

APPEARANCE AND PERFORMANCE ENHANCING SUBSTANCES



#ALLMEPEDFREE



Taylor
Hooton



@TheTHF



@TheTHF



@TheTHF10



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

TAYLOR HOOTON
FOUNDATION

Taylor Hooton Foundation

Formed in 2004

Have spoken directly to over two 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 high schools, middle schools and universities

3 questions to ask before you use a supplement



1

Clean?

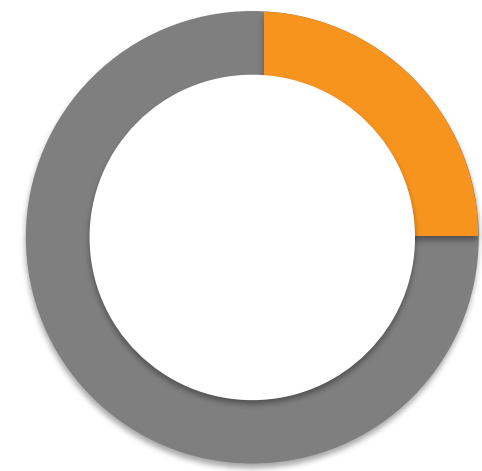
2

Contain banned
substances?

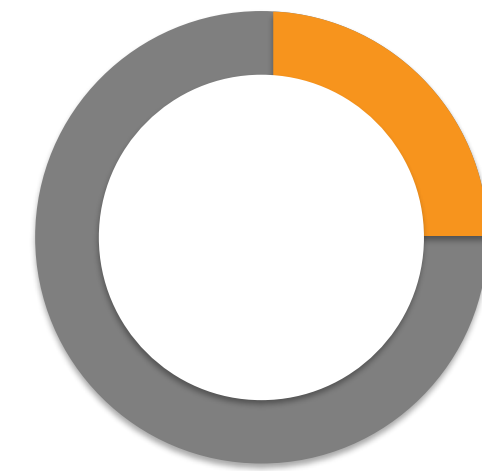
3

Necessary?

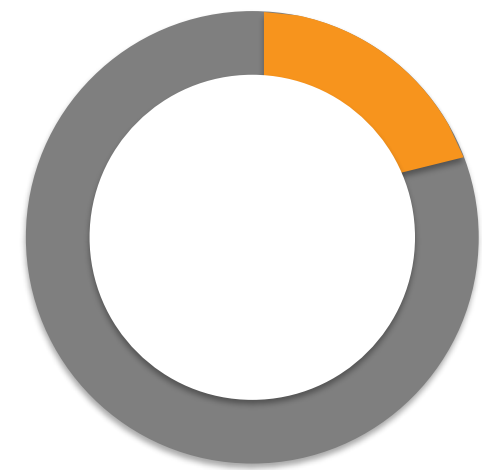
18-25% of supplements **spiked with steroids**



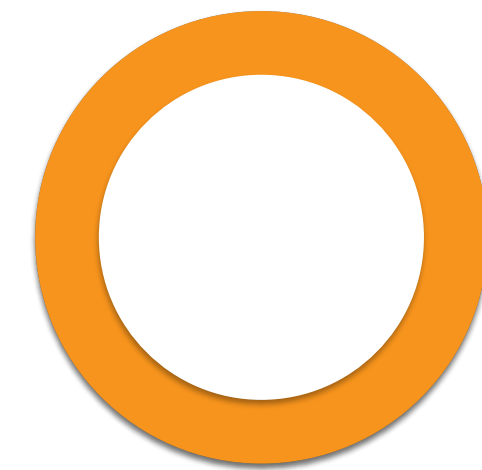
15 of 58 protein powders tested positive for steroids **(25%)**
Informed-Choice.org, 2014



“25% of all vitamins and supplements on sale are spiked with anabolic steroids”
Int’l. Assoc. of Athletic Federations, 2014



