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By Lou Schuler;Michael Mejia

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Mejia, who is Men's Health's "Muscle Guy" columnist, Along with Lou Schuler, His other titles include The Men's Health Gym Bible,

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Author information. Lou Schuler and Michael Mejia, M.S., C.S.C.S., are coauthors of the book "The Testosterone Advantage Plan"(TM). Lou is also fitness director for

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