

Introduction to JHR, August 2006

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The Future is Now!!!!

JHR has brought science to the field of bodybuilding for over 6 years now. Throughout these years, we have kept our mind focused on one primary goal: Revolutionizing the Sport of Bodybuilding through Science, Logic, Scripture, and the utmost integrity.

Our vision is coming to fruition.

The authors of JHR have a simple message to boldly proclaim to our brethren of the Iron Jungle: **The Future is Now!**

Over the next year, methods to get shredded, acquire skills, and maximize muscular hypertrophy/hyperplasia are going to be developed like never before.

This will be accomplished through rigorous hours of research, with some of the top scientists in the world. By this time next year, you will see dozens of professional journal publications that will literally change your life!!!

Inline with this, I would like to personally congratulate President Jacob Wilson, on his work towards his PhD at Florida State University, Tallahassee. Here, the President is conducting research on hot topics never before covered in our field.

Without further ado, let us embark on our journey to develop the ultimate physique, with the next revolutionary issue of JHR.

Leucine – The Key to Anabolism

Over the past several months, the President has been obsessed with protein. This is highlighted by Wilson J and Wilson G. most recent publication on protein which can be accessed by clicking [Here](#).

As a follow up to this series, The President has composed a masterpiece on perhaps the most anabolic amino acid in existence – Leucine. Just reading the words in this article may make you grow!

Interactive Learning – Crossword Puzzle Madness!!

Our super moderator, Coz, was kind enough to design this excellent interactive crossword puzzle for his fellow athletes, so that the readers of JHR can learn in a fun and interactive format. Enjoy!

Post Workout Calculator

The Fans have spoken: They want a Post workout Calculator!!!

Well, you'll be thrilled to hear that our own Adam "Old School" Knowlden has designed the most hard-core post workout shake calculator that you have ever witnessed.

Now, the readers of JHR will be able to learn how to consume an optimal post workout shake, in a matter of minutes!

Enjoy your growth my friends

Keep it Hardcore,

Venom

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