

PAULA OWENS



Phone: 480.706.1158

Email: paula@paulaowens.com

Website: www.paulaowens.com



BioSignature Modulation

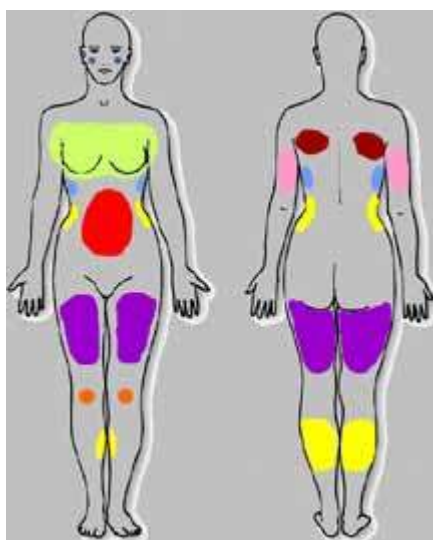
Your body is a fantastic mirror. Why? Because its shape reveals what is going on inside of you.

According to Charles Poliquins' extensive research, where you deposit your body fat paints a clear picture of how your hormonal system is functioning.

It is thought that we each have a pre-set number of fat cells - somewhere between 40 to 100 billion depending on your genetic programming. Charles showed me how to measure 12 main body fat storage sites, shown on the diagram, and taught natural methods of accelerating fat loss using foods, vitamins and herbs.

The amount of body fat at each site relates to the levels of certain hormones in your body. If you have excess fat around your belly button (shown in bright red), you have a cortisol and insulin imbalance. Your adrenals (stress glands) and pancreas (blood sugar regulator) would need investigating. You would also need more sleep and better stress management to reduce fat from this part of your body.

The blue areas at the side of your ribs display thyroid imbalances. If you store fat in your knees or calves, you may not be sleeping well enough to secrete growth hormone. One of the many reasons to avoid anti-depressants is because they annihilate growth hormone, causing you to gain weight.



Fat pecs (chest) or lumpy triceps (light green and pink) indicate testosterone imbalance, while fat around the iliac crest is a give away that you have been eating too many carbohydrates.

In women, excessive estrogen and too little progesterone is often the cause of surplus body fat on the front and back of the thighs (purple areas).

After menopause or during times of prolonged stress, women tend to store more fat around their abdomen. Often this coincides with a shift in hormone production because the adrenals start producing more sex hormones than the ovaries. This is why a woman's body may become apple shaped during menopause or while

experiencing high levels of physical, mental or emotional stress.

According to functional medicine practitioners, you can control 80% of all disease by regulating your adrenalin, cortisol and insulin, which means in daily life you must lower your stress levels and manage your blood sugar.

Insulin, which comes from your pancreas, is the hormone you have greatest control over and is the master hormone to control if you want all your other hormones to stay balanced. You control insulin by regulating what you eat.

Charles gave a great quote in his seminar: ***"Don't do aerobic work - it makes you dumber and fatter."*** High intensity cardiovascular exercise causes your body to release cortisol, which causes a body-wide physical stress response. Prolonged release of cortisol, whether from long-term physical, mental or emotional stress or the wrong kind of exercise, eats away at your muscles, nerves and brain cells. Cortisol kills brain cells, including those in the hippocampus, where the brain processes emotions, so excessive cortisol can also cause depression. Another interesting tidbit, feelings of guilt also cause the body to release cortisol.

Charles' views on cardio exercise are an exact agreement with those of Paul Chek and Dr. Diana Schwarzbein, an endocrinologist who studies the hormonal effects of food and exercise. Dr. Schwarzbein says, "Nobody needs cardio."

Your muscles do need calories to survive, and they like weight lifting. The more muscle you have, the more effectively you burn fat, providing you are not overly stressed. When you restrict your calories by dieting, or if excessive cortisol is shrinking your muscles, your metabolic rate plummets. Less calories are burned during your everyday activities and the excess calories may be stored as fat. This is a good way to gain weight!

How much muscle mass you have also indicates how healthy you are, how well you will age and the effectiveness of your immune system. The first 30 grams of protein you eat each day are used to rebuild your immune system. In conjunction with weight training, eating protein also helps to build your muscles so you feel stronger and burn more fat.

In our 'I want it now' society, some people resort to liposuction. Charles Poloquin has found that liposuction makes the body restore the amount of fat it has lost - some of it around your organs. Excessive internal body fat raises your risk of disease. In nature, liposuction does not exist, and Charles Poliquin has found that when fat is removed by liposuction, the body also redistributes this fat around the hips and at the side of the trunk - a.k.a. love handles.

If you would like to know how you can improve your hormonal health and reduce fat in those difficult places, contact me, holistic nutritionist and Certified Biosignature practitioner, and I will show you how to improve your shape from the inside out.