

APPEARANCE AND PERFORMANCE ENHANCING SUBSTANCES



#ALLMEPEDFREE



Taylor Hooton



@TheTHF



@TheTHF



TAYLOR HOOTON
FOUNDATION

Text questions to: **401-552-5563**
(401-55-ALLME)

Taylor Hooton Foundation

Formed in 2004

Have spoken directly to over 2 million people

National leader on the subject of
Appearance and Performance
Enhancing Substances

501(c)3 – non profit

Mission

Enlighten the world to the truths
about Appearance and Performance
Enhancing Substances

Vision

Eliminate the use of Appearance and
Performance Enhancing Substances in US,
Canada, and Latin America middle
schools, high schools and universities



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FOUNDATION

3 questions to ask before you use a supplement



1

Contain banned substances?

2

Am I Using it Properly?

3

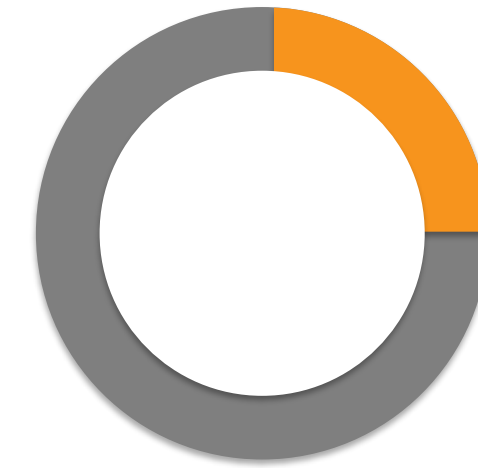
Necessary?

18-25% of supplements **spiked with steroids**



15 of 58 protein powders tested positive for steroids **(25%)**

Informed-Choice.org, 2014



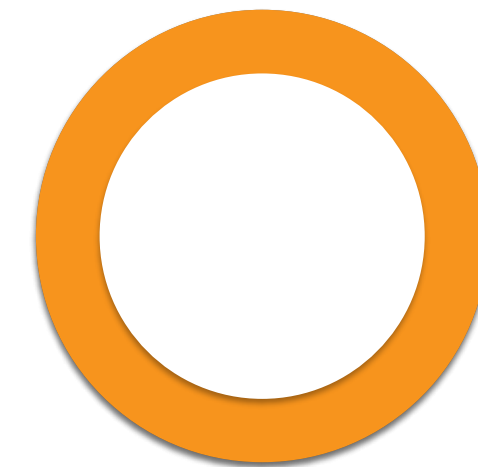
"25% of all vitamins and supplements on sale are spiked with anabolic steroids"

Int'l. Assoc. of Athletic Federations, 2014



45 of 240 OTC supplements tested **(18%)** contained anabolic steroids

Int'l. Olympic Committee



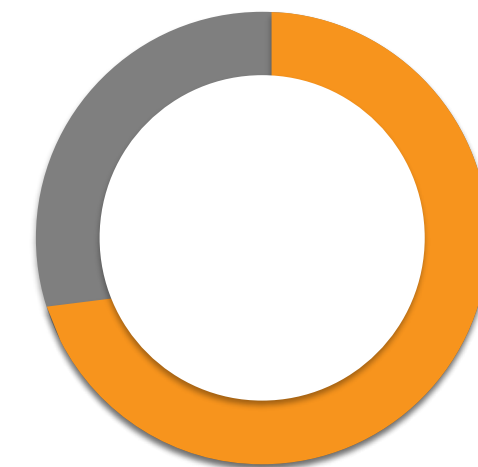
"According to health experts, most of the health supplements available in the market are laced with steroids."

UK Daily Mail, July 4, 2015



Almost **50%** of all testosterone-boosting supplements contain illegal steroids.

Military Times, 7/2013



"60% of the creatine we test is laced with the steroid nandrolone."

*Frank Shorter, Founder of US Anti-Doping Agency
Nov. 2010*

How do I know if a supplement is clean?



