

#1 NEW YORK TIMES BESTSELLER

JUICED

WILD TIMES,

RAMPANT 'ROIDS,

SMASH HITS, AND

HOW BASEBALL GOT BIG

RF /
DH

OBP	.353
G	1887
AB	7057
R	1186
H	3877
2B	340
3B	34
HR	492
RBI	1427
BB	706
K	1942
SB	209
CS	88
AVG	.286
SLG	.515

#33

Jose Canseco

J U I C E D

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I want to dedicate this book to my fans, who have supported me and cheered me on for many years—and deserve to know the truth.

Contents

<i>INTRODUCTION: A Look to the Future</i>	1	15. <i>Giambi, The Most Obvious Juicer in the Game</i>	1B5
<i>PROLOGUE: The First Time Hurts Most</i>	11	1B. <i>Baseball Economics 101</i>	175
1. "You'll Never Add Up to Anything"	15	17. <i>The Night My Daughter Saved My Life</i>	187
2. <i>A J.V. Player at Coral Park High</i>	25	18. <i>Steroid Summer, The McGwire-Sosa Show, and the Fake Controversy over Andro?</i>	197
3. <i>A Vow to My Dying Mother</i>	37	19. <i>The Godfather of Steroids</i>	205
4. "The Natural"	47	20. <i>Clean Living</i>	219
5. <i>Rookie of the Year</i>	57	21. "Not Really Here to Play"	227
6. <i>The Bash Brothers</i>	71	22. <i>Nice Guys Finish Last</i>	239
7. <i>My First Lamborghini</i>	81	23. <i>An Education Money Can't Buy</i>	247
8. <i>Imports, Road Beef, and Extra Cell Phones</i>	89	24. <i>Did He or Didn't He?</i>	257
9. <i>Madonna's "Bat Boy"</i>	99	25. <i>The Future of the Game</i>	269
10. <i>Thank You, Tom Boswell</i>	111	<i>EPILOGUE: Forever Young</i>	277
11. <i>Texas-Sized Sluggers</i>	127	<i>ACKNOWLEDGMENTS</i>	285
12. <i>Fatherhood Changes Everything</i>	139	<i>INDEX OF NAMES</i>	287
13. <i>The Strike</i>	147		
14. <i>The Men in Black</i>	155		

A LOOK TO THE FUTURE

These past few years, all you had to do was turn on a radio or flip to a sports cable channel, and you could count on hearing some blowhard give you his opinion about steroids and baseball and what it says about our society and blah blah blah. Well, enough already. I'm tired of hearing such short-sighted crap from people who have no idea what they're talking about. Steroids are here to stay. That's a fact. I guarantee it. Steroids are the future. By the time my eight-year-old daughter, Josie, has graduated from high school, a majority of all professional athletes—in all sports—will be taking steroids. And believe it or not, that's good news.

Let's be clear what we are talking about. In no way, shape, or form, do I endorse the use of steroids without proper medical advice and thorough expert supervision. I'll say it again: Steroids are serious. They are nothing to mess around with casually, and if anything, devoting yourself to the systematic use of steroids means you have to stay away from recreational drugs. I was never into that stuff anyway, cocaine and all that, but if you're going to work with steroids, you have to get used to clean living, smart eating, and taking care of yourself by getting plenty of rest and not overtaxing your body.

I'm especially critical of anyone who starts playing around with steroids too early, when they are barely old enough to shave and not even fully grown yet. Your body is already raging with

J U I C E D

hormones at that age, and the last thing you want to do is wreak havoc with your body's natural balance. If you want to turn yourself into a nearly superhuman athlete, the way I did, you need to wait until you have matured into adulthood. That way your body can handle it. And you shouldn't fool yourself into thinking that all you need to do is just read a few articles on steroids, either. What you need to do is to absorb every scrap of information and insight on the subject—to become an expert on the subject, the way I did.

