

# ANABOLIC STEROIDS & PERFORMANCE ENHANCING DRUGS

## → MUSCLES, MYTHS AND MISCONCEPTIONS

The history, use and misuse of anabolic and androgenic steroids with a discussion of the side effects, observable symptoms and long term effects. Contrasting photos of yesteryears strength athletes will be set aside today's acknowledged users demonstrating that great strength and physiques were achieved prior to the advent of drug use. Will also discuss the psychological side effects (such as muscular dysmorphia). Penalties relative to positive drug testing (such as IOC and IWF bans) will be covered. Natural alternatives to illegal drug use will be provided with a Question and Answer session following.

**Dr. Richard Seibert**

**Doctorate of Chiropractic**

Dr. Seibert has been involved in athletics and its interplay with the healing arts for most of his life. As a member of four international US weightlifting teams he trained with and competed against athletes from all over the world. As a resident at the Olympic Training Center in Colorado Springs he was able to see and learn the most sophisticated techniques for treating sports injuries in the United States. In 1986 he completed his Doctorate of Chiropractic and opened his private practice. He also has post-graduate certificates from the National Strength and Conditioning Association and is a Certified Chiropractic Sports Physician.

In the summer of 2005 Dr. Seibert was selected as team physician of the World University Cup Team for USA Weightlifting. He continues to compete at the Masters level and lectures on a variety of topics including sports injury prevention, nutrition and rehabilitation.

## → PERFORMANCE ENHANCING DRUGS

Joe Pietaro will address the following topics:

1. Performance Enhancing Drugs in the media and how it has taken on a life of its own.
2. The Golden Age of Bodybuilding in the 1970's, the Fitness Craze of the 1980's and how the use of steroids has evolved up to today.
3. Misnomers about steroids and the public perception.
4. What bodybuilders are saying about their own steroid use and why Joe Weider and Arnold Schwarzenegger never want bodybuilding to become more than a niche sport with a cult following.
5. Question and Answer period.

**Joe Pietaro**

**Founding Editor, MuscleSport Mag**

Joe Pietaro is the founding editor of MuscleSport Mag. He is also Editor-In-Chief of New York SportsScene Magazine and a freelance sportswriter.