NSF Sport

The leader in Dietary Supplement and Ingredient Certification



Resources:

- <http://taylorhooton.org/dietary-supplements/>
- NSF website: www.nsf sport.com, with up to date product listings, supplement related news, and articles.
- *iPhone / Android Application*

A photograph of a muscular man from the back, flexing his back muscles. The image is dark, with the man's skin appearing in shades of brown and orange. The text 'Anabolic Steroids' is overlaid on the image.

Anabolic Steroids



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What Are **Anabolic-Androgenic Steroids**?

**Synthetic
Testosterone**

**Anabolic /
Androgenic**

Note: not the same as cortico-steroids (Used to treat asthma, arthritis, etc.)

Proper Uses

- Diseases that cause wasting, hypogonadism, delayed puberty
- Hormone Replacement Therapy

**How many types of
pharmaceutical
grade steroids?**

Over 100

Methods of Use:

Oral

Dermal (Patch or Gel)

Injection (Needle and syringe)

Why Are They Banned?

✦ Cheating

- ✦ Changes the fundamental value of competition

✦ Illegal drugs

- ✦ Possession Federal Offense
 - ✦ Schedule III Drug (USA)
 - ✦ Like Vicodin and Hydrocodone
- ✦ Selling, distributing, manufacturing is a felony

✦ Banned for your protection

- ✦ Dangerous to the user



Physical Dangers

✦ Cardiovascular System

- ✦ Weakens left ventricle (pumps blood)
- ✦ Water & salt retention = High blood pressure
- ✦ Elevated cholesterol and triglycerides
- ✦ Blood clotting disorders



Physical Dangers - Males

- ✦ Premature balding
- ✦ Testicular atrophy
- ✦ Lower sperm count
- ✦ Sterility, Impotence
- ✦ Potential birth defects in offspring
- ✦ Grow breasts*

*Breast surgery is now the #4 most frequent plastic surgeries . . . for men.
Orange County Register, 6/23/2011



Gynecomastia "Man Boobs"



Cysts / Infection

Physical Dangers - Females

- ✧ Male-type body hair
 - ✧ E.g., beard
- ✧ Male pattern baldness
- ✧ Deepened voice
- ✧ Breast shrinkage
- ✧ Abnormal menstrual cycles
- ✧ Potential birth defects
 - ✧ female fetus with male characteristics



Mind Altering Effects: Mood Swings

✦ ROID RAGE

- ✦ Uncontrolled Aggression
- ✦ Sudden Acts of Violence



✦ DEPENDENCE

- ✦ Hypogonadism causes sexual dysfunction / depression*
- ✦ Users self-treat by resuming steroid use*

✦ SEVERE DEPRESSION

- ✦ 29% experience major depressive episodes during withdrawal*
- ✦ Withdrawn, Thoughts of suicide
- ✦ Giving Away Valuable Possessions
- ✦ Drugs/Alcohol Abuse

*Harvard Medical Paper: Prolonged Hypogonadism in Males Following Withdrawal from Anabolic-Androgenic Steroids, 2015

ALL ME **Assembly Programs**

+ Multimedia assembly program

+ Schools, conferences, coaches meetings, any large gathering of youth, parents, or coaches (In Person or Virtual)

+ 45 – 60 minutes

+ Speaker, PowerPoint, Video

+ Proven results:

+ SAMHSA (Federal Government)

+ Rhode Island Interscholastic League

+ CEU Credits





**Promoting a “PED-Free” lifestyle
Join the ALL ME League by pledging
to live and compete PED Free!**

www.allmeleague.com



#ALLMEPEDFREE

Take the Pledge Today.
Here's how.

