

# **Bigger is Better If Done Naturally**

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Weight is something that many people associate with fat. However, for those individuals who are looking to become professional body builders or who simply want to look great, weight means bulking the muscle mass. For these individuals, a small waist with large arms, legs, and chest is the perfect image. These individuals are looking for large, lean muscles and a cut core.

People bulk up for a number of reasons. Many men do it because they feel that they are more attractive that way.

Women do it so that they can feel as though they do not rely upon a man to care for them or open the jar of whatever for them. Other men and women do it as a result of heavy workout to limit the damage that stress has on their lives. These people need to work out simply to alleviate the stress that their jobs and family place on them.

No matter the reason that people gain weight, bulk up, and build muscle, the methods should always be natural. To use unnatural methods to achieve the same result can result in life threatening consequences, poor self esteem, and limited control on the muscles and behaviors. The most common of the unnatural methods of bulking up, gaining weight, and building muscle is the use of steroids. Steroids have been in the news for the past year for the number professional baseball, basketball, and football players who have used it. There are even reports that Chris Benoit from the World Wrestling Federation was under the influence and control of steroids when he killed his wife and child.

Steroids and human growth hormones all can have devastating results to the human body. Men who use such methods often suffer from calcium deficiencies and testosterone problems. In addition to these very serious medical problems, other medical problems such as high blood pressure and a very high potential for a fatal heart attack arise. Behavioral problems such as server aggression and restlessness are very common problems and even have their own slang term, 'Roid Rage.

For women who use steroids and human growth hormones to bulk up, the dangers are paramount. Steroids often deplete the calcium levels of a woman and can lead to very brittle bones later in life. In addition to weak bones, the lowered levels of calcium can also cause server problems with the digestive track and the heart. These problems are often more serious for women than men because of the woman's tendency to lose calcium as she ages.

Testosterone being injected into the woman can also throw her body off balance and cause problems with her reproductive abilities. Such problems can include the failure to have her menstrual cycle and a failure to conceive. Her muscles also grow and develop much like a man's which can lead to a masculine appearance rather than a feminine appearance. Hair can begin to grow where hair has not normally grown. The increase of testosterone and human growth hormones can be much like the gender reassignment hormones and can cause the same results.

## **Diet for Natural Bulk and Weight Gain**

Having a healthy diet full of high protein meals and low fat snacks can help one to bulk up and live healthy and naturally. All good diets have a sense of balance to them, and there is no exception for the natural bulk and weight gain diets. These diets should be well balanced and feature a little bit of everything for variety and ease. These diets are not meant to be restrictions, but rather guidelines to help one build muscle naturally and be as healthy as possible in their great looking body.

High protein diets have long been considered the best diets to keep fat at bay. Protein helps one to feel full for longer periods while limiting the calories that one takes in. Protein is also great for muscle repair and muscle build. The proteins necessary can be gotten from any number of sources and these sources should be varied. It is also important to note that the foods should be cooked if they are from an animal source since raw animal foods can be very dangerous due to the bacterium that grows on them.

Some great sources of protein include chicken, beef, fish, and vegetables. Chicken is easy to prepare and can be cooked in a large number of ways. Eggs can be pan fried with low or no fat grease. Another method of healthy and natural cooking with eggs includes hard boiling the eggs.

Who knew that Easter eggs were considered healthy for you? Chicken meat can be baked or pan fried. It is not suggested that one who is looking for lean muscle mass fries the chicken in a lot of fat since it adds cholesterol and fat to the diet that does not need to be there.

Beef is very popular in America. Everyone seems to really like steak and it is considered a prized meal. It is also a very good meal for people who are looking to add weight and bulk to their frame. Beef is a red meat that has a lot of iron and protein in it. These are the two main ingredients one needs for lean muscle mass. It is advisable that the beef be trimmed as much as possible to help to limit the cholesterol and fat intake from this great meal. Beef can be prepared alone or with other foods to create a very healthy and satisfying meal.

Fish is full of fish oil that helps to lubricate the body's vascular systems. On top of this, fish also has a lot of protein and Omega-3 in it to help contribute to a healthy and natural lifestyle. Fish does not require a lot of cooking, but it does require a lot of thinking. Wild fish have a tendency to have a higher mercury level to them due to pollution. If one is going to eat wild fish, it is important to check with the local fishing commission to see how much fish is recommended per month and follow that guideline. Fish that are farm raised do not tend to have the mercury levels and can be eaten frequently.

