



# Underground Bodyopus: Militant Weight Loss & Recomposition

By Daniel Duchaine

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

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.

### **Users Review**

#### **From reader reviews:**

##### **Richard Glass:**

As people who live in typically the modest era should be up-date about what going on or details even knowledge to make them keep up with the era which is always change and move forward. Some of you maybe will probably update themselves by examining books. It is a good choice in your case but the problems coming to you is you don't know which you should start with. This Underground Bodyopus: Militant Weight Loss & Recomposition is our recommendation to cause you to keep up with the world. Why, because book serves what you want and need in this era.

##### **Kathleen Owens:**

Underground Bodyopus: Militant Weight Loss & Recomposition can be one of your beginner books that are good idea. Most of us recommend that straight away because this guide has good vocabulary that could increase your knowledge in vocabulary, easy to understand, bit entertaining but nevertheless delivering the information. The copy writer giving his/her effort to get every word into delight arrangement in writing Underground Bodyopus: Militant Weight Loss & Recomposition although doesn't forget the main place, giving the reader the hottest in addition to based confirm resource info that maybe you can be among it. This great information can drawn you into new stage of crucial contemplating.

##### **Philip Raber:**

This Underground Bodyopus: Militant Weight Loss & Recomposition is great guide for you because the content which can be full of information for you who else always deal with world and possess to make decision every minute. That book reveal it data accurately using great plan word or we can point out no rambling sentences inside. So if you are read it hurriedly you can have whole data in it. Doesn't mean it only offers you straight forward sentences but challenging core information with wonderful delivering sentences.

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**Todd Robinson:**

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