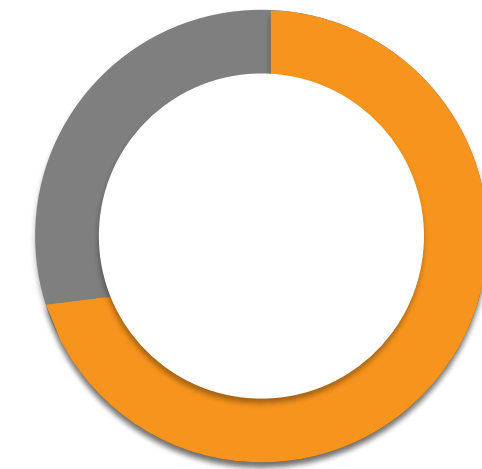
45 of 240 OTC supplements tested **(18%)** contained anabolic steroids
Int’l. Olympic Committee



“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*

A man wearing a black tank top and an orange cap is looking up at shelves filled with various supplement bottles in a gym or supplement store. The shelves are densely packed with bottles of different sizes and colors, including white, red, and blue. The man's back is to the camera, and he is looking towards the right side of the frame.

Are you taking
“dirty” supplements?



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Resources

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*



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A photograph of a muscular man from the back, flexing his back muscles. The image is dark, with the man's skin tone providing contrast. The text 'Anabolic Steroids' is overlaid on the image.

Anabolic Steroids



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What is **Testosterone**?

✦ Testosterone – natural hormone in the human body

✦ Male Sex hormone

✦ Puberty

✦ Muscle Growth

✦ Bone Growth

✦ Body Hair



Anabolic Androgenic **Steroids**

- ✦ **Man-Made / Synthetically Produced chemicals similar to the natural occurring hormone Testosterone**
- ✦ **Anabolic: Muscle Building**
- ✦ **Androgenic: Increased male characteristics**
- ✦ **Steroids: refers to the class of drug**



✓ **NOTE: not the same as corticosteroids which are used to treat asthma, arthritis, skin rash etc..**

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 - Males

- ✦ Premature balding
- ✦ Testicular atrophy
- ✦ Lower sperm count
- ✦ Sterility, Impotence
- ✦ Potential birth defects in offspring
- ✦ Breast Tissue Development



Gynecomastia "Man Boobs"



Cysts / Infection

Physical Dangers - Females

- ✦ Excessive Body Hair
- ✦ Balding
- ✦ Deepened voice
- ✦ Breast shrinkage
- ✦ Abnormal menstrual cycles
- ✦ Potential birth defects



Physical Dangers

+ Cardiovascular System

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



Other Physical Dangers

- ✦ Gastrointestinal System
 - ✦ Liver cysts / Liver cancer
- ✦ Musculoskeletal System
 - ✦ Bones stop growing
- ✦ Kidneys
 - ✦ Damage may be as severe as the heart damage
- ✦ Hypertension
- ✦ Increased chance of injury to tendons, ligaments, and muscles
- ✦ Jaundice, trembling, aching joints
- ✦ Bad breath
- ✦ Users can become addicted



ALL ME® Assembly Programs

- ✦ Multimedia assembly program
 - ✦ Schools (High Schools and Universities)
 - ✦ Conferences (ATC, Coaches, AD, etc)
 - ✦ Any large gathering of youth, parents, or adult influencers
- ✦ Virtual Programs Available
- ✦ Two Program Choices
 - ✦ Appearance and Performance Enhancing Substances
 - ✦ Dietary Supplement Safety and Nutrition





Promoting a “PED-Free” lifestyle
Join the All Me League by pledging
to live and compete PED Free!



www.allmeleague.com

Victor Decolongon / Getty Images



#ALLMEPEDFREE

Take the Pledge Today. Here's how.