Vegetables are great sources of a large number of proteins and vitamins. Beans have a lot of protein, fiber, and iron. When they are steamed or cooked properly, they are also very low on fat so that one can enjoy them with no guilt. All other vegetables are the same way, but each one has a different level of each vitamin or mineral and they should all be rotated on a regular basis so that one does not get too much of one mineral or vitamin and not enough of a different vitamin.

Fruits are also important to the diet, since they also provide a lot of vitamins and fiber. Fruits are best known for having a lot of vitamin C and for having a large supply of natural sugars to help one feel good.

There is a lot of talk about the use of organic foods. Such foods are great for the individual and the environment since they have not been exposed to the damaging effects pesticides or genetic mutations. However, there is little evidence that suggests that the food is better for you than foods that have had the exposure but have been properly washed.

Organic meats and free range cattle or chickens are nice for the animals themselves and typically those animals have been cared for better than the average food animal, but there is little evidence to suggest that it is healthier for you or that they taste different than the non-organic, non-free range animals. For these choices, it is merely a choice of preference and a choice of morals if one chooses to look at it as such.

When to eat is also important for those who are looking to build muscle and bulk. It is a good idea to eat several times a day, no less than three. It is also considered good practice to feed the muscles after a workout by eating something high in protein and iron. This helps to aid in the immediate repair of the muscles and the immediate releasing of the acids that build up in muscles that have worked hard.

## **The Right Workout For The Right Build**

Workouts are very important for building muscle mass, incinerating fat, and creating the perfect body. Working out the right way can help to minimize the potential for injury and delays in the quest for the perfect body. Where one works out can make a big difference too. It is nice to work out at home since one can then do it whenever he or she pleases to do it. Working out at home does pose the problem of distractions though. There are so many distractions at home that one often has problems finding the drive to workout at home or the time to work out at home.

Working out in the gym can be nice since there are limited distractions, but it is troublesome because of the travel and the other people who may be on the machine you want. There is no perfect place to workout, so workout where you are most comfortable and can get a full workout each time.

In addition to working out in the right location, working out on the right equipment is important. Working out with free weights has long been considered one of the best ways to achieve great results. The down side of working out with free weights is that it requires a lot of balance and a spotter.

The balance is needed to keep the weights moving at the same pace and in a safe manner. The spotter is needed incase the weights get too much and the lifter needs assistance to move the weights to a safe location.

There are many weight machines that have been developed to take away from these problems. These machines help to promote the balance and the spotting by working off a series of pulleys that will remove the weights if they cannot be handled by the lifter. These machines also assist the balance by holding the weights away from the individual and keeping the arms in a line at all times. This can make it possible to lift more weight or for those who have balance problems due to deafness or other problems to lift safely.

Once the right location and weight type is found, the workout itself can begin. It is often considered best to work one half of the body at a time. For an example, if one is going to work the chest and arms, one may want to not work the legs that day. If one is going to work the legs and lower back, allow the arms to relax. This rotation allows for the continual burning of calories and fats without the excess damage to the muscles. By giving the muscles time to recover, one is aiding in the process of recovery and building.

When lifting, it is not suggested that one lifts weights that are too heavy in hopes to build endurance to thee weights. It is more helpful to lift weights that are slightly heavier than one can easily handle and to add repetitions to this. This way the muscles are working for longer periods and are using up the stored fats while building strength. If one eats proteins and irons, then when the muscles repair themselves they will be larger and stronger than before. Once the repetitions feel as though they are too easy and that one is not getting the proper workout, more weight can be added in small increments of no more than five pounds at a time.



## **Measuring Results**

Results are what makes people continue on their exercise and diet plans for any type of results. This is also true for those who are looking to bulk up, gain weight, and build muscle. The results can be seen in a number of ways that can promote the continual exercise of these methods.

Weight is a common thing that is easy to measure. One should take a weight every few months to track progress. If one's weight is remaining the same, then one should look at other methods of measurement. Other methods of measurement include the use of calipers to determine one's fat levels and the use of a flexible tape measure to determine any muscle growth. Both of these are very efficient methods of determining one's results.

The final and one of the best methods of appraisal regarding the effectiveness of one's workout and diet plan is how they feel and how they look. If the individual feels great, then the plan is working. If one looks great, then the plan is working. These are the best methods of determining one's health and the effectiveness of their natural body building, muscle building skills.

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