

Rheo H Blair and the Secrets of Bodybuilding Nutrition

**A Special Report
By Russ McDermott**

Entire contents Copyright 2003 by LifePowerBooks. All Rights Reserved.

You may freely distribute this eBook, under the condition that the contents not be altered or changed in any way.

RHEO H BLAIR:

The Genius of Bodybuilding Nutrition

Rheo Blair was born Irvin Johnson in Oct. 9, 1921 in New Jersey.

Johnson moved to Chicago in the early 1940s to pursue his first love, music. He trained with the famed vocal coach Feuchtinger and his passion for singing would continue throughout his life. Johnson had worked out with weights previously because of ill health, but had made little progress.

So in addition to his vocal studies, he began researching weight training and nutrition. In this field he found his true calling.

By the late 1940s, Johnson had transformed his own physique well enough to win a minor contest in Chicago and owned a very successful gym in that city, Johnson's Barbell Gymnasium at 22 E. Van Buren Street, where he turned out champion physique stars.

Johnson's success came when he decided to concentrate on the nutritional aspects of bodybuilding. He sought out nutritionists across the U.S. and experimented on himself and other bodybuilders.

Finally his efforts paid off and he became a sought-after figure in the bodybuilding world.

Johnson developed his concentrated protein supplement, Hi-Protein, and began marketing it through leading physical culture magazines, particularly Iron Man, in 1950. The first product was soy based and Johnson was not completely satisfied with the product's results.

In 1951 Johnson published "Irvin Johnson's Scientific Body Building and Nutrition Course." The slim volume outline his exercise and nutrition theories and brought him some measure of recognition among bodybuilders outside Chicago.

Johnson had already determined that six feedings a day were preferable to the three most were using at the times. As an example of Johnson's nutritional thoughts at the time, this sample daily menu plan was included in the course:

BREAKFAST:

2 or 3 eggs

2 oz. Ham or bacon, or other meat, or extra egg

1 glass Johnson's Hi-Protein Food

2-4 Johnson's Formula 6 capsules, 2 Johnson's Vitamin and Mineral tablets, 6 to 25 Johnson's Hepro tablets

MIDMORNING SNACK

1 Teaspoon of Proto

2 oz. Cheese or 1 glass Hi-Protein

LUNCH:

1 to 3 teaspoons of Proto

4 to 6 oz. Of meat, or all you want
vegetable or fruit

1 glass Hi-Protein

Butter

2 to 4 Johnson's Formula 6, 6 to 25 Hepro

MIDAFTERNOON SNACK

1 teaspoon Proto

2 eggs beat up in orange juice or 1 glass Hi-Protein

2 to 4 Formula 6, 6 to 25 Hepro

SUPPER

1 to 3 teaspoons of Proto

Meat, large serving

Fruit or vegetable

Whole wheat bread and butter

1 glass Hi-Protein

2 to 4 Formula 6, 6 to 25 Hepro

MID EVENING SNACK

1 to 3 teaspoons Proto

Cottage cheese, large serving, or 2 oz. Yellow cheese or 1 glass Hi-Protein

2 to 4 Formula 6

The other Johnson supplements in us eat the time were Hepro tablets, which contained approximately 85% protein in easily digested form with all the essential amino acids; Johnson's Multiple Vitamin and Mineral Tablets, which were a daily supplement of 24 vitamins and minerals, along with yeast and liver; Proto, a liquid amino acid; and Formula 6, the components of which I haven't been able to find. It may have been an essential fats supplement, but that is pure conjecture on my part.

By the late 1950s, Johnson had closed his Chicago gym and moved to Hollywood where he decided to concentrate on the nutritional aspects of bodybuilding.

Around this time, Johnson finally found what he was looking for when he developed his famous milk-and-egg protein supplement, Johnson's Protein Food.

The results were amazing. Bodybuilders using Johnson's program found they packed on lean muscular bodyweight without bodyfat. Vince Gironda enthusiastically endorsed Johnson's product and sold it in his famous gym, Johnson's success with such famous bodybuilding champs as Larry Scott drew muscle men from around the country to his program.