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

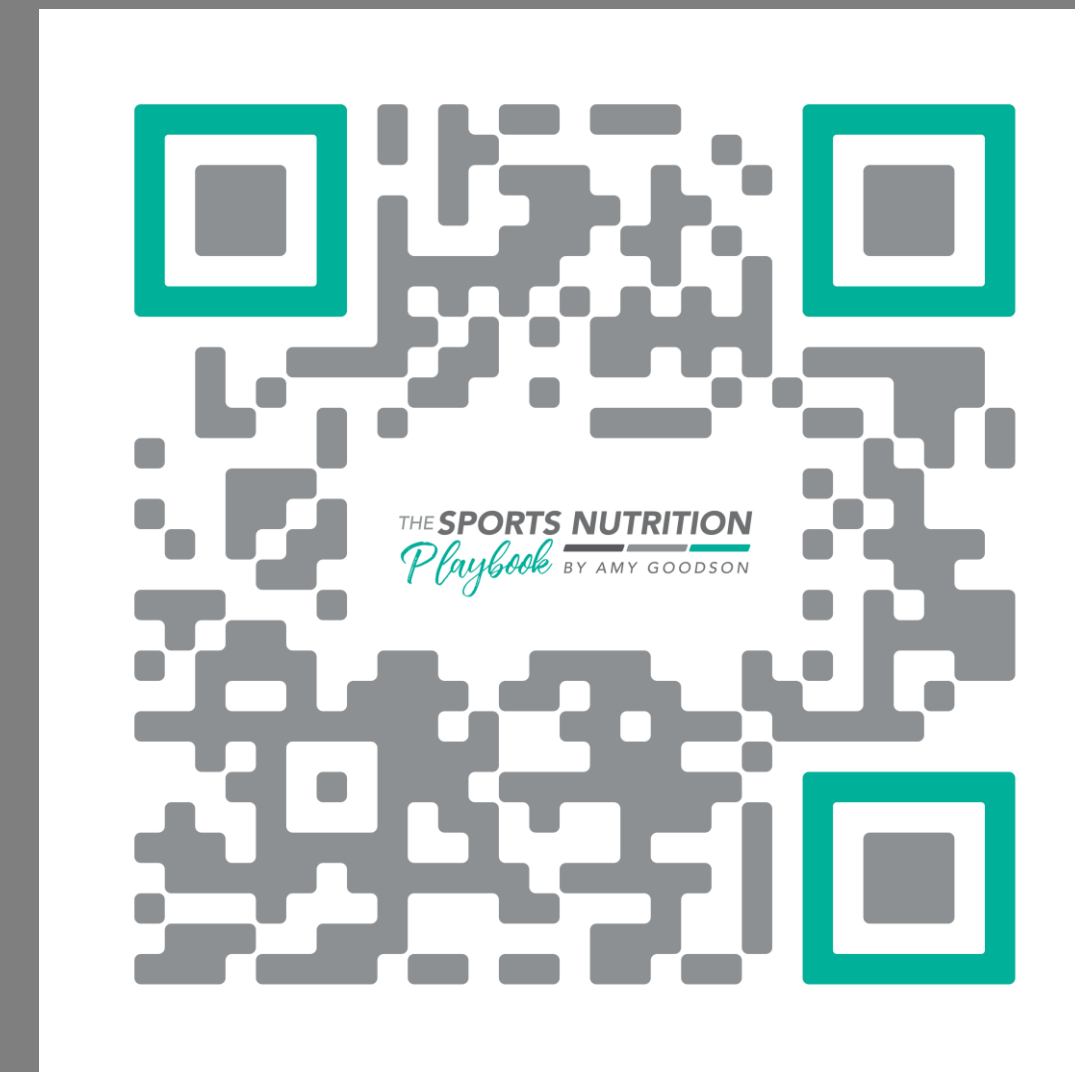
CONGRATS! You have now pledged
and joined the **ALL ME League!**

Nutrition Resources



www.mysportsd.com

THE **SPORTS NUTRITION**
Playbook BY AMY GOODSON



Want to see if your insurance covers nutrition counseling?

