

YOUR NAME HERE

Creatine Supplements

Many athletes use the vitamin supplement known as Creatine. This supplement gives the human body a massive increase in the amounts of Creatine in the body. This increased amount allows for the major development of the muscles that will provide better play during athletic games. Creatine monohydrate and Creatine phosphate, commonly and jointly called Creatine, are common and legal supplements that can be found naturally or in stores. Its use as an ATP {adenosine triphosphate, or body energy} precursor, meaning it is used to create ATP in the body, is demanded and used by the athletes; thus, many athletes endorse the use of creatine. The total definition of Creatine is “an important nitrogenous compound produced by metabolic processes in the body. Combined with phosphorus, it forms high-energy phosphate. In normal metabolic reactions the phosphorus is yielded to combine with a molecule of adenosine diphosphate to produce a molecule of very high-energy adenosine triphosphate”. {Article 1}

Creatine should not be allowed in athletics because of the unfair advantage it gives to the users; hence, it is unnatural and cheating. All sports should be played naturally, because sports were invented by subconscious scientific thoughts dealing with the survival of the fittest. The use of Creatine by athletes is the same as a student taking a cheat sheet to a test. It is a way to be the best without earning it. Using creatine takes away from the traditions in sports and athletics, and destroys the fairness certain competitions have. “More than a dozen clinical studies published in peer-reviewed journals, including The American Journal of Sports Medicine and the Journal of Applied Physiology, support the claim that creatine increases lean muscle mass and athletic performance. In one Hamilton 2 controlled, double-blind study, eight fit men were put through a

high- intensity workout before and after receiving 14 days of supplements-- half of the participants received creatine, the other half received a Placebo. The tests measured the amount of work they could perform on a stationary bike, in a single bench press, and in repetitive lifting. The group receiving creatine significantly improved its performance on all three tests. In contrast, the control group showed no improvement.” {article 9} This example of the true advantage creatine gives people shows that with equal effort the users still advance dramatically because of just taking a pill. The use of Creatine might help one’s performance, but can still hinder the opinions of dominance due to the use of the supplement. An example of the tarnishing of a reputation is the Mark McGwire’s breaking the all time homeruns in Major League Baseball. His use of Creatine was controversial and many believed it to be cheating. “Major League Baseball and the players union responded to the discomfort over McGwire's use of supplements by calling for a panel of doctors to research their safety. ‘This one really caught us with our pants down,’ says Bill Bryan, past president of the Association of Professional Team Physicians and team physician for the Houston Astros. ‘We [doctors] had just been shaking our heads all this time that androstenedione was on the shelves.” Bryan added, "I would hate to be in McGwire's shoes right now.’ If McGwire ends up surpassing Maris's record of 61 home runs, his achievement will be tarnished by his use of supplements. That will be a sad outcome for a man who was a great natural athlete before he even heard of androstenedione and creatine and who might well have set the record without Hamilton 3 them. Pushing the limits Athletes have turned to supplements for centuries. Some have been banned from competition for using illegal substances that may-or may not-improve performance.” Article 5} His fear, almost losing the title because of the use of creatine, is a great example of the emotional distress Creatine can bring about. Many believe that Sammy Sosa should be the record holder because McGwire

cheated with the use of Creatine. Since many supplements have been banned from athletics because of the improvement of performance, Creatine should be banned as well because it has been researched to show that it does improve muscle growth and repair and also improves performance. The controversy of whether or not Creatine is cheating still remains. Is it cheating? Many people believe Creatine is not cheating, but help to the athletes. Their stance for Creatine is Creatine helps repair damaged muscles after injury and is made by the human body. This helpful supplement should be considered a helping hand on the road to great athletics. If taking a legal supplement that can be found in nature is cheating, why is the usage of amino acids by athletes not considered cheating? How can the use of Creatine even begin to be considered cheating when it is actually used by all, and the supplements are available to all as well. Creatine is an organic compound made by the liver, kidneys, and pancreas from the amino acids glycine, methionine, and arginine. From these sites of synthesis, creatine is transported to the skeletal muscles. Creatine exists in two forms in muscle: as free creatine and as Creatine phosphate, which makes up two-thirds of the total creatine in the body. In addition to being synthesized by Hamilton 4 the body, creatine also comes from the consumption of meat and fish products.” Everybody makes creatine and most people eat fish and meat, and yet others use Creatine supplements, from the Denver Broncos to Mark McGwire. If all the professionals are using it, will it be considered not cheating then? Creatine should be allowed to be used by athletes because of the almost impossible testing for the supplement and its beneficiary uses for helping athletes. Creatine use is very hard to determine because of the personal creation of the chemical in the body and the ingestion of meat products. The use of Creatine breaks only the ethics of the reasons people play sports. People who try their hardest and work hard, battling the odds and win are heroes, but people who work less and face no obstacles in the battles for the best lack the

heart which makes them a hero. If the human body makes enough of creatine on its own, why do humans have to have more to increase muscle mass, speed and performance? Taking more than needed to function normally is the ethical delusion that humans constantly destroy. Those who believe it is not cheating because it is formed naturally should realize many other drugs are formed naturally even though they might kill you or are considered illegal such as marijuana. Those who believe that Creatine is a great thing because a lot of famous athletes use it have fallen into a disillusion that all famous people know what is right and wrong. Would the followers jump off a bridge and copy a sports hero if that hero said that he got strong by jumping off of a bridge. These misunderstanding people will keep following the crowd unless things change. The use of creatine has demolished sportsmanship and pride for Hamilton 5 athletics. One should realize that the effort is worth the pain once one wins over his opposition. Although many people will continue to use the muscle enhancing supplement of Creatine, many shall not. Those who do may pay later {if the supplement is removed from athletics}, and those who work hard to get to be the best, naturally, will be the heroes of tomorrow capturing the respect of the ancestors of the great athletes. One must form his own opinions of whether Creatine is cheating or not. If one decides that they are not because they improve the body's potential, they must believe that steroids should be legal, as well as all drugs. Creatine has not been tested for long term affects, but nobody wants to wait for answers. Many want immediate results and do not care what the side effects are. "Some questions exist about the safety of large doses and long-term use of creatine. Clinical studies typically have limited intake to 25 mg per day, so it is unclear whether higher daily doses are safe. And because clinical research has focused only on the short-term effects of creatine supplementation (less than one year), potential side effects from long-term use, such as liver or kidney damage, have not been studied. According to an article that

appeared in Newsweek on January 12, 1998, creatine is being investigated as a contributing factor in the deaths of three collegiate wrestlers. It is unknown whether all three men were taking creatine supplements. The Food and Drug Administration, the Centers for Disease Control, and the National College Athletic Association are investigating the cause of the wrestlers' deaths.”

{ Article 9 } Now that people are actually taking certain risks into consideration, maybe those risks will take the Creatine away from athletics until further evaluation on ethics and side effects of the Hamilton 6 supplement. Nobody needs to be better than what they really are. This unnatural advantage crave by mankind will lead to certain demise of those who chose to take the easy way through life. Life is about defeating obstacles, not being able to avoid them. If one avoids the obstacles, are they really living?

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