In 1965, Johnson changed his name to Rheo H Blair. One of the stories he often told was that a numerologist advised him to do so, saying his name needed more Rs. A great story, but it is more

likely that Johnson saw his given name as a bit pedestrian for the more flamboyant character he was becoming - and perhaps saw Rheo Blair as a more commercial brand name than Irvin Johnson. By the late 1970s, Johnson had opened an office opposite Universal Studios and was devoting most of his efforts to the nutritional needs and motion picture and television personalities and business figures. Among his more famous clients was Bobby Riggs, who at one point was taking more than 400 capsules a day of Blair's supplements during his successful match against Margaret Court Smith and his unsuccessful quest to defeat Billie Jean King. Other celebrities who followed the Blair Program included Lawrence Welk, Robert Cummings, Clint Walker, Liberace and a host of others.

Rheo Blair died on Oct. 6, 1983, at the age of 62. Blair's lifestyle (articles about Blair in the 1950s and 1960s sometimes mentioned a girlfriend, but he had become increasingly open about his homosexuality as he got older) led to an estrangement from his family and they destroyed most of his papers after he died, so many of his secrets were lost forever.

Fortunately, his legacy lives on in the pages of his two publications and older issue of major bodybuilding magazines, as well as in the memories of those who knew him.

ATTENTION BODYBUILDERS: Make your dedication and commitment pay off by joining former Wal-Mart stores CEO Bill Fields in an exciting new online business!

<http://www.guidedwealth.com>

What was in Blair's Protein?

So what exactly was in the Rheo Blair protein formula? What made it so different?

Blair's protein was manufactured from calcium and sodium caseinate derived from nonfat dry milk, lactalbumin (egg white protein) and dried whole eggs. It also included iron phosphate and natural vanilla flavoring. The powder was originally flavored with the artificial sweetener cyclamate, until the government banned it as a carcinogen in 1969. Briefly the powder was unsweetened, save for natural milk sugar (lactose), though Blair later came out with a protein powder sweetened with fructose.

A 1/4th cup serving (about the size of a single scoop provided with most protein powders) provided 102 calories, 17.5 grams of protein, 7 grams of carbohydrate and 0.6 grams of fat.

There were three things that made Blair's protein different from the other brands on the market. First, the milk and eggs were processed by a special low-heat vacuum method that precipitated the protein in an undenatured form.

The low-heat process was exclusive to Blair and meant that little nutritional value was lost in the manufacturing stage. It also made for a better tasting protein powder.

Second, the ingredients were milk and egg protein. Though these later became standard in the industry until the advent of whey, during the 1950s and 1960s most protein powders contained a lot of soy protein which was cheap to produce, or they were made from meat derivatives.

Blair originated protein powders, marketing his first, a soy-based product, in 1950. He also experimented with protein extracted from meats. But his research convinced him that milk-and-egg protein was the most effective way to build muscle.

Blair based his conclusions primarily on biological usefulness, or what percentage of the protein can be absorbed and assimilated by the body.

Blair wrote that eggs were the highest at 94 percent, followed by milk at 90 percent. Glandular meats ranked farther down at 77 percent.

He also based his findings on observation of bodybuilders he placed on various diets, including milk-egg diets and all-meat diets. His observations showed much greater growth on the milk-egg diet.

(Incidentally, Blair was not totally against all-meat diets. He would prescribe for his clients a meat and water diet for brief periods — one to three days ; never longer than a week — as a pre-contest cutting regimen. Blair emphasized that bodybuilders should not expect to gain muscle with such a diet, however.)

Blair also claimed that only milk-and-egg protein kept the body in a natural calcium-phosphorus balance, which he believed was important in building muscle. Meat products, in Blair's opinion, had too much phosphorus in ratio to calcium. Blair contended this could cause "phosphorus jitters," bringing with it anxiety, fatigue, insomnia and restlessness.

Blair believed the correct ratio was two parts calcium to one part phosphorus. Three ounces of Blair's protein provided 1100 mg calcium and 675 mg. phosphorus.

And there was one other ingredient missing from most of today's "more advanced" protein powders — lactose.

ATTENTION BODYBUILDERS: Make your dedication and commitment pay off by joining former Wal-Mart stores CEO Bill Fields in an exciting new online business!