1. Go to allmeleague.com
2. Enter Name and Email
3. Click "Pledge"

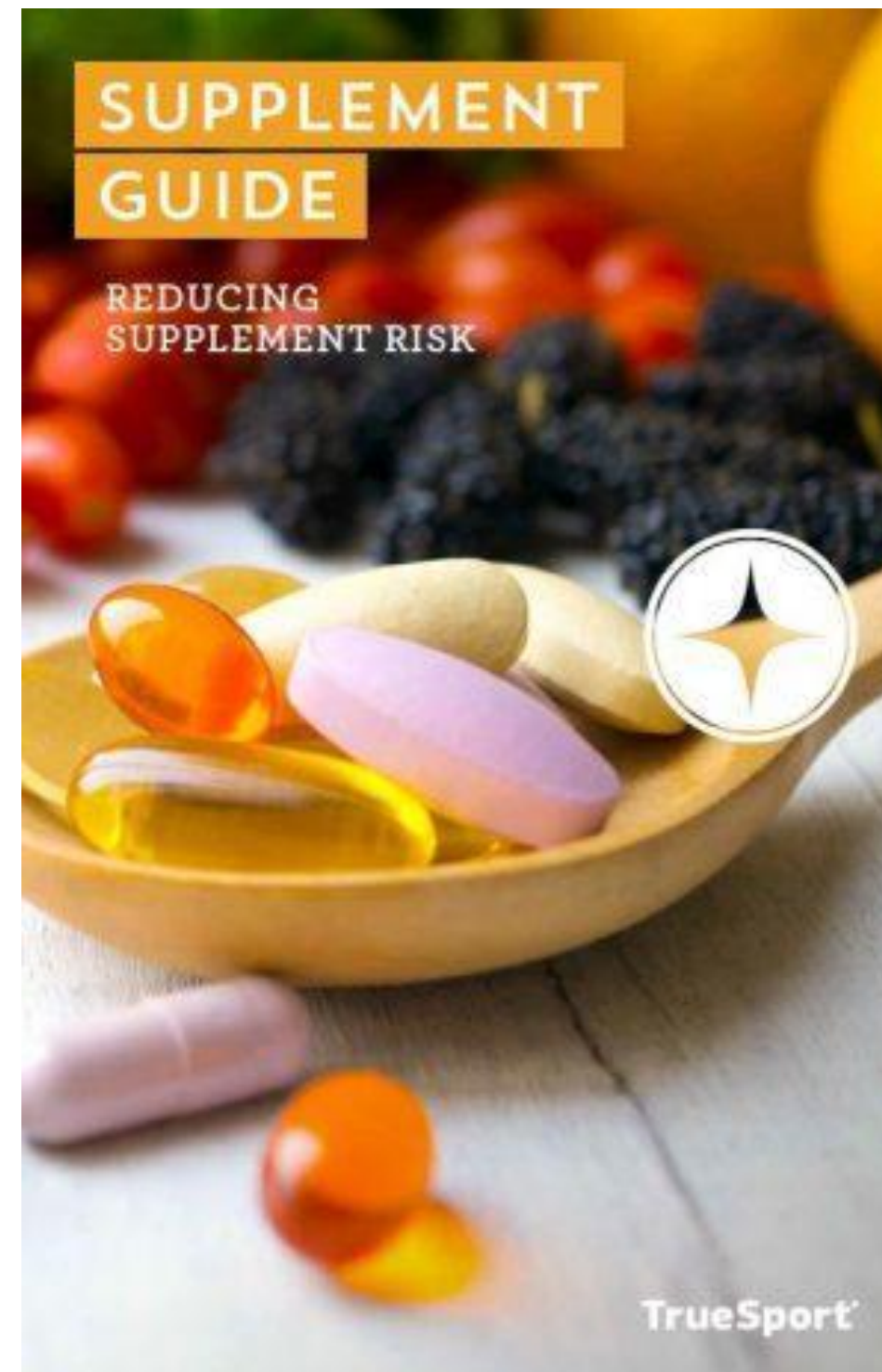
CONGRATS! You have now pledged
and joined the **ALL ME League!**

