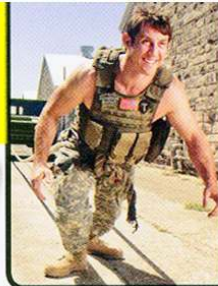


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**AMERICAN WARRIOR
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JOE WEIDER'S

MUSCLE & FITNESS

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P62

**HUGE
ARMS
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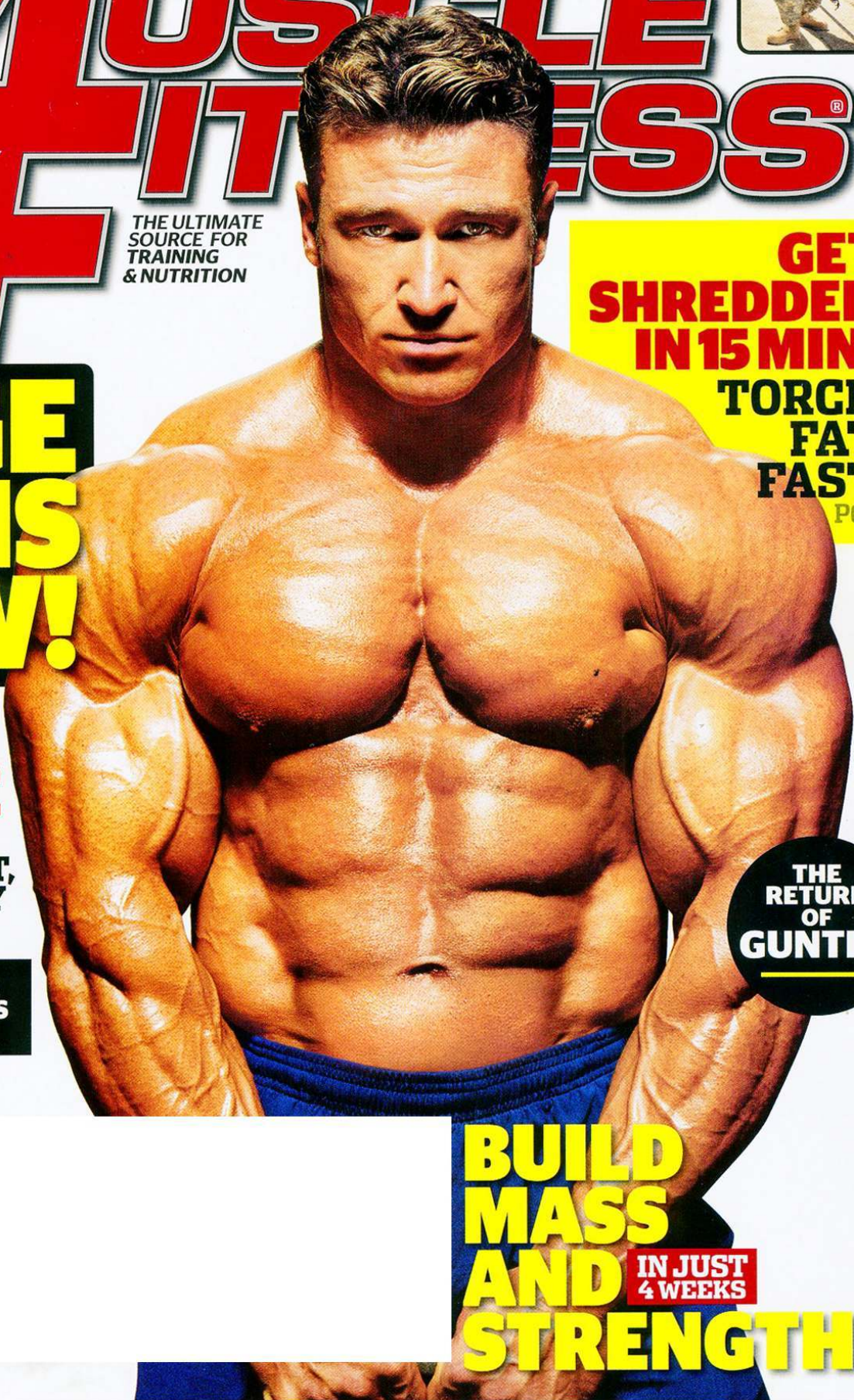
**EAT FOR
MUSCLE**

**> DAILY GUIDE
TO HOW, WHAT,
WHEN & WHEY**

47 COMPLETE
WORKOUTS
INSIDE

**THE
RETURN
OF
GUNTER**

**BUILD
MASS
AND
STRENGTH**
**IN JUST
4 WEEKS**



NUTRITION

INFLAMED RESULTS



Curcumin is a yellowish compound found in the Indian spice turmeric (a member of the ginger family) that has been used to successfully treat Alzheimer's and Crohn's diseases, gynecomastia, prostate cancer and ulcerative colitis. Bodybuilders use curcumin for its anti-inflammatory and analgesic properties because it's thought to be much safer than compounds such as acetaminophen, aspirin and ibuprofen. Relatively poor bioavailability has been a problem, but recent studies show that adding black pepper extract (piperine) is an ideal fix. In fact, adding a few milligrams of piperine to 500 mg of curcumin can improve its bioavailability by up to 2,000%.

DOSE IT: 1,000–3,000 mg per day.



5

THINGS YOU SHOULD KNOW ABOUT... COTTAGE CHEESE



1 Cottage cheese is indeed cheese, albeit one in which the milk is curdled and drained rather than pressed or aged. What's left is not only high in protein but specifically high in casein because the whey is mostly drained away.

2 One cup of low-fat (1%) cottage cheese contains 163 calories, 28 grams of protein, 6 grams of carbs and 2 grams of fat.

3 Sure, you can top cottage cheese with fruit or applesauce, but we like to get more creative. Purée it with a variety of herbs (try chives and dill) and eat it with whole-grain chips or use it as a spread in a turkey sandwich.

4 Cottage cheese's casein content makes it the perfect snack to choose at bedtime. Since casein digests slowly, it can feed muscles over a long period without food. That means you should pack a container for those days when you know you'll have to endure long gaps between meals.

5 Use it to add creaminess (and protein!) to recipes in place of fattier condiments. Mash it with a hardboiled egg to make a protein-packed egg salad or do the same with tuna. Blend it with a little milk to make a sauce for whole-wheat pasta on higher-carb days. Or combine it with an avocado to create a superhealthy guacamole.

FAT-FIGHTING FIBER

→ Although it may sound a lot like the anabolic hormone insulin, inulin is a fiber that appears to have powerful effects. When researchers gave healthy young men inulin-enriched pasta for five weeks, subjects showed significant improvements in levels of HDL (bad) cholesterol, triglycerides, fasting blood sugar, and other measures of health and insulin sensitivity. Inulin seems to work much like other fibers by optimizing digestion time, and allowing better control over blood-sugar and insulin levels.

TRY IT: 5 grams a day in divided doses with meals.



BUZZ BREATH

→ If there's one thing we at M&F love besides pumping out a heavy set of bench presses, it's caffeine. Research confirms that caffeine can make your brain more alert, your muscles instantly stronger and your fat cells smaller. So imagine our joy when we discovered caffeine you breathe. The Le Whif coffee stick delivers 100 mg of caffeine vapor right into your mouth for an instant jolt. Le Whif also has a chocolate puffer for the taste of chocolate without the calories. \$7.60 for a three-pack; lewhif.com