<http://www.guidedwealth.com>

LACTOSE

The one carbohydrate essential to muscular growth

Blair's protein contained 7 grams of carbohydrate per 1/4 cup serving — and that carb was lactose, or natural milk sugar.

While Blair generally frowned on carbohydrates, only rarely eating fruits or vegetables, he believed lactose was essential to muscular growth.

As an animal carbohydrate, lactose is chemically different from other carbohydrates. It digests much more slowly than carbs from fruit, grains, vegetable and other plant sources.

Blair believed milk sugar was vital as it allowed the body to produce a host of B-Vitamins in the lower digestive tract and helped favorable intestinal bacteria to flourish. He also believed calcium was best absorbed in the presence of lactose.

But lactose's most important role, according to Blair, was as a protein sparer.

In the absence of plant-source carbs, the body converts protein into carbohydrate to meet energy needs. Blair believed lactose met many of those energy needs and helped to keep the body from converting protein into carbohydrate, thereby allowing protein to do what it was meant to do — build lean muscle tissue.

The lactose content made Blair's Protein hard to digest. Blair's students took special digestive capsules of hydrochloric acid and peptain (five or six capsules with each meal) to aid in digestion.

The digestibility factor is why virtually all protein powders available today have almost no lactose. Lactose may be one of the most important ingredients that made Blair's program so successful

ATTENTION BODYBUILDERS: Make your dedication and commitment pay off by joining former Wal-Mart stores CEO Bill Fields in an exciting new online business!

<http://www.guidedwealth.com>

Why cream?

Rheo Blair was constantly experimenting with his nutritional program. One of his goals was to make his protein formula as much like human mother's milk as possible. He believed this was the best growth food of all.

Mother's milk contains high amounts of saturated fats. Blair felt cream (and egg yolks) provided the best and most palatable source of that fat.

Blair also theorized that saturated fat "wrapped" the protein, slowing down digestion and making it more usable to the body over the course of the day.

There was another benefit Blair may not have realized that science has confirmed for us.

In a 1997 study published in the Journal of Applied Physiology, researchers found subjects who consumed the most saturated and monounsaturated fats had the highest levels of testosterone.

Blair's program was high in saturated fats from the cream and egg yolks and also included a good amount of monounsaturated fats from his Soybro capsules, which contained crude rice, wheat and soy germ oils.

Blair's diet was anabolic before the term came into common use!

ATTENTION BODYBUILDERS: Make your dedication and commitment pay off by joining former Wal-Mart stores CEO Bill Fields in an exciting new online business!

<http://www.guidedwealth.com>

Putting it all together

From best evidence available today, the reason the Blair Program was so successful can be broken down into these elements.

1. A properly manufactured, non-denatured protein supplement from milk and eggs (casein, whey and eggs)
2. Lactose
3. Saturated fats from cream and egg yolks
4. Monounsaturated fats from rice germ oil or other sources, such as nuts and seeds or (better still) olive oil
5. Very few carbohydrates (other than lactose)

In light of current research, I would also recommend other essential fats, such as flax oil or Udo's Perfected Oil Blend.

Though Rheo Blair is gone, we can use supplements available today to follow his program.

ATTENTION BODYBUILDERS: Make your dedication and commitment pay off by joining former Wal-Mart stores CEO Bill Fields in an exciting new online business!

<http://www.guidedwealth.com>

How top bodybuilders followed the Blair Program

One thing to understand is that Blair's Program was not set-in-stone, one-size-fits-all, as some would believe. Blair was constantly experimenting on his students, and the students experimented themselves, shaping the basics of the program to fit their individual needs.

The most common method for taking Blair protein was to mix 1/4 to 1/2 cup of protein with 1/2 to 1 cup of cream. a few bits of canned dietetic fruit or a couple of drops of Blair's flavoring extracts (coconut, banana and black walnut) were allowed for flavor. This produced a pudding-like protein meal that was eaten with a spoon.

A bodybuilder would typically have three to five of these drinks a day, depending on his bodyweight and caloric needs.

Some bodybuilders preferred to have their protein as a drink and so added half-and-half or whole milk along with the cream.

