

# WANT TO BUILD MUSCLE FAST? YOU NEED TO STOP USING **IBUPROFEN**

**IF YOU'RE** hoping to bulk-up you need to make sure you're not making this common mistake.

It takes a lot of discipline and hard work to get bulging biceps and rock-hard abs. If you want to **increase the size of your muscles** you're going to have to workout, lift weights and eat plenty of protein. Muscle growth happens when damaged muscle fibres repair and grow thicker. This means you need to inflict damage on your muscles through activity they aren't accustomed to – think heavy weightlifting – if you want to build muscle.

But there is also one key thing you need to avoid doing if you want to get ripped.



According to a new Swedish study, regularly taking anti-inflammatory drugs (like ibuprofen) can prevent muscle growth.

Researchers studied the effects of ibuprofen on the skeletal muscles of a group of healthy 18-35-year-olds who were weight training three times a week.

The study, carried out by the Karolinska Institutet, randomly split the participants into two groups.

One were told to take a higher dose of ibuprofen (1,200 mg, which is a normal 24-hour dose), while the others took a lower dose of aspirin (75 mg). Both groups took the drugs alongside weight-training for the thighs for eight weeks.

At the end of the study researchers measured certain variables including muscle growth, muscle strength and anti-inflammatory markers in the muscles.

## 10 Ways To Build Muscle

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Participants who had taken the low dose of aspirin saw their muscles grow twice as much as those in the ibuprofen group.

Muscle strength was also negatively affected by the high dose of ibuprofen.

“The results are extremely interesting since the use of anti-inflammatory drugs is so globally widespread, not least amongst elite athletes and recreationally active individuals,” said principal investigator Tommy Lundberg, researcher at Karolinska Institutet’s Department of Laboratory Medicine.

A further study found that **taking ibuprofen for just one day “increases your risk of a heart attack by 48%”**.



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