



How does BioSignature Modulation Work?

BioSignature Practitioners can determine which hormones may be out of balance by a quick, painless and noninvasive bodyfat assessment.

Poliquin has determined that there are 12 major bodyfat sites that can be quickly and accurately tested by a pair of quality skin calipers. Measurements from each site are entered into a software program, which calculates overall bodyfat and also identifies which areas of the body have excessive fat levels that are out of proportion to other areas. For example, if you carry a high percentage of bodyfat in your upper thighs, this indicates there may be a problem with your estrogen levels. If the fat is mainly in the lower abdominals, then the stress hormone cortisol is a likely culprit.

What is BioSignature Modulation?

BioSignature Modulation is a cutting-edge fat loss and health assessment method developed by world-renowned strength coach Charles Poliquin.

Coach Poliquin developed the concept of BioSignature after noticing specific trends and correlations in how people store fat. He found that where an individual stores their bodyfat is an indication of their hormonal profile, and that to lose weight an individual needs to take specific steps to correct hormonal imbalances.

Although the BioSignature program began with the training of elite athletes, the method can be used for almost anyone who wants to look and feel better, and improve the quality of their life. BioSignature can even help you lose fat in those stubborn areas that never seem to improve with traditional approaches. You can also expect to see improvements in many other areas of your life including sleep, energy levels, mental clarity and even your mood!



How do I get started?

A list of trainers who have completed the BioSignature course is available at charlespoliquin.com. Just click on the Trainer Directory tab at the top of the page to find a BioSig Practitioner near you!

BioSignature Modulation is not one of those simplistic spot reduction techniques that have come under fire by the medical community. It's a scientific system of assessing how each individual's body responds to its environment and how they've been treating it. But the most important difference is that it works!

**For more information, visit charlespoliquin.com/education
Click on BioSignature**

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*World Leader in
Strength & Health Education*