Resources



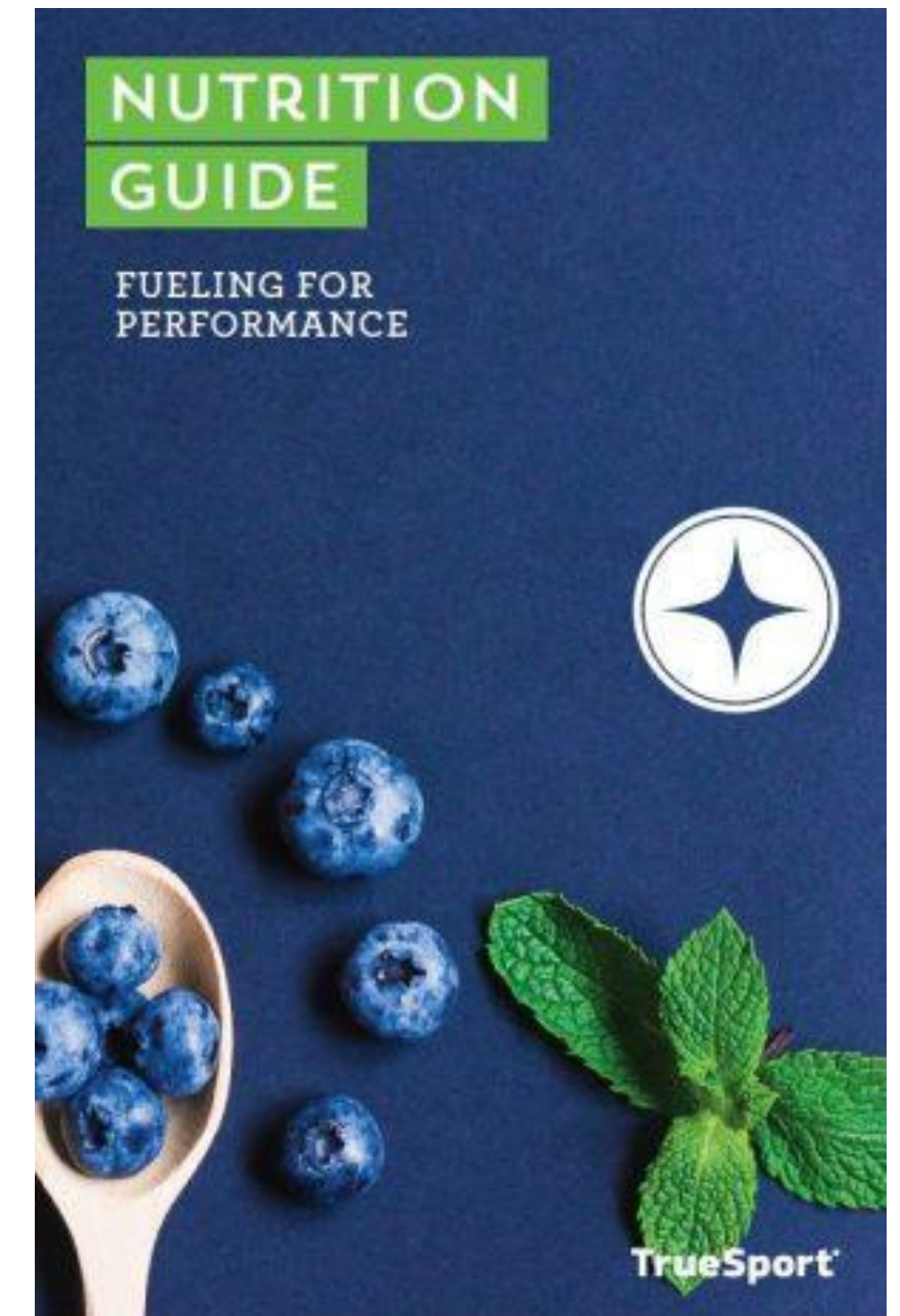
allme.libsyn.com

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TrueSport Supplement Guide

[Download Here](#)