Text **INSURANCE** to **878-877-6787** and we will send you the form to complete

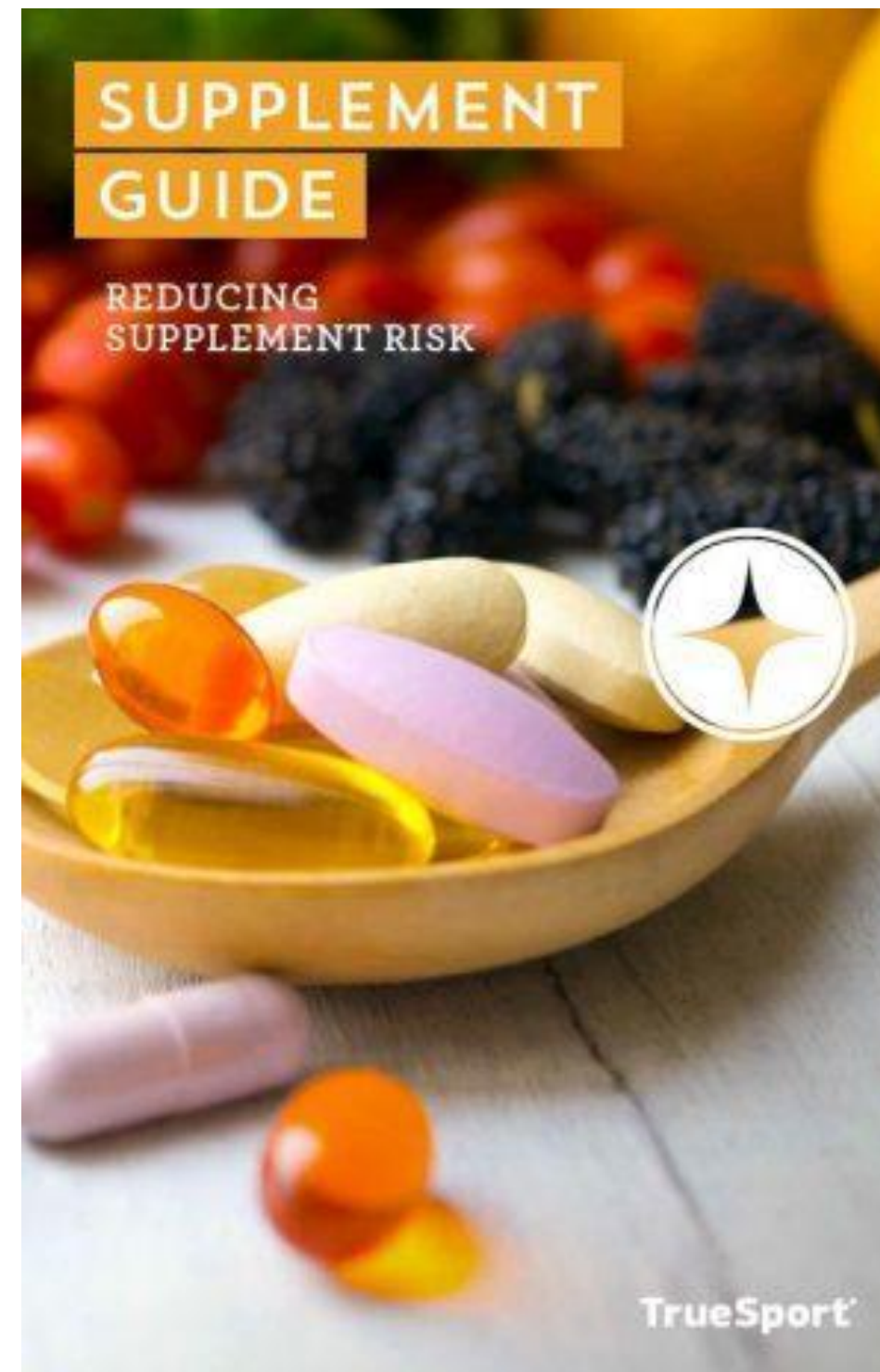


Resources



