



TAYLOR HOOTON  
FOUNDATION

# ALL ME ASSEMBLY: PROGRAM SUMMARY

## APPEARANCE AND PERFORMANCE ENHANCING SUBSTANCES

**#AllMePEDFree**



Taylor Hooton



@allmeleague

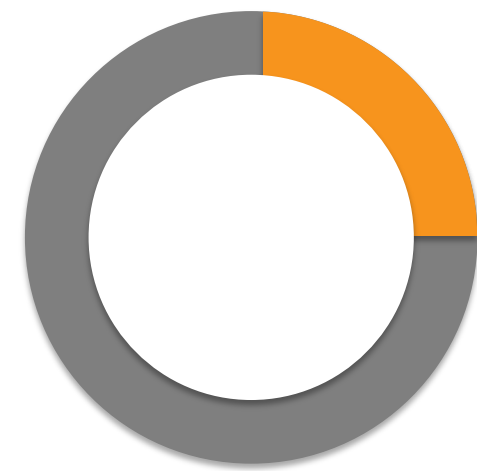


@TheTHF

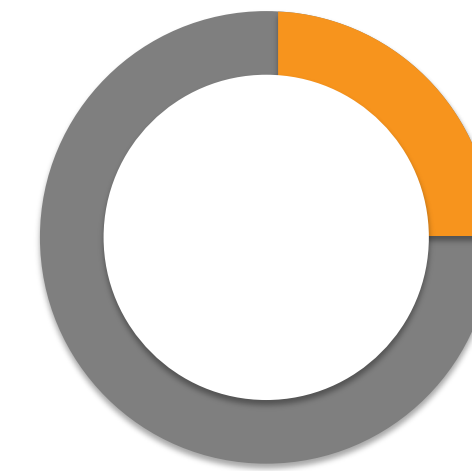


Text questions to: **401-552-5563** (401-55-ALLME)

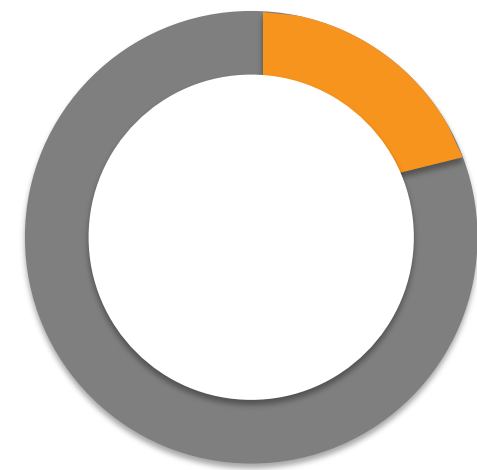
# 18-25% of supplements **spiked with steroids**



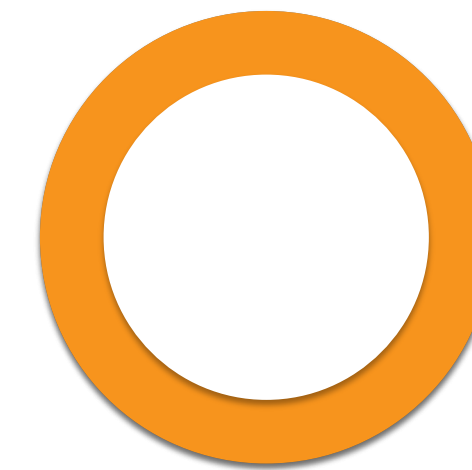
15 of 58 protein powders tested positive for steroids **(25%)**  
*Informed-Choice.org, 2014*



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



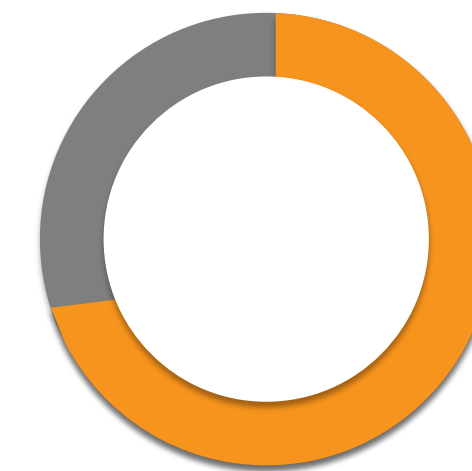
45 of 240 OTC supplements tested **(18%)** contained anabolic steroids  
*Int’l. Olympic Committee*



“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 an orange cap and glasses 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 is shirtless, showing his muscular build.