Rheo Blair's Own Diet

Rheo Blair followed his own program. A typical daily meal plan for Blair would be:

1/4 to 1/3 cup of his protein mixed with cream and milk, 5 times daily

Four eggs a day, prepared in his special manner.

Blair would also four or five regular meal each week, consisting of turkey (his favorite), lamb or beef. He did not eat fruits or vegetables, except for one or two slices of tomato.

Blair's \$1,000 Method for "Cooking" Raw Eggs

Rheo Blair took four eggs a day, prepared in this manner. It is a low-heat method that kills bacteria and cooks the egg, but does not destroy their nutritional value. Blair told Iron Man writer Howard Sanford Young he considered the secret worth \$1,000, but gave the method to his students for free.

The method is simple: Heat water to a temperature of 180 to 185 degrees (Fahrenheit) in a saucepan or stockpot. Use a kitchen thermometer to make sure water stays within this temperature range.

Add eggs (in the shell) to the water and simmer at this temperature for 25 minutes.

The eggs are then ready to eat or add to your protein drink.

Over the years, bodybuilders adapted the Blair Program to their own needs. Here are examples of how three top Blair students used the program at about the same time in 1965.

Larry Scott

Larry Scott, three-time Mr. Olympia, was Blair's prize student. Scott attributed 80% of his success to the Blair nutrition program.

Scott's usually took three Blair Protein meals each day. His mixture was 2/3 cup protein mixed with 1 cup cream and 1 cup milk.

Scott also too in three regular food meals a day, consisting of lean meat and cottage cheese, with almost no carbohydrates.

He also took 3 eggs a day, either raw or prepared in the Blair style.

Gable Paul Boudreaux

Gable Paul Boudreaux was a another famous bodybuilder of the 1960s who thrived under Blair's Program. He often used very large amounts of the protein powder in his diet.

At one point in his training he was mixing 1/3 cup protein powder to 1 cup of half-and-half. He consumed one glass of this mixture every hour for 12 hours a day. This gave him around 386 grams of protein per day!

Stan Brice

Stan Brice was another of Rheo Blair's most famous pupils.

A typical daily diet for Brice in 1965 was:

Breakfast: 1 cup Blair Protein mixed with 2 cups cream. Along with this he would take in 15-20 of Blair's Liver capsules, 1 capsule each of Vitamin E, Vitamin C, Vitamin A and the B Complex, 15-20 Soybro capsules and 6-8 of Blair's HCL digestive capsules.

Lunch: Same as Breakfast

Dinner: Fish or steak, small salad, small serving of a cooked vegetable and 4-6 HCL capsules.

Snack: Same as Lunch or Breakfast.

How to lose fat and preserve muscle the Rheo Blair way

Rheo H. Blair's protein-and-cream program was also use by major bodybuilders to cut fat while preserving muscle.

One of the more famous examples is well-known bodybuilder Steve Davis. Davis began Blair's program on April 15, 1967 , at 285 lbs. on a 5' 11" frame. He had a solid muscular base, but it was covered by a lot of excess fat.

After eight months on the Blair program, Davis was a ripped 195 lbs!

Blair's first action was to put Davis on a systematic diet. Davis consumed four to five protein meals a day, made from ½ cup of protein powder mixed with ½ cup of cream. He was allowed to use Blair's flavorings and a tiny bit of dietetic canned peaches or strawberries in the custard-like protein meal.

He also took a quart of certified raw milk each day and two or three eggs each day, cooked in the low-heat Blair method.

Davis would also have meat, usually in 4 oz. portions, two or three times a week.

Blair prescribed the following supplement regimen for Davis:

Liver Extract: 30 to 50 capsules per day

B-Complex: One capsule four times daily

Choline: 18 capsules a day

Peptain HCL: Five or six capsules at each meal.

Vitamin E: Five 200 IU capsules per day (1000 IU)

Vitamin C: Six capsules per day (3000 mg)

Calcium: Five per day.

Soybro: Five or more capsules per meal, averaging 30-60 per day

ATTENTION BODYBUILDERS: Make your dedication and commitment pay off by joining former Wal-Mart stores CEO Bill Fields in an exciting new online business!

