I asked Saunders about this effect, and how people might not be totally convinced that the output was drug-induced.

Among the indispensable and semi-essential amino acids whose levels in plasma were most severely affected in HBSS were Val, Leu, His, and Arg.

As his proud father fired off verbal insults -- the fights never got physical -- his mother threatened to leave him for good.

Lee Brown is a professor of strength and conditioning in the department of kinesiology at California State University, Fullerton and director of the Center for Sport Performance.