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**Impair Healthy Healing In People Over The Age Of 30!**

**MuscleTech Gakic: A new era in musclebuilding performance**

**By Pat Stevens**

GAKIC, chemically known as glycine-l-arginine-alpha-ketoisocaproic acid, may be new to

Bodybuilders, athletes, and sports enthusiasts, though it has been in development for 8 years already and many studies have been done on this supplement. It's not like creatine, a stimulant or a generic pre-workout supplement. GAKIC is a pre-workout musclebuilding supplement.

Many studies have been done on this supplement and some have been published in publications such as *Medicine & Science in Sports & Exercise*. In one study, GAKIC supplementation significantly increased the total muscle work performed during resistance training by an average of 10.5 percent during the first 15 minutes. In the same study, GAKIC supplementation was shown to significantly increase fatigue resistance by up to an average of 28 percent when compared with the placebo.

To get bigger, the human body has to pass new barriers by blasting through the body's normal fatigue threshold, also known as "failure". After years of scientific scrutiny, researchers believe that one of the key mechanisms responsible for the performance-enhancing effects of GAKIC is the removal of the fatigue toxin ammonia, which can interfere with normal muscle metabolism and generally limit muscular power output. With decreased fatigue toxin levels, the body can perform more work. This can eventually translate into better muscular gains as training intensity and strength improve over time.

In layman's terms, GAKIC is designed to help the body deal with metabolic fatigue by delaying the moment of failure – helping to get 1, 2, or even 3 more reps in. Since GAKIC works immediately, all that is needed is to take it before training. There's no loading, cycling, or maintenance phases.

What's in GAKIC is chemically known as glycine-l-arginine-alpha-ketoisocaproic acid

Glycine is a nonessential amino acid, meaning your body's cells can synthesize sufficient amounts of it to meet physiological requirements. Studies show that production of growth hormone (one of the most important musclebuilding hormones) increases in a dose-dependent manner with glycine supplementation. Another thing about glycine is that when it's combined with arginine (as it is in GAKIC), it has the potential to increase endogenous creatine levels.

Arginine plays an important role in many bodily functions including the removal of ammonia from the body, immune function, and the release of hormones. The body also uses it to produce nitric oxide, which relaxes blood vessels.

Alpha-ketoglutarate represents the "KIC" in GAKIC. KIC is a branched-chain keto acid (BCKA) that has anti-catabolic effects meaning it can help prevent muscle loss. BCKAs also aid in a muscle's energy production while helping to remove ammonia. Buildups of ammonia are common during intense training sessions, and have been known to play a part in fatigue.

### How Gakic Works

There are two types of failure: that which occurs due to neurological issues and that which occurs due to metabolic issues. The former occurs with lower rep training, whereas the latter occurs with moderate to high-rep training. In the example above, metabolic fatigue sets in due to the build-up of various

metabolic by-products which negatively affects exercise performance and inhibits some aspects of the muscle's contractile machinery. GAKIC helps your body deal with this metabolic fatigue and thus delays this moment of failure.

### Does Gakic contain Creatine?

No. GAKIC is not a creatine supplement. Creatine increases the regeneration of a primary muscle fuel source called adenosine triphosphate (ATP). GAKIC works at the muscle fiber level via different metabolic mechanism than creatine. One of GAKIC's jobs is to remove fatigue toxins - toxins that prevent your muscles from making more ATP.

GAKIC is available in either powder or caplet form and can be found at online retailers such as

<http://www.bodyconcept.com/>

Pat Stevens writes about sports topics such as body building and supplements and is not directly affiliated with GAKIC or Bodyconcept.com. To reuse this article you are required to link to

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## Evaluating MLB Pitching

**By Sebastien Veilleux**

As a MLB baseball fan and sports bettor, you probably know that one key element in any baseball game is the pitching. A solid pitcher can completely shutdown an opposing side. What happens when you have two very good pitchers going at it? Usually the game is low scoring—no matter how good the

hitters are. Just the opposite can happen when to sub-par pitchers take the mound. Knowing how to properly evaluate pitching is key to winning your baseball bets. However, evaluating can be a complicated task. Just what should we pay attention to? That's the purpose of this article. We will discuss what's important to look at and use the past performance of real pitchers to illustrate these points. It's time to play ball.

## ERA

The most common mistake for those wagering on MLB baseball has to be simply looking at the pitcher's ERA. The ERA is important, but you have to dig a little deeper to get the full story. Let's take a look at Chicago White Sox pitcher Freddy Garcia. Let's imagine that it's late in the season and he's on the mound with his 3.87 ERA. It would be easy to look at that and decide that he's a good pitcher. However, looking at his stats deeper tells a tale of two pitchers—home and away. Let's compare.

1. At home, Garcia has a 4–5 record. On the road he is 10–3. 2. At home, his ERA is 4.38. On the road his ERA is 3.40. 3. At home he gave up 17 home runs 38 walks. On the road he gave up 9 home runs and 22 walks. 4. He pitched 10 more innings on the road.

So what does this data tell you? For one, it tells you that Freddy Garcia is not a good pitcher at home. By looking deeper into the ERA and where the game is being played, you can get a better picture of just who's taking the mound for a game.

## Team Performance

Another area you want to look at is team performance, which looks at how well the pitcher has performed against the team. While you can look at history, it's best to look at the current season and only pull in history if there are no current season performances. The reason is simple; teams change, at least a little, each year. Let's keep looking at Freddy Garcia to see why team performance is so important. Take a look at a couple teams Garcia pitched against in 2005 and the outcome.

1. Garcia pitched four games against Detroit and had a 2.61 ERA.

2. Garcia pitched four games against Cleveland and had a 2.63 ERA. 3. Garcia pitched three games against Seattle and had an 8.35 ERA. 4. Garcia pitched two games against Oakland and had a 3.46 ERA.

By looking at team performance, we can see that Garcia's outcome fluctuated and there are certain teams that he just does not do well against and others he dominates. We just looked at ERA here, but you can drill down further and look at overall pitching performance such as: hits, walks, home runs, innings pitched and so forth.

## Inning Count

The last area of our discussion involves inning count. It's vital that you know how deep, on average, the pitcher goes into games. If the pitcher is known for 5–6 inning outings, then you know the bullpen

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will be a major factor in the game. If this is the case and the team's bullpen is suspect, you have to devalue the starting pitcher some. If you have a pitcher that normally works 7–8 innings and the team has a dominant closer and possibly a very good setup man, then you can focus more on the starting pitcher. Here's an example list of pitchers and their 2005 averages.

1.Freddy Garcia 7 innings. 2.Randy Johnson 6 2/3 innings. 3.Pedro Martinez 7 innings. 4.Jose Contrares 6 13/ innings. 5.Livian Hernandez 7 innings.

In the case of Randy Johnson and Jose Contrares, we would have to discount their ability slightly if their team's bullpen was not solid. Getting 7 innings of work out of a starting pitcher is good and about the average.

So the next time you go to bet baseball, look at who is pitching and do a little evaluating. It will pay off in the end.

Sebastien Veilleux is the founder of

<http://AdvantageSportsBetting.com>

. He's one of the top experts in

the sports betting industry today. Main site:

<http://www.advantagesportsbetting.com>

Horse Racing:

<http://www.advantagesportsbetting.com/horse-wagering.htm>



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