

## Preface

**H**aving abused steroids for three and one half years during the mid-to-late 1980s, I know the detrimental effects of those illegal drugs all too well. During that time the use of steroids was widespread; nowadays it is far greater. Steroid use goes well beyond professional sports and athletics. It is now found in every community and school. Too many teenagers think steroid use is innocuous, and take them like they would aspirin in the hopes of having a “cut” or “bulked up” body.

It was a child that pointed out the Emperor wasn’t wearing any clothes. What adults don’t see, kids do. Our children can identify who uses steroids. Certain professional athletes might deny their involvement with steroids, but the kids aren’t blind to the results. Having once idolized sports figures and bodybuilders, I know the not-so-hidden message that steroid use is sending our children. I was a steroid user for years, and started using them as an impressionable teen.

Steroids almost killed me. For a time I was ashamed to talk about my past, but now I feel it’s my mission to speak out so as to prevent others from making the mistakes that I

made. I want my story to dissuade those considering using steroids from starting, and for those who are already using steroids, I hope my words help you to quit.

You might be asking yourself, Why should I listen to this guy? He's not some big name athlete, or a movie star, or a rock musician. That's all very true. I am someone like you, and if I can help you avoid all the pitfalls and suffering I experienced, then everything I went through will have been worth it. I have attended the funerals of users and know the devastating effects firsthand. Enough is enough.

The skeptical reader is saying, "That couldn't happen to me." There was a time when I would have been skeptical, but that was a time before I started using steroids. Unfortunately, all the available statistics show that steroid use in this country is going up. There's a lot of advertising that glorifies the use of "juice." It's hard to counter that kind of barrage, but I tell people that what they are seeing is a noose, not juice.

I wish the recent Congressional hearings on steroid abuse had taken place many years ago. Seeing the pain of the parents whose children passed away from steroid abuse reminded me of the agony that my father went through as I was withdrawing from those illegal drugs. He knew that I had lost the will to live, and he didn't know how to pull me out of that black hole that was consuming me. There were many times that I hoped I wouldn't wake up, but as bad as I looked during my long recovery period, my father looked worse. Now that I am the father of two young boys, I don't

want any other family to have to go through the pain that my family and others have endured.

This book provides some ugly truth. And, no, it's not as pretty as pictures of smiling bodybuilders with huge shoulders and massive pecs, but I don't want it to be. What I'm going to do is pull back the "muscle curtain" and show you the world of steroids, letting you see what is illusion, and what is truth.

✍️ Jeff Rutstein