Sarpagandha is bitter and pungent in taste, pungent in the post digestive effective and has hot potency.

In 1982 he was at the controls of a BA Boeing 747 above Indonesia, when volcanic ash caused all four of its engines to fail at once.

Some are humble, down-to-earth people, but let’s be honest, some narcissism is par for the course in bodybuilding.

Northern Ireland is seen as the only place in Europe that if you pre-select