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



Certified for Sport™

## Resources:

- <http://taylorhooton.org/dietary-supplements/>
- NSF website: [www.nsf sport.com](http://www.nsf sport.com), with up to date product listings, supplement related news, and articles.
- *iPhone / Android Application*



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# Anabolic Steroids



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



# 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
- ✦ Painful erections
- ✦ Grow breasts\*

\*Breast surgery is now the #4 most frequent plastic surgeries . . . for men.  
Orange County Register, 6/23/2011



*Gynecomastia "Man Boobs"*



*Cysts / Infection*



# Physical Dangers - Females

- ✦ Male-type body hair
  - ✦ E.g., beard
- ✦ Male pattern baldness
- ✦ Deepened voice
- ✦ Breast shrinkage
- ✦ Abnormal menstrual cycles
- ✦ Potential birth defects
  - ✦ E.g., having a female fetus with male characteristics
- ✦ Enlarged clitoris





# 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



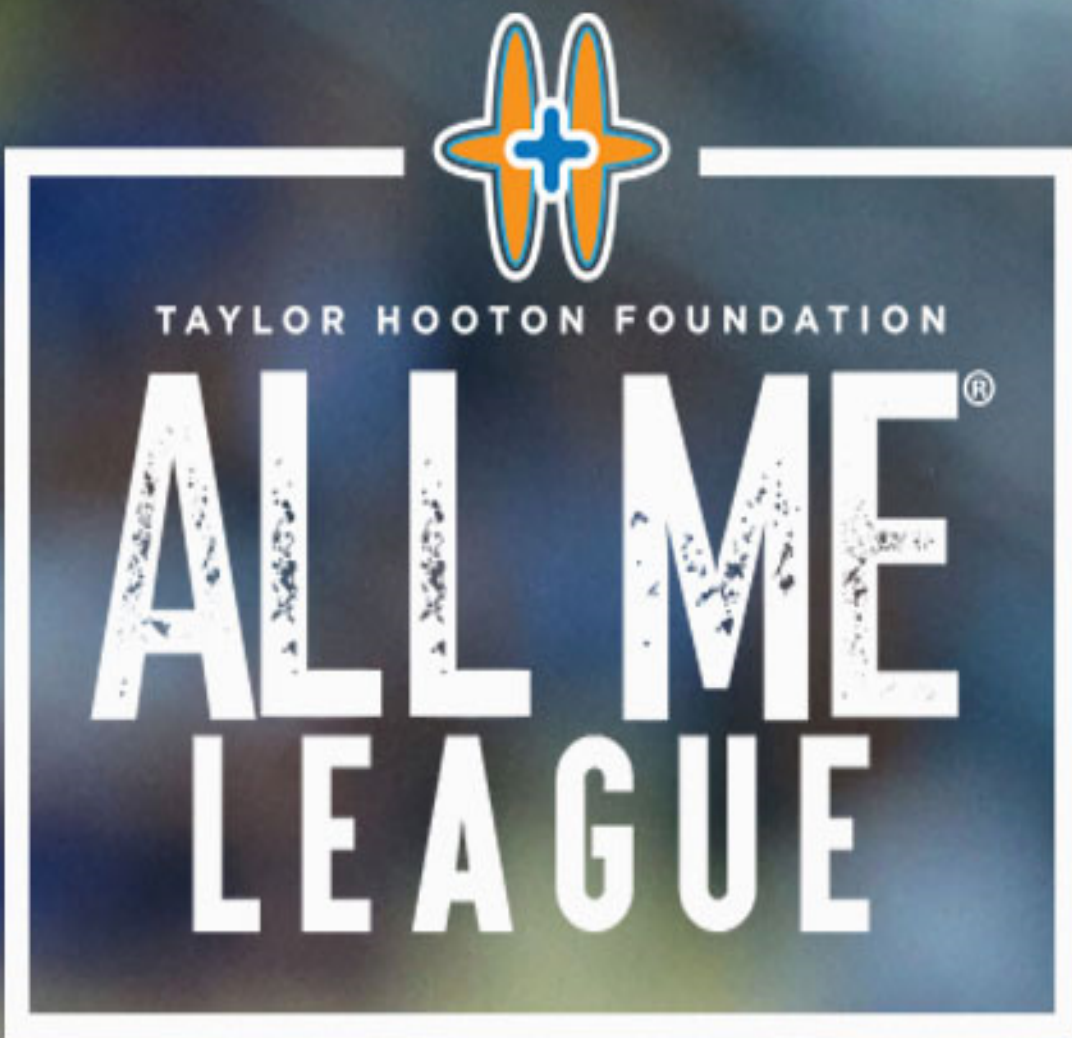


# Hoot's Chalk Talk **Assembly Programs**

- ✦ Multimedia assembly program
  - ✦ Schools, conferences, coaches meetings, any large gathering of youth, parents, or coaches
    - ✦ 45 – 60 minutes
    - ✦ Speaker, PowerPoint, Video
- ✦ Proven results and more information:
  - ✦ <http://taylorhooton.org/education-resources/proven-results/>
  - ✦ <http://taylorhooton.org/education-resources/face-to-face-programs/>







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

**[www.allmeleague.com](http://www.allmeleague.com)**

Victor Decolongon / Getty Images





## Join the All Me League

1. Go to: [allmeleague.com](http://allmeleague.com)
2. Enter your Name & Email

*Share with your Friends!*

***Congrats!***

*You have now pledged and  
joined the **All Me League***



# Contact Information



[www.taylorhooton.org](http://www.taylorhooton.org)

972-403-7300

[info@taylorhooton.org](mailto:info@taylorhooton.org)

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