We're talking about the future here. I have no doubt whatsoever that intelligent, informed use of steroids, combined with human growth hormone, will one day be so accepted that everybody will be doing it. Steroid use will be more common than Botox is now. Every baseball player and pro athlete will be using at least low levels of steroids. As a result, baseball and other sports will be more exciting and entertaining. Human life will be improved, too. We will live longer and better. And maybe we'll love longer and better, too.

We will be able to look good and have strong, fit bodies well into our sixties and beyond. It's called evolution, and there is no stopping it. All these people crying about steroids in baseball now will look as foolish in a few years as the people who said John F. Kennedy was crazy to say the United States would put a man on the moon. People who see the future earlier than others are always feared and misunderstood.

The public needs to be informed about the reality of steroids and how they have affected the lives of many star baseball players, including me. Have I used steroids? You bet I did. Did steroids make me a better baseball player? Of course they did. If I had it all to do over again, would I live a steroid-enriched life? Yes, I would. Do I have any regrets or qualms about relying on chemicals to help me hit a baseball so far? To be honest, no, I don't.

We human beings are made up of chemicals. High school chemistry students learn to recite "CHOPKINS CaFe," which is all the chemical elements that make up the human body: carbon, hydrogen, oxygen, phosphorous, potassium, iodine, nitrogen, sulfur, calcium, and iron. Maybe it bothers some people to think of our bodies as just a collection of those elements, but I find it comforting.

I like studying the body and how it works. I like knowing all about what makes us stronger and faster. If you learn about the chemicals that make up life, and study the hormones coursing through our bloodstreams that give our bodies instructions, you can learn how to improve your health through controlled use of steroids. And you can do it safely.

Yes, you heard me right: Steroids, used correctly, will not only make you stronger and sexier, they will also make you healthier. Certain steroids, used in proper combinations, can cure certain diseases. Steroids will give you a better quality of life and also drastically slow down the aging process.

If people learn how to use steroids and growth hormone properly, especially as they get older—sixty, seventy, eighty years old—their way of living will change completely. If you start young enough, when you are in your twenties, thirties, and forties, and use steroids properly, you can probably slow the aging process by fifteen or twenty years. I'm forty years old, but I look much younger—and I can still do everything the way I could when I was twenty-five.

When I talk in detail about steroids and how I single-handedly changed the game of baseball by introducing them into the game, I am saying what everyone in baseball has known for years. To all my critics, to everyone who wants to turn this into a debate about me, Jose Canseco, let me quote my favorite actor (besides Arnold Schwarzenegger, that is) and say: You can't *handle* the truth.

J U I C E D

That is the story of baseball in recent years. Everyone in the game has been hoping the lie could last as long as possible. They wanted steroids in the game to make it more exciting, hoping they would be able to build its popularity back up after the disastrous cancellation of the 1994 World Series. So when I taught other players how to use steroids, no one lifted a finger to stop me. When I educated trainers and others on how to inject players with steroids, there was nothing standing in my way. Directly or indirectly, nearly everyone in baseball was complicit.

How do I know that? I was known as the godfather of steroids in baseball. I introduced steroids into the big leagues back in 1985, and taught other players how to use steroids and growth hormone. Back then, weight lifting was taboo in baseball. The teams didn't have weight-lifting programs. Teams didn't allow it. But once they saw what I could do as a result of my weight lifting, they said, "My God, if it's working for Jose, it's gotta work for a lot of players."

So all of a sudden ballparks were being built with brand-new, high-tech weight-lifting facilities, and at the older ballparks they were moving stuff around and remodeling to make room for weight rooms. I definitely restructured the way the game was played. Because of my influence, and my example, there were dramatic changes in the way that players looked and the way they played. That was because of changes in their nutrition, their approach to fitness and weight lifting, and their steroid intake and education.

If you asked any player who was the one who knew about steroids, they'd all tell you: Jose Canseco.

Who do you go to when you want information on steroids?

Jose Canseco.

Who do you go to if you wanted to know if you were using it properly?

Jose Canseco.

