabolics to protein selection and macronutrient ratios.

As a special bonus, BODYOPUS, includes the top 50 drugs for dieting, and a special section on diuretics for bodybuilding competitions. BodyOpus Weight Loss and Recomposition will show you how to realize your dreams. This will be your diet bible for the rest of your life!

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Underground Bodyopus: Militant Weight Loss & Recomposition By Daniel Duchaine Bibliography

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Editorial Review

About the Author

Daniel Duchaine was the author of many, many articles. He had been published and quoted in practically EVERY bodybuilding magazine and newsletter that has been circulated. The Underground Steroid Handbook, the sequel; USH II, The Underground BodyOpus the Dirty Dieting newsletter, and his Danarchy articles are excellent collections of some of his more delectable writing inspirations. Daniel Duchaine had personally coached many athletes, bodybuilders and movie stars. Daniel Duchaine had also made several guest appearances at many athletic/bodybuilding events, seminars, talk and radio shows including The Nasty Man, 60 Minutes, 20/20, Geraldo, Now It Can Be Told, and The Ronald Reagan Show. Daniel Duchaine knew the research and had fathered the foundations of many of the "grey- market" supplements, proteins, and thermogenics as we know them today.

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