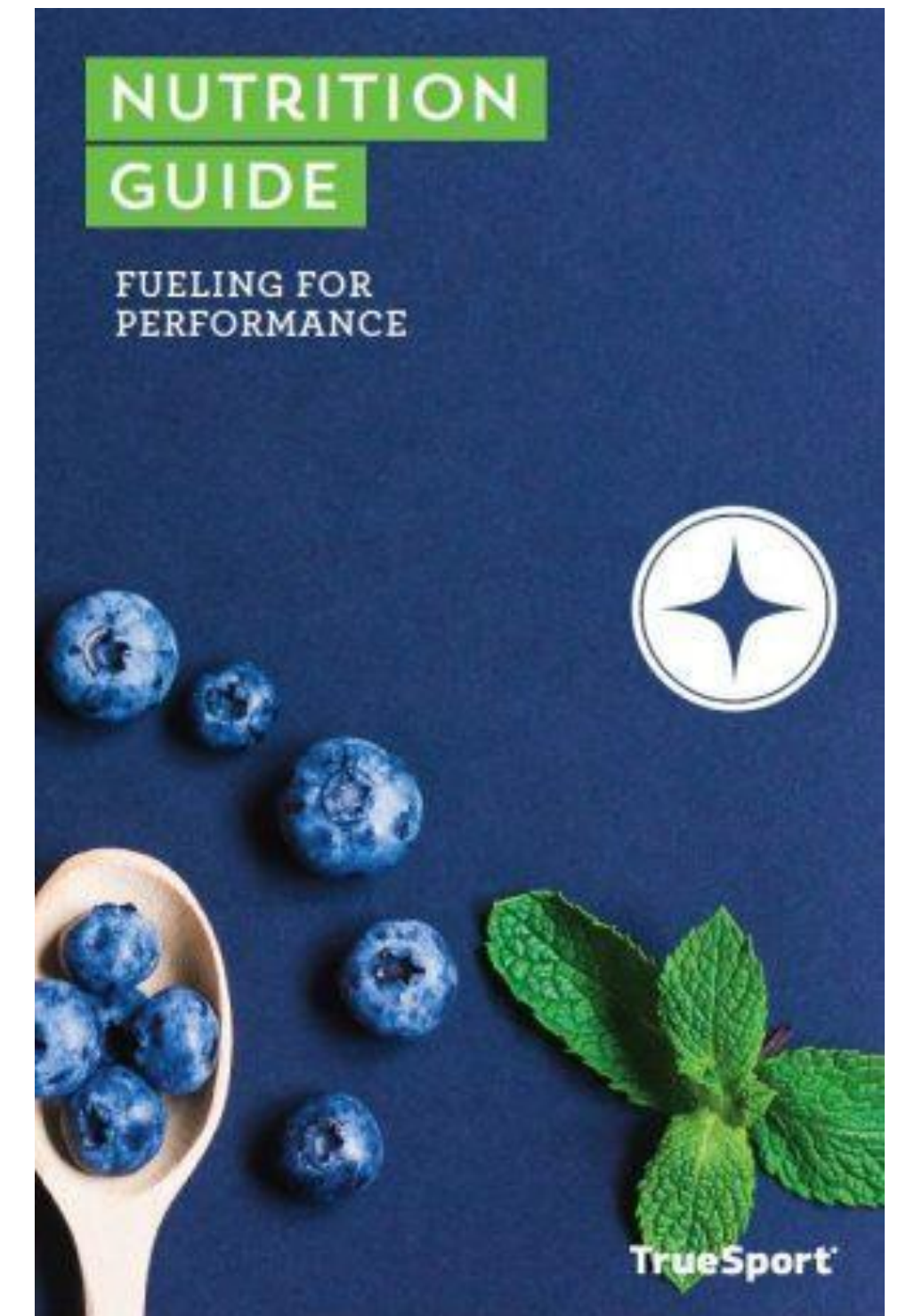
allme.libsyn.com

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TrueSport Supplement Guide

[Download Here](#)



