

What is Biosignature Modulation?

Biosignature Modulation is a concept created by world renowned strength coach Charles Poliquin. He uses this approach to accelerate and troubleshoot his athlete's fat loss strategies. He has gathered data from both the medical industry and his own clients to link site-specific fat storage with hormonal imbalances. Functional medical tests can be carried out alongside this to confirm any weaknesses in your body's homeostatic balance. This allows him and his Biosignature Modulation practitioners to create tailored exercise, dietary and supplemental programmes to suit each individual person and increase their rate of fat loss.

The process involves taking 12 skinfold measurements to determine where your excess fat is primarily being stored allowing the practitioner to pinpoint how to get rid of it.

Sessions are performed weekly (ideally on the same day and the same time) and are kept short. Your measurements and photographs will be taken so you have a weekly comparison to record and document your progress.

Examples of common hormonal imbalances are high skinfold measurements on the thighs to indicate long term conversion of testosterone to estrogen and high readings on your abdomen to denote an extended period of cortisol (stress hormone) exposure.

Correcting these imbalances will create a favourable environment for body composition changes. People that have 'stubborn' areas of fat will have improved rates of success in this programme as it looks at what is creating that problem and rectifying it.

Improving your hormonal status can go a long way to improving your health and wellbeing. Common improvements will occur in sleep patterns, mood, sex drive and concentration and although these are possible it is important to state that this approach is non intended to cure, diagnose or prevent any disease.

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RESULTS