If you picked up this book just for a few juicy tales about which players I've poked with needles full of steroids, or what it was like when Madonna sat on my lap and asked me to kiss her, that's fine with me. I've lived a colorful life, and people have always been curious about the things I've done. If you want to flip through the chapters looking for the highlights, I have no problem with that (as long as you pay the cover price, of course).

But let me be clear that I'm writing this book for people who are ready to think for themselves. That's all I'm asking. Hear me out, listen to what I have to say about baseball and other things, and come to your own conclusions. That might sound easy, but believe me, coming to terms with a true picture of what has been going on in baseball in the past ten years or so might not be what you really want.

Do I expect some skepticism from people? Of course I do. I've made some mistakes in the past. I've made mistakes in my personal life, and I've made mistakes in public, too. There have been times when I spoke out without realizing how my comments might sound to people. That's all water under the bridge. Now, I'm looking to the rest of my life, not dwelling on what might have been.

I'm telling the truth about steroids in this book because someone has to do it. We're long overdue for some honesty and, as any ballplayer will tell you, I know the real story of steroids in baseball better than any man alive. I'm also in a position to tell you the truth because I no longer have any ties with Major League Baseball, and I have no interest in the politics and double standards of Major League Baseball. I'm my own man and always have been.

Back when I first started using steroids, I tracked down as many books as I could find on the subject, and I studied the

J U I C E D

science behind steroids. I started becoming something like a guru. I wanted to know everything about each steroid and what it did, especially pertaining to athletes and sports and baseball. Could it make me faster? Could it make me stronger? Could it make me injury-free? I started experimenting on myself, using my own body to see what steroid could do what. Today, I probably know more about steroids and what steroids can do for the human body than any layman in the world.

I believe every steroid out there can be used safely and beneficially—it's all a question of dosage. Some steroids you cycle off and on, depending on the dose. You just have to make sure you give your liver enough time to filter them out. There are other steroids that have very low toxicity levels. Those can be taken continuously by most healthy people. It just depends. Growth hormone? You can use that all year round. Same thing with your Equipoise, your Winstrols, your Decas—taken properly, those are fine all year round. But something like Anadrol, and some high dosages of testosterone—those have to be moderated, taken more selectively. This is all important because when ballplayers talk about steroids, they really mean a combination of steroids and growth hormone, and that requires some serious planning if you don't want to get yourself in trouble.

Believe it or not, I first found out about the benefits of growth hormone in a book. That was when I was first educating myself, years ago. There were certain bookstores that had a big selection of books on body building and related subjects, and you could go into the stores and flip through the books, or buy them and bring them home like cookbooks full of recipes to try. Or you could just go talk to bodybuilders. They were always on the lookout for the latest information themselves, so often they would sell the books or magazines with the newest tips. It took

me some time, and a lot of effort, but I educated myself. I read and I listened to bodybuilders talk about the subject. Little by little, I turned myself into an expert and that gave me a huge edge as a baseball player.

There's always that competitive angle in baseball: The pitchers trying to stay in front of the hitters, the hitters trying to stay in front of the pitchers. As hitters, we were always looking for better equipment and for any other edge we could gain. We may keep a video camera on a pitcher, trying to find out if he's tipping his pitches. The game has become so technical. You can go back during a game after every at-bat to look at what you just did. You have five computers with ten different camera angles, and you can slow it down, fast-forward it, break it down, this and that. You can use the computer to break down where your hot zone is and know exactly what you're doing wrong pitch by pitch.

You feel like a damn scientist back there: They play back every one of your at-bats, watching them in slow-mo, and from every different angle. It's just incredible. You can reexamine each at-bat to analyze every element of your performance: where your hands were, how your feet were placed, the speed of your swing. This radical new technology has taken over baseball, and all of sports. It's awesome, really—but it makes sense, given all the money at stake now. And that applies to every kind of technology, running the gamut from digital video and high powered software to steroids and growth hormone, and whatever comes next.