TrueSport Nutrition Guide

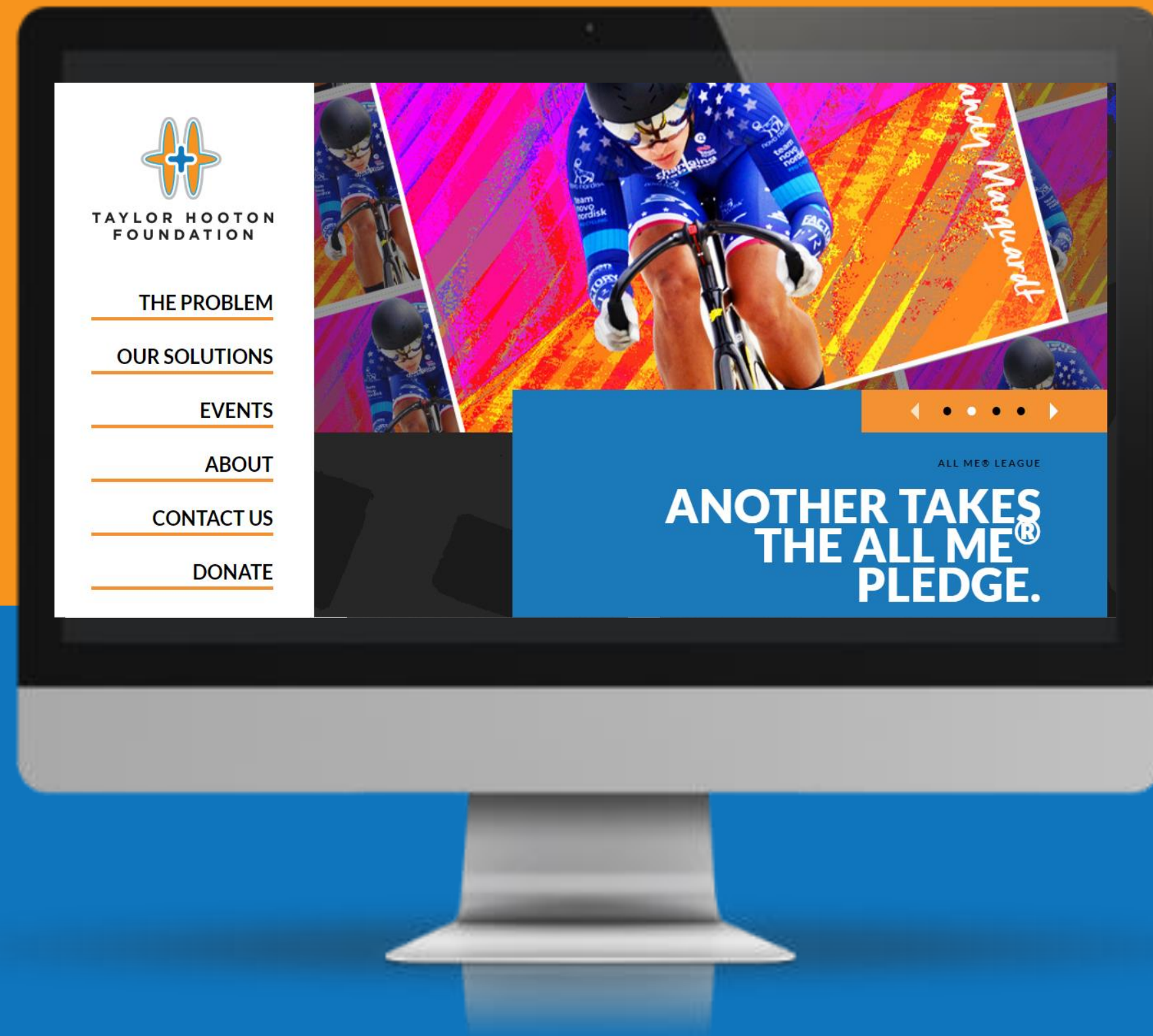
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Questions/Book A Program?

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More Information:

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