

BioSignature Modulation & Spot Reduction-

Yes I said it. **Spot Reduction!** You thought this wasn't possible right? We have been told by all the experts that you can't exercise a body part and expect to lose weight in that spot. Sit-ups don't cause you to lose abdominal fat. Well they are correct, **you can't exercise a body part and create spot reduction of body fat in that one area.**

But there is more to the story...

The top Olympic and Professional Athletic Trainer (over 400 Olympic athletes), **Charles Poliquin** has spent 30 years researching and developing a unique system known as BioSignature Modulation. With his most recent study using over 5000 Airforce personnel, he has isolated 12 locations of fat deposit on the body that correlate to hormonal patterns in the human chemistry. Some such as cortisol have been known for some time but recent research is just beginning to unravel the patterns that have been staring at us in the mirror all along. With its trained intelligent application it can be the most powerful tool in your arsenal for **radical physique transformations!**

We have been told that it's impossible to spot reduce those love handles. All experts you have ever read have told you that spot reduction is not possible and that fat is lost in a genetically predisposed pattern just like it is put on. Only an ill advised consumer of one of those crazy looking pieces of equipment advertised on late night infomercials could believe that you could spot reduce by exercising a fat area away.

Yes, exercising a problem area makes no sense. What makes sense is to do what scientists do; **look at the big picture** and then drill down into the details to discover what is happening. We know that in general most **males gain weight in the torso** and most **women gain weight in the hips and thighs**. Although there are exceptions to both. **The main difference between a man and a women is their hormones.** Women produce more estrogen and men produce more testosterone. That begins to tell us that weight distribution patterns likely start there.

Women have more fat in the breast. Again, the estrogen factor produces the mammary glands required to breast feed. Conversely if you see a man with "man boobs" do you think it may be because of some estrogen gone awry? You would be right! This is due to localized body fat distribution patterns consistent with female hormone issues, most notably the aromatization of testosterone into estrogen.

Men have bigger muscles than women, again in general. The reason? Because they manufacture more testosterone and are able to synthesize muscle tissue. Women have a difficult time building muscle because they don't produce much testosterone.

Men carry more weight in the abdomen area than women often do. With over 1,379 studies showing a correlation between stress patterns, increased cortisol hormones and increased waist size we know that cortisol produces weight in the abdomen area, the most risky fat. This

is likely due to its proximity to the organs and the fact that it is often caused by stress which has a negative factor in all aspects of your health. Men in general do not deal with their stress very well. Women who have a much more healthy emotional outlook have been shown to have better coping mechanisms for stress. As such they are able to manage their stress levels better.

Starting to see a pattern here? Your nutritional habits, your environment and your supplementation or drugs you take can make a change in your hormones that negatively or positively impact your body chemistry. This then starts your body in a direction of either gaining or losing weight. We used to think that where we gained the weight and how we lost it was merely a factor of genetics but leading research is showing that this is not completely true. **We have the ability to impact our weight loss** to locations on the body that are related to the hormone patterns in our chemistry. So no, **spot reduction** with exercise does not seem possible, but with nutrition, supplementation and lifestyle changes **it is definitely possible**.

Back fat, fat arms, heavy thighs, love handles, pot belly...these are all traceable to specific hormone patterns that a trained professional can determine and recommend a protocol to reverse the fat accumulation. The lesson is simple, control the hormones and you control the distribution and accumulation of body fat. **This is BioSignature.**

In the hands of a skilled practitioner with experience of fine tuning body composition this is the single most effective way to get in shape because each analysis and recommendation is tailored to the individual's unique biochemistry. Trying to assess and modulate endogenous hormonal levels takes experience and skill as well as the right tools. To achieve an optimal hormonal profile in a balanced and highly individual approach, the **BioSignature Practitioner** must develop specific protocols for exercise, nutrition and supplementation in order to impact sleep, digestion, recovery, stress and relaxation, as well as other lifestyle factors that can have an impact upon the physical, emotional, and mental systems of the body. Using noninvasive proven testing techniques, the **BioSignature Practitioner** can help you achieve the results that have alluded you for many years by finding and helping you change the factors that are influencing your weight loss and weight gain problems.

The optimal hormonal profile for both muscle building and spot reduction is within your control.

About the Author:

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