

## Re: Ephedrine

**Source:** <http://sci.tech-archive.net/Archive/sci.med.cardiology/2004-09/0596.html>

---

**From:** Zee (*fresh~horses\_at\_despammed.com*)

**Date:** 09/07/04

Date: 7 Sep 2004 09:19:07 -0700

Salut Lictor

"Would anyone take even a 1 % health risk...."

Sad to say, many do Lictor. I would venture most of the popular "diets" and so-called fitness centres are dangerous for even the average person. And is anyone there qualified to weed out a "Synergie"? Not from my experience.

I learned my fitness regime from physiotherapists and exercise physiologists who have masters degrees in their disciplines and who worked with a physiatrist and former Lithuanian Olympic trainer.

Anyone can do the same. Call your nearest university kinesiology program and ask for names. It may cost a bit, but it's a lifetime investment. Once you know exercise physiology you can fine-tune your program as needed. For the rest of your life.

Zee