

What is BioSignature and how can it help you?

BioSignature goes beyond standard body fat testing & reveals your blueprint for faster fat loss

THE NOVEL CONCEPT of BioSignature was developed by world-renowned strength coach Charles Poliquin after noticing trends and correlations while working with athletes for nearly 30 years. BioSignature is a system based on scientific evidence that where people store their body fat is an indication of their hormonal profile.

This means that your body fat levels and corresponding imbalanced hormones can be effectively managed through a combination of diet, exercise, a targeted supplementation programme, and lifestyle modifications. PPC trained BioSignature practitioners will develop that plan for you based on your unique biological signature. This means faster results and fewer supplements than is possible with the industry's typically more random and haphazard approach.

For example, the thickness of a person's umbilical skin fold (your gut) is a direct reflection of cortisol (the stress hormone) output. A relatively fat midsection indicates stress levels are high and/or the ability to handle stress is low. The good news is that 1) it's not your fault and, 2) it can be changed.

The result is improved performance in all areas of your life – physical, mental, and intellectual. By following your personal plan, you will emerge leaner, stronger, healthier, happier, and more energetic.

Find out how to put in less effort and achieve greater results by booking an appointment to find out more about your BioSignature and discover the secrets that have previously only been available to top athletes. Isn't it time you heard the truth about how to avoid needless years of disappointment and get rapid results now? Even faster than those popular reality shows!

Here is what the experts say about BioSignature:
"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 individualise metabolic healing by designing protocols that have the greatest

success."

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

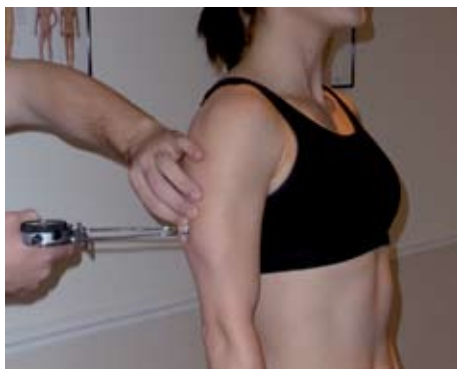
"BioSignature offers a rapid assessment tool of one's hormonal health to individualise and monitor the patient's protocols to achieve optimal metabolic health. It combines the best of Ayurvedic, Chinese and Western medical systems has to offer to the patient."

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

Next month... Body Transformation

Body Development is proud to offer BioSignature from its new clinic in central Bath, where it also offers clients sports massage, holistic massage, structural assessments and muscle activation techniques (MAT).

Strength coaching and personal training is available from our new gym premises located on Windsor Bridge. Our facilities cater for Olympic lifting, strongman training, kettlebells, sport specific conditioning, boxing and mixed martial arts.



To book an appointment please contact one of our coaches: Tom Crudginton 07737484198 Sports specific and BioSignature coach PICP level 2
Karen Sheaff 07921526539 Sports massage therapy, PT and BioSignature coach
Terry Hughes 07811195405 Sports specific and BioSignature coach PICP level 2
Chris Rodgers 07843625703 Personal training and kettlebell coach
The Strength and Performance Centre, Unit 6, Stable Yard, Windsor Bridge, Bath
Body Development Therapy Rooms, 37a Broad Street, Bath

