

Why I Stopped Using Anavar And What I Now Do Instead

I hate to say it:

But I won't be using Anavar again.

Over the years I've used it a bunch of times and every single time I've had some impressive results.

It always helps me:

- Burn off fat.
- Get stronger.
- Get fitter.

If it's so good, why have I stopped using it then?

There's a couple of reasons:

1: The side effects – Every time I use Anavar I end up getting liver pains.

Var can be quite harsh on your liver.

The last time I used it I had to go take a hot bath to try and sooth the shooting pain going through my liver area.

That's no fun.

And the fact that you have to go through a post cycle therapy to try and regain your natural testosterone is no fun either.

I mean who really wants to be taking things like Clomid and Nolvadex?

Not me.

2: The second reason I stopped using Anavar is because I found something better.

It's a new system I've been working on that'll help you get better results than you would with Anavar but without the side effects.

It's a simple 2 step system but it works:

This system relies on using a product called Anvarol to get results.

Anvarol is an alternative to Anavar.

It's powerful stuff and it doesn't come with side effects.

The 2 Step 'Quick Start Guide' To Get Life Changing Results With Anvarol

Step 1: Get Your Diet On Point (It's Easy!)

If your goal is to burn off fat, get stronger and get that muscular ripped look that gets women drooling..

Then you need to get your diet in check.

- First of all I recommend reducing your calories by 500-1,000 per day below maintenance.
- Then I recommend keeping your carb intake below 100 per day.
- I recommend only eating carbs during a 5 hour window in the evening. For me that was between 2pm until 7pm.
- Eat 1 to 1.2 grams of protein per LBM.
- Get the rest of your calories from healthy fats.
- Use MyFitnessPal to track your calories and macros.

Step 2: Use Anvarol

In comparison. Anvarol is about as effective as Anavar at a dose of 60mg per day.

Which is powerful.

Get Started:

This is what I do now.

Whenever I want to burn fat and get in shape [I buy some Anvarol from here](#) and follow step 1.

What will this system do for you?

The '6 Jaw Dropping' Benefits Of Using Anvarol

Somebody asked me recently:

What are the benefits of using Anvarol?

What does it do and how does it make you feel?

Here's my answer:

- **#1 You'll Have A Never Ending Supply Of Energy**

Even if you're on a calorie deficit you'll be able to train for hours and still have plenty of energy left over to enjoy life outside the gym.

People will even start asking you "how come you have so much energy?!")

- **#2 Fat Will Melt Right Off Your Body**

When you train hard and reduce your calories it's mind-blowing how fast your fat cells will shrink.

(Imagine waking up each morning to see less fat and more muscle shining through.)

- **#3 You'll Build 'Eye Popping' Strength And Muscle**

Anvarol will increase anabolism which means you'll keep your muscle while cutting.

If you continue to lift heavy you'll notice that you look and feel stronger.

(It's a big relief to be able to burn fat knowing you're preserving all that hard earned muscle.)

- **#4 Your Endurance Will Go Through The Roof!**

With Anvarol you strengthen the smaller muscle fibers.

This helps increase performance and endurance.

That's why it's so popular among athletes who want to perform better without getting huge.

(If you play any sports then you'll wipe the floor with the competition unless they're reading this too.)

- **#5 Your Confidence Will Sky-Rocket**

There's something special about Anvarol that gives you a zen like sense of well being and confidence.

Nothing will phase you.

You'll be able to walk into any room feeling calm and collected.

That hot girl you never would have approached before?

No problem. You'll walk right up and talk to her and she'll like it too.

(Women can't get enough of a confident man who's in great shape too.)

- **#6 You'll Get 10x More Attention From Women**

So this one's for the men reading.

This combination helps you get the sort of physique that gets women all hot and bothered.

Even with a shirt on they'll notice.

Women will seek you out like a moth to a flame.

Let's face it most men aren't in great shape.

So when someone like you comes along who's healthy and has a great body..

Women will be elbowing each other out the way to get your attention. Trust me. :-)

All you need to do is follow the 2 steps above

Start by [reading the Anvarol reviews here](#) to see what others are saying.