

Half Of MMA Fighters Could Be Doping, Says UFC Commentator

UFC's veteran commentator, Joe Rogan, has stunned all by saying that over half of MMA fighters are doping. Rogan made this comment in the wake of recent failed drug tests of star fighters [Anderson Silva](#), Nick Diaz, and Hector Lombard.

Hector Lombard, the Cuban-Australian professional mixed martial artist and former Olympic judoka who competes as a Welterweight in the Ultimate Fighting Championship, tested positive for anabolic steroids following his [UFC 182](#) victory over Josh Burkman on January 3 in Las Vegas.

Lombard tested positive for was Desoxymethyltestosterone, commonly known as Madol. Former middleweight kingpin Anderson Silva tested positive for two anabolic steroids: [Drostanolone](#) and Androstane. Silva's competitor Nick Diaz failed a test for marijuana metabolites while UFC light heavyweight champion Jon Jones recently tested positive for cocaine metabolites.

The #1 contender in the official UFC middleweight rankings, Silva holds the longest title defense streak in UFC history and has 12 post-fight bonus awards. Silva claimed he has not taken any performance enhancing drugs and added he has been thoroughly tested many times and have never had a positive test.

Firas Zahabi, the coach of the semi-retired UFC star George St-Pierre who is a strong advocate of clean sports, remarked after Silva's drug scandal that he wants the sport to be clean else a guy is going to die in the Octagon one day.

On the Joe Rogan Experience podcast, Rogan said the UFC and MMA in general is a steroid epidemic. The commentator added they have started this really stringent testing and everybody is getting popped left and right. Rogan said it is one of the things fighters have been saying for a long time, that everyone is on steroids or a huge percentage and added the number (is) 50 percent, 60 percent, whatever it is they are on anabolic steroids.

A black belt in Taekwondo and Brazilian Jiu Jitsu, Rogan cited the physical strain of intense training as the main reason behind athletes succumbing to steroid use. The veteran commentator said fighters will sometimes train three times a day and added maybe they'll run, do sprints in the morning, and then they'll do some kind of strength and conditioning in the afternoon and also remarked then they'll do wrestling or jiu-jitsu at night. Rogan added then they'll vary and the next day they might do kickboxing in the morning and running in the afternoon, then weight lifting at night.

The UFC's veteran commentator also remarked there's not enough time in the day, and there's not enough time to recover and so that's when comes in Dr. Feelgood, he comes along, and bang. However, Rogan condemned use of banned drugs and brush aside claims that the supposed drug use case of Anderson Silva was to help him return from injury. Rogan said so if he's 39 years old and he breaks his leg, you're looking at a long-ass recovery period or you take steroids and you recover in nine months instead of 15

months or fill in the blank. He added that could be what's going on, but the reality is it is illegal and said if it takes you 15 months, the excuse cannot be that someone is going to take some illegal drugs so he heals quicker as no one is ever allowed to take steroids.