Remember back when Mark McGwire and I were called the "Bash Brothers" during our time together on those memorable Oakland As teams from the late 1980s to early 1990s? I didn't always like that tag, but people were right that McGwire and I spent a lot of time together. Of course, we didn't talk much.

J U I C E D

What we did, more times than I can count, was go into a bathroom stall together to shoot up steroids.

That's right: After batting practice or right before the game, Mark and I would duck into a stall in the men's room, load up our syringes, and inject ourselves. I always injected myself, because I had practiced enough to know just what I was doing, but often I would inject Mark as well.

It helps to have a partner to do the injecting for you. It's difficult to inject yourself, especially when you're first starting out, because you have to get the needle at just the right angle to hit the glute muscle in the ideal spot. Whenever you're going to inject into muscle tissue, you have to hit your spot just right. I don't recommend injecting steroids into yourself in the early going. Get a friend, or a doctor, to do it.

Growth hormone is a little different. For best results, you want to inject growth hormone into your abdominal muscles—you just pinch a thin layer of fat and inject yourself right there. It's pretty easy, and you can get good at it quickly. Some of the players were injecting growth hormone every day, or every third day. It all depended on how big you were and what results you wanted.

As a rookie, McGwire was a skinny kid with hardly any muscles on him at all. There's no doubt that Mark was always a great hitter, even before steroids: He hit forty-nine homers in his first season, 1987, which is still the rookie record for home runs. He always had a smooth, compact, and powerful swing; he had amazing technique. But the steroids made Mark much bigger and much stronger; perhaps most important of all, I personally observed how they made him feel more confident and more comfortable with his own body. All of that definitely helped him break Roger Maris's record in 1998. I don't know of anyone in

baseball who won't tell you that's true, so long as they're talking off the record and in private and don't have to worry about being quoted in a splashy headline somewhere.

Have other superstars used steroids? If you don't know the answer, you've been skimming, not reading. The challenge is not to find a top player who has used steroids. The challenge is to find a top player who *hasn't*. No one who reads this book from cover to cover will have any doubt that steroids are a huge part of baseball, and always will be, no matter what crazy toothless testing schemes the powers that be might dream up.

Is it cheating to do what everyone wants you to do? Are players the only ones to blame for steroids when Donald Fehr and the other bosses of the Major League Players' Association fought for years to make sure players wouldn't be tested for steroids? Is it all that secret when the owners of the game put out the word that they want home runs and excitement, making sure that everyone from trainers to managers to clubhouse attendants understands that whatever it is the players are doing to become superhuman, they sure ought to keep it up?

People want to be entertained at the ballpark. They want baseball to be fun and exciting. Home runs are fun and exciting. They are easy for even the most casual fan to appreciate. Steroid-enhanced athletes hit more home runs. So yes, I have personally reshaped the game of baseball through my example and my teaching. More than that, I am glad that soon enough the work I've done will help reshape the way millions of you out there live your lives, too. Why should only top athletes with huge salaries reap the benefits of the revolution in biotechnology that will define our times? Why shouldn't everyone get to ride the wave?

J U I C E D

I hope this book will help you get over any biases you may have about steroids. I will do my best to help you unlock your own potential, so that even if you are not a professional athlete, you can look like one and feel like one and, in some ways at least, perform like one.

Prologue

THE FIRST TIME HURTS MOST

I was really scared the first time I used steroids. It all started for me late in 1984 when I was twenty years old. I had vowed to my mother that I would become the best athlete on the planet, no matter what it took, and I was totally focused on making that happen. I came back to Miami after playing minor-league baseball in the Oakland A's system for the 1984 season, and I was more determined than ever to turn myself into an amazing physical specimen. Fortunately for me, I had a friend from high school (I'll call him Al) who knew a lot about steroids and had experimented with them. He had enough firsthand experience to know what the hell he was talking about.