<http://www.guidedwealth.com>

Rheo Blair's recommended supplements

Rheo Blair was best known for his protein powder. But Blair also manufactured a line of supplements, including some intriguing concoctions such as Soybro and his famous Liver Extract, which was said to be very beneficial for skin tone.

Blair's supplement program can, for the most part, be duplicated with quality supplement products available at your local health food store, or on the Internet. Some, such as his Liver Extract, have no equivalent currently available.

BLAIR'S PEPTAIN HCL: This is the special digestive used to help Blair's students digest his high-lactose protein product. Dosage: 6-8 with every meal.

BLAIR'S LIVER EXTRACT: This product contained 500 mg of liver fractions in a free, available form. Blair considered this far superior to desiccated liver. Dosage: 30-60 per day (or more)

BLAIR'S SOYBRO: Each capsule of this fatty acids product contained 360 mg of crude germ oils (rice, wheat and soy.) Dosage: 30-60 per day

BLAIR'S B-COMPLEX: Three capsules a day supplied 1,695 mg of all B-Complex vitamins.

BLAIR'S CHOLINE PLUS: A lipotropic meant to be used only with Blair's B-Complex ("to maintain balance.") 3 or more per day. Up to 18-20 if fat loss was the main goal.

BLAIR'S VITAMIN E: All natural derive from vegetable oils. It was available in three strengths, 100 International Units, 200 IU or 400 IU. 3-5 per day (1000mg or more daily)

BLAIR'S IRON PLUS: Supplied iron in natural form, along with zinc, copper and manganese in proper proportion. Three capsules a day supplied 5000 micrograms of biotin, 200 micrograms of B-12, plus ten other nutriments.

BLAIR'S CALCIUM PLUS and BLAIR'S CALCIUM P-F: Calcium supplements that also contained Vitamin C, Vitamin D and Hydrochloric Acid for proper digestion. The Plus formula was non-constipating and was designed to help irregularity. The P-F formula was for those with no elimination problems. 2-5 per day.

BLAIR'S BIO-PLUS: Each capsule contained 500 mg of lemon bioflavanoids with hesperidin, 50 mg of rutin and 150 mg of Vitamin C. 2-5 per day.

BLAIR'S VITAMIN A: from fish liver oil, each capsule contained 25,000 U.S.P. units of Vitamin A. 3 per day

BLAIR'S VITAMIN C: Super strength Vitamin C that provided 500 mg per capsule. 6 per day (3000mg)

ATTENTION BODYBUILDERS: Make your dedication and commitment pay off by joining former Wal-Mart stores CEO Bill Fields in an exciting new online business!

<http://www.guidedwealth.com>

How to follow the Rheo H Blair Program today

The overweight bodybuilder who wishes to lose fat should follow Steve Davis's program (outlined earlier) as closely as possible, including recommended supplements (your favorite brand.) I would suggest adding ½ cup of milk to the every 1/4 cup of protein powder for lactose, as most powders today are lactose free (or close to it.) This means an HCL digestive product is necessary.

For bodybuilder looking to pack on massive lean muscle, start with the basics.

Blair's basic program

This was the program Blair prescribed to the general public with his Protein Powder

½ cup Protein Powder

8 oz cream

2 oz milk

(mixed to a pudding-like consistency and eaten with a spoon or fork. Flavoring extracts could be added for flavor, as well as small amounts of dietetic canned fruit.)

Considering how most protein powders are made today, I would also add an additional 1 cup of milk (preferably certified raw) to each mixture. This will make it more of a drink, but also adds the essential lactose in about the same ratio as Blair's Protein.

Specifically, add ½ cup milk to each 1/4 cup protein powder.

I also recommend adding monounsaturated fats to the drink; 1 teaspoon to 1 tablespoon of olive should be fine (a max of 2 tablespoons of olive oil a day should be just about right). Other essential fats can be obtained from flax oil or Udo's Perfected Oil Blend.

Also, you can add a raw egg (be advised that there is danger of salmonella. Do so at your own risk.) Or an egg cooked in the Blair manner. You will have to use a blender if you add an egg. Start by having three drinks per day and three meals of lean meats (chicken, beef, fish, pork or lamb.) You can have a small salad with two of the meals, but make sure the dressing you use has few or no carbohydrates.

