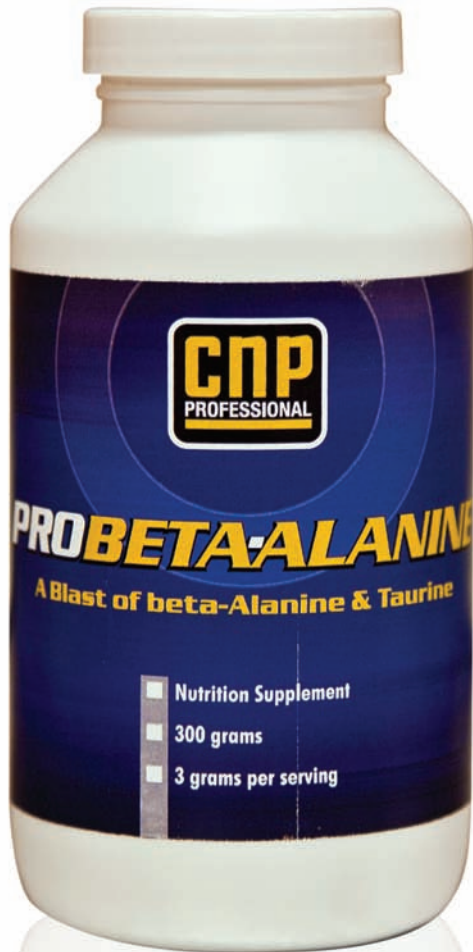


THE DETROIT DIESEL

Beta-Alanine "The Secret Weapon"

by **Fred George "The Detroit Diesel"**



Most of you have heard me rant about beta-alanine and peptide bonded glutamine for years now! My question is... WHY AREN'T YOU LISTENING?! This is your ace in the hole, and the X-factors that you are missing in your training program all in one! Imagine being a dragster, beta-alanine is the equivalent of hitting the nitrous button!

Beta-alanine is an amino acid not found in proteins but occurring freely in some peptides. Your body uses it for nothing, so why take it you ask? Because when beta-alanine hits the blood stream it synthesizes into CARNOSINE!! Forget that it is a component of serine and pantothenic acid (B-5). We only care about carnosine's job in the muscle! You see, carnosine allows muscle to work at full power for a longer period of time. It also inhibits the muscle from failing prematurely.

Have you ever done bicep curls until failure, or at least until you see your whole arm shake? How about a fighter pulling on a guillotine until he feels like his arms are about to fall off, allowing the other fighter to eventually escape the submission. Wouldn't that be frustrating?! Well, no fear! Carnosine is here!

So how does carnosine do this? It buffers the lactic acid built up in each muscle bundle (sarcomere), which allows the actin-myosin hookups to continue working. When you become acidotic and the PH of your blood drops too far below neutral 7 (water) your muscles fail, you get fatigued and your day is done.

Carnosine scrubs that acid out so you are not lying on the ground like a wet noodle!



INTERESTING FACT:

Fish like tuna and salmon do not have such a fast recovery time due to the fact that they work so hard fighting an angler on the line. The oxygen in the water can't come out of solution fast enough to get them back into an aerobic environment, and they don't have the ability to buffer that acid build up like we can. Thus, they die after a long battle.

So you may say to me, "Why not just ingest carnosine?" What a genius question, and thank you for asking! The million dollar answer is that when carnosine is ingested into our systems directly, or left in our muscle tissue at high concentration levels, it falls out of solution immediately and your body expels it as waste. It would not be cost effective or practical. However, beta-alanine is cheap. It holds itself in solution at a high level for at least 30 minutes and immediately synthesizes into carnosine.



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**—LIMITED TIME OFFER—
BUY 1 CASE,
GET 1 CASE FREE!**



Have you ever wondered why you are able to get up within a minute of sheer exhaustion and continue? Your body is an amazing system that has 'fail safes' built into it so that you do not push yourself so far that you die.

HOW TO USE BETA-ALANINE:

- Take 2,000 - 3,000mg of beta-alanine just before your workout.
- Take another 1,500 – 2,000mg of beta-alanine immediately after the same workout
- Continue to ingest beta-alanine for at least four weeks in order to build up levels in your bloodstream

WHERE TO GET BETA-ALANINE:

Two of my FAVORITE choices for beta-alanine are:

ANSI Extreme Shock

This is the WORLD'S STRONGEST AND HIGHEST CONCENTRATION of beta-alanine per serving! It delivers 3,500mg of beta-alanine. It also has a fat burner and 200mg of caffeine in order to boost metabolism. There is also 10mg of Niacin in each bottle to help in vasodilation with the beta-alanine. It is PROVEN that athletes can expect a 15% increase in endurance strength after consuming just one 12oz RTD (ready to drink) bottle!

CNP PRO BETA-ALANINE

This contains pure beta-alanine and taurine, with 3,000mg of beta-alanine per serving. It comes in an easy to carry bottle for your gym bag.

These two products are AWESOME and I use them daily. YOU SHOULD TOO!

How can you get these products at a discounted rate? CALL ME! Contact Freddy George at 714.675.4666 or email me at detroitdiesel34@aol.com. I will HOOK YOU UP with a 20% discount if you order through me!

Any wholesalers or personal trainers interested in selling product can call ANSI at 888.777.1223. Tell them that Freddy George from TapouT Magazine sent you!

Get creative and use these tools together, or in part, with your MMA conditioning in order to achieve a rock-solid core. To book a fighting or strength-training seminar contact me at: detroitdiesel34@aol.com. I can also help you pick up these products at a discounted price! Just call 714.675.4666