After I finally decided it was time, I looked him up when I got back to Miami. I had asked him a few general questions before, but now it was like I was cramming for a test. I pressed him to give me as many details as possible about how steroids actually worked and what they actually did to you. I was always thinking about trying to make myself better and stronger and faster, and since I was still a runt at that stage, five foot eleven and one hundred and ninety pounds, I knew I had a lot to gain from dabbling with steroids.

The first time I injected steroids was in Al's room, over at his house. We'd been talking about steroids so much, I knew it was just a matter of time before I gave it a try, and one afternoon we went to get something to eat at this pizza joint near Coral Park High and had one more discussion about what I would need to

J U I C E D

do, and how long it would take to work, and what sort of increases I could expect in size and strength.

I remember being very nervous as we went back to his house. I was worried about allergic reactions and things like that, but at the same time I had my doubts about whether steroids really worked. That may not seem like so long ago, but let me tell you, it was another era as far as knowledge about steroids goes. Nowadays, you can hop on the Internet and dive right into a mass of information about steroids and find out anything you want. There are tons of Web sites that offer precise breakdowns on every steroid imaginable. Twenty years ago, there was not much to go on. You always heard stories about fake steroids, and I was wondering about that, too. Would it be something fake I was injecting? I had no idea. It could be anything. Back then, nobody even knew if steroids were illegal at all.

The first time is strange. You're so scared; your nerves are heightened and you kind of exaggerate the feeling. I'm serious. You actually feel the needle penetrating your buttock muscle that first time. Then the needle is pulled out, and you expect that to hurt, too, but it doesn't. And then it takes about eight to ten seconds for the oil-based steroid to get into your body.

From then on you pretty much know what to expect, and the next time it doesn't hurt nearly as much. Soon you're totally used to it and it doesn't feel like anything, at least no more than pulling off a Band-Aid. I was always trying to learn more by talking to other people who injected themselves, asking them for the details of how they did it right. If someone does it perfectly, you don't feel anything at all. Al was pretty good, and that was lucky for me.

Steroids don't do you any good unless you're working out hard, and that afternoon when Al injected me for the first time, we headed straight for the gym and did an upper-body session, working on the shoulders, back, and triceps. Back then, I was

bench-pressing only around 200 pounds, usually five reps. Those first injections were with an oil-based steroid, so it took about two weeks before there were any noticeable effects.

The first thing you notice is an increase in strength. If you stand there in front of the mirror and really check yourself out, you won't see any actual differences for a good two weeks. But you start to feel stronger much sooner. That's partly psychological, but I remember noticing about ten days after that first injection that I really felt stronger, especially when I was lifting. The first injection hurt a little, and so did the others that followed every two weeks or so after that, but to me the pain felt almost good, because I was so determined to live up to that promise I had made to my mother.

Chapter

1

**“YOU’LL NEVER
ADD UP
TO ANYTHING”**

I always told Jose and Ozzie,

"Do better next time."

I'm obviously a very serious man.

I never fool around with anything.

But I was never stern or a dictator.

JOSE CANSECO SR.,

My father

If

My dad earned a good living in Cuba during the Batista years, working as a territory manager for Esso Standard Oil. He also picked up a little extra cash working nights as an English teacher at the Professional School of Commerce in Havana. He worked hard and was a good provider for our family. As soon as Fidel Castro came to power in 1959, though, my father was smart enough to know that before long the new leftist system would control the entire country, and that would not be a good thing for people like my father. He figured that everything he had worked for in Cuba would be lost, and he was right, too. Soon after Castro came to power, my father lost his job. Then he lost his house. And then his car.

He was in an unusual position in that he had already spent time in the United States studying English. He had gone to Shreveport, Louisiana, as a teenager and lived with an uncle there for several years, starting in 1940, and his time in American schools gave him enough of a grounding in the language to teach it in Cuba. As much as he would have liked to stay in Cuba, his country, he was also comfortable with the idea of diving into a new life in the United States—if that was his only choice.

So my father notified the Cuban government that he wanted to leave the country, and the government basically answered: Tough luck. There was a serious shortage of skilled professionals, and Castro could not afford to lose white-collar workers like