

WHAT IS BIOSIGNATURE MODULATION?

BioSignature Modulation is a scientific fat loss method which assesses your unique hormonal profile to reveal your personalised blue print for faster fat loss. The BioSignature fat loss method was created by Charles Poliquin, hailed as one of the world's premier strength and fat loss coaches, who has successfully trained professional athletes and Olympians worldwide.

In a toxic world of over consumption and high stress levels, fat loss and health can seem like stubborn goals to achieve but knowing why your are storing fat in those stubborn areas will help you on your quest to a lean, healthy and athletic body. Each skin fold site we test directly indicates how healthy and balanced your hormones are, allowing us to develop a bespoke training, nutritional and supplement programme to fit your individual needs. Once we have determined your "priority" sites in your hormonal profile, we can combine a unique training programme with nutritional and supplement protocol to help combat it.

BioSignature Modulation is a highly specific and science-based approach to hormone assessment, and is the ONLY truly individualised approach to lasting body fat reduction and exceptional health

For example, the thickness of one's umbilical skin fold? belly button? is a reflection of one's cortisol output. It is a direct reflection of one's stress levels and their ability to handle it. BioSignature Modulation allows us to recommend specific supplements, exercise and dietary changes that can specifically target fat loss in the belly region. Some females have a tendency to store a majority of their fat in the hips and thighs while others may store fat in the arms and torso. Specific hormones dictate where and why the body stores fat. BioSignature Modulation allows us to naturally fix the hormones that are out of balance allowing for quick and effective fat loss in the targeted areas.

WHAT DOES A BIOSIGNATURE ASSESSMENT INVOLVE?

An initial BioSignature Modulation consultation takes approximately an hour and includes a comprehensive assessment of your hormonal balance, your general wellbeing (energy, digestion, and patterns), your lifestyle, your exercise and nutrition habits, and your exposure to certain types of stress. This includes assessment of the following hormones by taking a body fat reading from 12 sites on your body using body fat calipers;

- Stress hormones
- Insulin
- Androgens (testosterone) and Growth Hormones
- Thyroid
- Estrogen

You will also receive an assessment of your current Body Fat Composition, which is your ratio of lean muscle to body fat.

WHAT WILL YOU TAKE AWAY FROM YOUR ASSESSMENT?

A good BioSignature Practitioner is a body composition specialist who is skilled at reading the messages your body is sending and then translating those messages into information that's both useful and easy-to-apply for YOU. Every element of your BioSignature assessment is completed to exact specifications and therefore results in a highly individualized outcome.

You will be given strategies and protocols to achieve your goals that are based on the results of your BioSignature Modulation Assessment. These may be gaining muscle, losing body fat, improving energy, ridding yourself of a digestive disorder, improving your sporting performance or even increasing your ability to focus and concentrate. You will receive detailed information on how to take back control of your biochemistry, your hormones, your aesthetics, and, in fact, your life.

DO I HAVE TO TAKE SUPPLEMENTS?

Due to the nature of our lives in our modern day environment where stress is common place and good, nutritious food not always the first choice on our lists, supplements are often required to reduce the deficiencies caused by our choices and will be recommended based on your individual hormonal profile. Most people incorporate some supplements into their plan and find that this maximizes their success.

WHAT DOCTORS ARE SAYING ABOUT BIOSIGNATURE MODULATION

“BioSignature is one of the most advanced noninvasive methods available to rapidly and accurately identify insulin resistance and cardiovascular risks. This allows for onsite effective medical treatment decisions.”

*Dr. Mark Houston MD,MS,FACP,FAHA
Associate Clinical Professor of Medicine, Vanderbilt University School of Medicine
Director, Hypertension Institute, Saint Thomas Hospital, Nashville, Tennessee*

“BioSignature is a revolutionary tool for the clinician who wants to individualize metabolic healing by designing protocols that have the greatest success.”

Dr. Suzanne Mack, M.D., North Texas Institute of Functional Medicine.

“BioSignature offers a rapid assessment tool of one's hormonal health to individualize and monitor the patient's protocols to achieve optimal metabolic health. It combines the best of Ayurvedic, Chinese and Western medical systems has to offer to the patient.”

Dr. Abbas Qutab, M.D., D.C., N.D., D. Ac.

HOW CAN I ORGANISE A BIOSIGNATURE CONSULTATION?

If you would like to book a BioSignature consultation or have specific questions, please feel free to contact us at contact@lee-annewann.com or visit our website www.lee-annewann.com