Note: Blair recommended that little or no liquid be consumed with solid food meals. He preferred his students to chew thoroughly and felt that excess liquids interfered with proper digestion. About ½ cup of water was allowed with each solid food meal.

As you progress, you can add more protein drinks and drop meals. Advanced Blair students often took no more than 3-5 solid food meals per week, living on his protein/cream mixture and supplements the rest of the time.

One thing to remember is that Blair's Program was not set in stone. He constantly experimented with his mixture, as well as with different nutrition and supplement plans customized to individual bodybuilders.

And many of the bodybuilding stars of the 1960s also customized their programs to suit themselves, but always used the protein/cream mixture as a base. You may have to do some experimenting to find out how to best use the Blair Program to meet your goals..

(A note on nutrition: Since protein powders vary in calories, protein content, etc., you will have to figure your protein requirements and adjust your intake accordingly. as a minimum is 1 gram of protein per pound of lean body weight. Blair's students often took in more. You will have to determine what works best for you, but use the 1 gram per 1 pound as your minimum.)

Combine this program with quality supplements (dosage in accordance with Blair's recommended dosage for his line of supplements) that are currently available at health food stores, gyms and online and you will be on your way to building the body you want!

Note: Do pay attention to your intake of calcium and phosphorus. Read your protein powder and supplement labels to make sure you are getting the 2 to 1 calcium to phosphorus ration and adjust with supplements as necessary.

ATTENTION BODYBUILDERS: Make your dedication and commitment pay off by joining former Wal-Mart stores CEO Bill Fields in an exciting new online business!

<http://www.guidedwealth.com>

Pre-Contest Cutting

Rheo Blair would prescribe for his clients a meat and water diet for brief periods — one to three days; never longer than a week — as a pre-contest cutting regimen. Six meals of large amounts of meat and nothing but water to drink.

However, Blair emphasized that bodybuilders should not expect to gain muscle with such a diet.

ATTENTION BODYBUILDERS: Make your dedication and commitment pay off by joining former Wal-Mart stores CEO Bill Fields in an exciting new online business!

<http://www.guidedwealth.com>

Recommended Protein Powders

Blair Protein

Jim Shiblom of Atlanta, Ga., owns the trademark for Blair's protein today. He had been selling it in 25 or 50 lb. quantities to gyms and health food stores, but now it is available in 2 lb. bags. For more information, visit their Websites at :

<http://www.rheoblair.com>

<http://www.rheoblairinfo.esmartweb.com>

Is it the same as Blair's original protein powder? The manufacturer says it is the same formula. And there is an article from *Muscle Mag* on their Website supporting their claim. I suggest you try it for yourself and decide.

Other Recommended Blends

In my opinion, your best choice among commercial protein supplements available today is a blend of proteins that includes casein, egg and whey. Among the finest ...

From ISS RESEARCH

Pro M3 Protein Blend: Pro M3 provides as a blend of 3 proteins that are fast acting, most absorbing and free of all the things your body doesn't need! ProM3 is as a protein powder like no other. It contains as a revolutionary blend of 3 proteins: Whey, Casein and Egg Albumen. PLUS: No added sugar & corn syrup, no oils & fillers and no mono & di glycerides.

(Ingredients: Pro M3 (Proprietary Protein Blend consisting of whey protein concentrate, calcium caseinate & egg albumen), cocoa powder, ISSOE3 (proprietary enzyme blend consisting of protease, lactase, amylase) natural and artificial flavors, sucralose.)

From OPTIMUM NUTRITION

Pro Complex: Optimum Nutrition introduces a Bigger and Better Pro Complex. This advanced formula contains a 55 g multi-protein blend consisting of Whey Protein Isolates, Whey Protein Concentrate, Egg Albumen and Hydrolyzed Whey Peptides. More BCAA's and Glutamine give it an amazing amino acid profile. Now Aspartame Free, Pro Complex provides a comprehensive blend of vitamins and essential minerals and 250 mg of the patented digestive enzyme Aminogen in every serving! Best of all, it tastes great and is instantized to mix easily with a spoon!

