

MODULATION POLIQUIN® BIOSIGNATURE MODULATION (PERTE DE GRAS LOCALISÉE/LOCALIZED FAT LOSS)



INSULINE (SOUS-SCAPULAIRE)
INSULIN (SUB-SCAPULAR)

ANDROGÈNE (TRICEPS)
ANDROGEN (TRICEPS)

ŒSTROGÈNE (ISCHIO-JAMBIER)
ESTROGEN (HAMSTRING)

HORMONE DE CROISSANCE (MOLLET)
GROWTH HORMONES (CALF)



ANDROGÈNE (PECTORAL)
ANDROGEN (PECTORAL)

GÉNÉRAL (JOUE)
GENERAL (CHEEK)

GÉNÉRAL (MENTON)
GENERAL (CHIN)

THYROÏDE (MID-AXILLAIRE)
THYROID (MID-AXILLARY)

INSULINE (SUPRA-ILIAQUE)
INSULIN (SUPRA-ILIAC)

HORMONE DE CROISSANCE (GENOU)
GROWTH HORMONES (KNEE)

CORTISOL (OMBILICAL)
CORTISOL (UMBILICAL)

ŒSTROGÈNE (QUADRICEPS)
ESTROGEN (QUADRICEPS)

Poliquin Biosignature Manual

Sally Matterson



Poliquin Biosignature Manual:

Healthy Body Sally Matterson, 2015-01-11 Fitness has always been of the utmost importance to Sally Matterson. When you are fit, you are happy. Healthy Body educates you about your body, getting fit, and how to eat right for it. Once you understand the hormonal rules that govern your body, you will become the master of your physique and the controller of your body. Learn how to shred stubborn areas of body fat. What supplements to take for flabby arms, legs, and midsection. Boost your metabolism. Learn simple weight-based circuit style training at home and increase lean muscle whilst burning fat. Includes simple everyday equipment list, weekly overviews, and 45 exercises. Stay Lean for life. Lifestyle tips with meal plan recipes that complement eating right for hormone health.

Poliquin Biosignature Manual Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Poliquin Biosignature Manual**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we shall delve into the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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