TrueSport Nutrition Guide

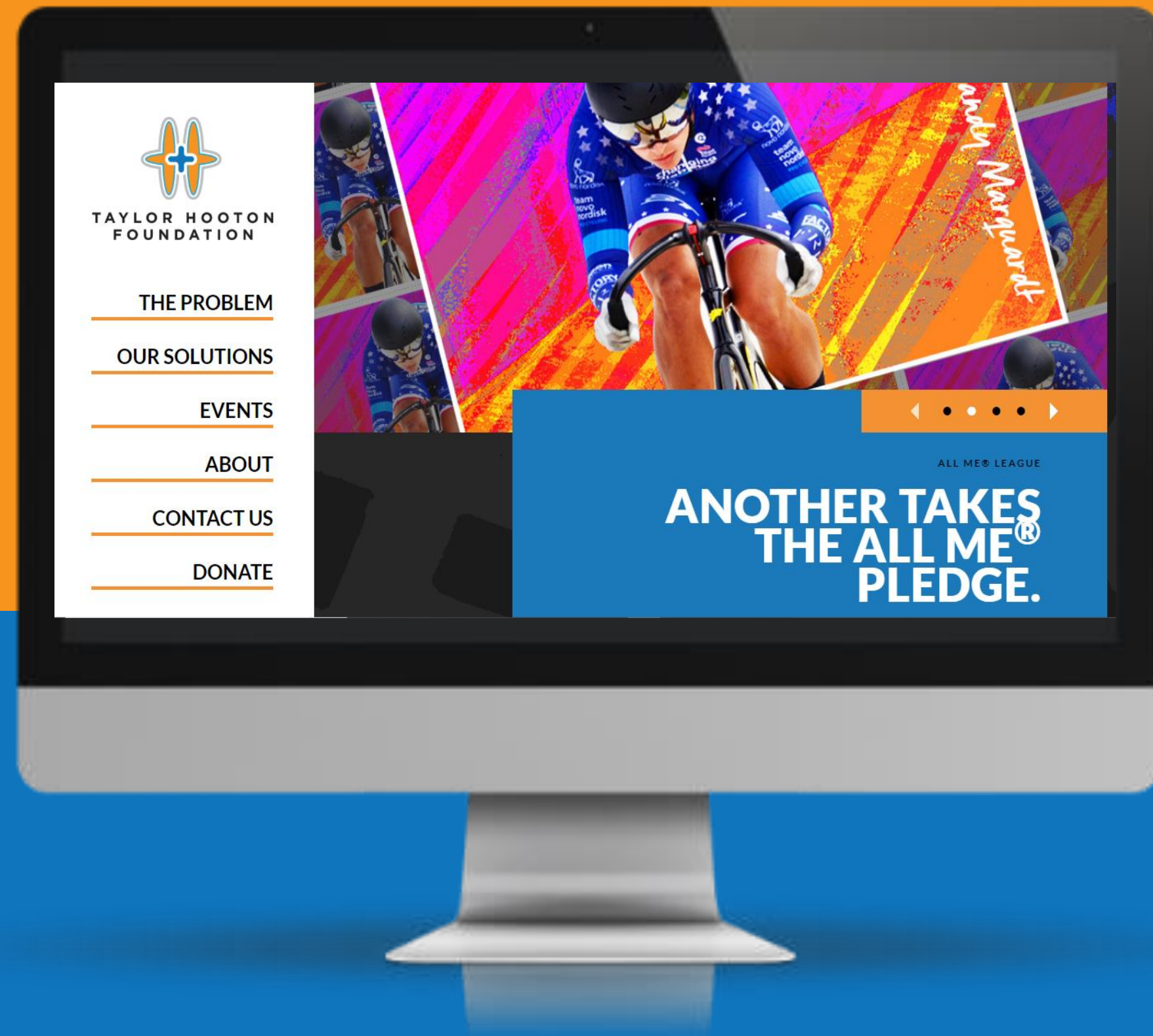
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Questions/Book A Program?

info@taylorhooton.org

More Information:

taylorhooton.org



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