

Men's Health MAY 2016

Game Of Thrones Special

MAY 2016 £3.99

XXXL EDITION

Men's Health

BUILD A ROCK SOLID CORE

Strength x Power
Hafthór Björnsson's
Mountain Workout

#1 Way To Smash Stress

FITNESS

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SWEATED & TESTED**

MUSCLE

**TRAINING WITH FRONING,
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SPECIAL REPORT

**RAGING BULLS: BRITAIN'S
PROBLEM WITH STEROIDS**

HAFTHÓR BJÖRNSSON, 27, STRONGMAN, ACTOR, MOUNTAIN (6FT 9IN, 195KG)



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FLAB INTO
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**TRAIN
YOUR
BRAIN**
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**MICHELIN CHEFS TURN
THE TABLES ON FAT** p68

**6 WAYS WE LIKE OUR
EGGS IN THE MORNING**

**LET THEM EAT CARBS!
HOW TO GRAIN & GAIN**



FLYING THE FLAG: WORKING OUT WITH GAZA'S CALISTHENICS COLLECTIVE P86


HEARST | RODALE



PAIN AND GAIN

It's the classic pharma conundrum: which to smash in case of emergency? To end the inflammatory debate, MH puts two common painkillers under the microscope

PARACETAMOL	VS	IBUPROFEN
		
64p		77p
For 4000mg, or eight own-brand tablets - the maximum daily dose		The cost of your one-day max of 1600mg. That's only four pills to pop

<p>“ Good for headaches, fevers and mild pains. You don't usually become tolerant to it, and you can take it on an empty stomach ” <small>Dr Stephen Humble, London Pain Clinic</small></p>	<p>ENDORSEMENT</p> 	<p>“ Ibuprofen can also be used for treatment of joint pain or osteoarthritis, and it's generally seen as safer than paracetamol ” <small>Dr Ralph Rogers, London Sports Injury Clinic</small></p>
<p>A 2000 study proved that, despite its efficacy in battling pain, paracetamol offers zero benefit in managing DOMS</p> <p style="font-size: 2em; font-weight: bold; text-align: center;">NONE</p>	<p>MUSCLE RELIEF</p> 	<p>HIGH Though it won't restore muscle function, anti-inflammatory ibuprofen is your friend when suffering post-leg day pain</p>
<p>Rash Swelling Low blood pressure</p>	<p>SIDE EFFECTS</p> 	<p>High blood pressure Nausea Abdominal pain</p>
<p>Ball too hard last night? Dr Rogers, a medical advisor to the NBA, suggests paracetamol, plus proper rehydration</p> 	<p>HANGOVER</p> 	<p>Dr Humble recommends slamming a cocktail of ibuprofen and paracetamol with plenty of water. And a full English</p>
<p>Inflammation is how the body deals with harm. Taking paracetamol 1-2 days after injury lets your body do its thing</p> 	<p>INJURY</p> 	<p>Further down the line, anti-inflammes such as ibuprofen will quell excessive inflammation and aid muscle recovery</p>
<p>Boosts memory Relieves stress Fights depression</p>	<p>BONUSES</p> 	<p>Fights depression Slows Alzheimer's Curbs Parkinson's</p>

THE MH VERDICT: IBUPROFEN WINS!

An easy pill to swallow for the one in three who don't know the difference anyway, but ibuprofen's anti-inflammatory firepower blows paracetamol out of the pharmacy. Just use the lowest effective dose, and use sparingly. You can tough out the odd case of DOMS.