(Ingredients: Pro Complex Multi-Protein Blend (Whey Protein Isolate [from Ion Exchange and Cross Flow Microfiltration], Ultrafiltered Whey Protein Concentrate, Egg Albumen, Hydrolyzed Whey Peptides), Cocoa, Natural & Artificial Flavor, Lecithin, Vitamin Blend (Ascorbic Acid, Chromium GTF Polynicotinate, d-alpha Tocopheryl Succinate [Natural Vitamin E], diCalcium

Phosphate, Biotin, Vitamin A Palmitate, Niacinamide, d-Calcium Pantothenate, Cholecalciferol, Folic Acid, Pyridoxine Hydrochloride, Riboflavin, Cyanocobalamin), Acesulfame Potassium, Salt, Sucralose(Splenda Brand)

From UNIVERSAL

Animal Max Protein: Animal Max is the final piece of the "Animal" puzzle. Designed exclusively for hardcore, competitive bodybuilders, our line of "Animal: supplements - Animal Pak, Animal Stak, Animal Snak - will help you pack on mass like never before. Animal Max is a premium protein blend spiked with creatine, glutamine, and taurine. Utilizing the latest in protein technology, Animal Max optimizes protein synthesis and anti-catabolism due to its unique blend of whey isolates/hydrolysates, isolated casein peptides and pure egg albumin. (Ingredients: Animal Max Protein Blend (consisting of whey concentrate, isolated casein peptides, instantized egg white protein, whey isolates, hydrolyzed whey and glutamine peptides), creatine monohydrate, L-glutamine, glutamine peptides, L-tyrosine, natural and artificial flavors, guar gum, acesulfame potassium and stevia. 1 SKW Creapure creatine 2 This 1g of added glutamine is in addition to the over 4g of naturally occurring glutamine and glutamine peptides contained in the Animal Max protein blend.)

From CYTOSPORT

Muscle Milk: Muscle Milk is an "evolutionary" muscle formula promoting efficient fat burning, lean muscle growth and fast recovery from exercise. Metabolically favorable ingredients stimulate growth and recovery in a similar manner to mother's milk nourishing a baby. Creatine Production: Patent-pending, medically proven EndoCreatine gives you maximum benefits of creatine loading and storage by increasing your body's natural production of creatine. Efficient Energy Production: Lean Lipids are special fats that are easily mobilized for workout energy, enhance your body's fat metabolism and promote protein synthesis, anti-inflammatory effects and mineral retention. Muscle Growth and Repair: EvoPro is a complex ratio of proteins, peptides and amino acids designed to replicate the amazing benefits of mother's milk for rapid tissue growth and repair. (Ingredients: EvoPro custom evolution-based protein, peptide and amino acid matrix designed to closely reflect the nitrogen components and ratios found in human mother's milk (Micellar Alpha and Beta Caseins and Caseinates, Whey Concentrates rich in Alpha-Lactalbumin, Whey Isolates, Whey Peptides, Purified Bovine Colostrum Extract rich in Secretory IgA and IGF-1, Glutamine Peptides, L-Taurine, Lactoferrin).

The above are my top picks for Protein Blends. However, there are other fine quality proteins on the market, including:

Beverly International's ULTRA SIZE (available at www.beverlyinternational.com and at other online retailers)

Dave Draper's BOMBER BLEND (available from www.davedraper.com)

Larry Scott's HYPER GROWTH (available from www.larryscott.com)

For post-workout, you may prefer an all-whey protein. It's hard to beat Optimum Nutrition's 100 Percent Whey. Excellent taste and quality at a low price

A Note on Sources

Most of Blair's writings have been lost. Luckily there are three major written resources for those interested in Rheo Blair:

Irvin Johnson's Scientific Bodybuilding and Nutrition Course. (1951, published by Irvin Johnson)

The Blair Report (1968, published by Rheo Blair)

Also, I have amassed a complete collection of Peary Rader's Iron Man magazine from 1950-1984. Those issues of this magazine remain the best source for Rheo Blair's writings and methods. This report could not have been written without them.

Additionally, I want to thank the many friends and students of Rheo Blair who graciously answered my questions.

ATTENTION BODYBUILDERS: Make your dedication and commitment pay off by joining former Wal-Mart stores CEO Bill Fields in an exciting new online business!

<http://www.guidedwealth.com>
