

# 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

**RJ Alexander**



## **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 mid section 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

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