

The Hormone Sites of BioSignature Modulation:

- **These Two Sites** are the first sites to go down during a diet. They aren't linked to a particular hormone imbalance but act as indicator sites as to whether or not your plan is working or not.

Cheeks and Chin skin fold

- **The androgen sites:** High readings in men in relation to the tricep can reflect an androgen imbalance which makes it far more difficult to add lean muscle mass.

Pectorals and Tricep skin folds

- **The insulin sites:** These sites are related to your blood sugar management. High readings here vs. the triceps may reflect poor insulin sensitivity and carbohydrate intolerance.

Supra-iliac skin fold (dietary intake of carbs) Subscapular skin fold (genetic ability to handle carbs)

- **The thyroid site:** This site correlates to thyroid levels. This hormone regulates your energy and metabolism.

Midaxillary skin fold

- **The infamous cortisol site:** It can be high despite low overall body fat. If this site is imbalanced then steady cardio workouts create a further imbalance and cause you to store fat rather than burn it.

Umbilical skin fold

- **The growth hormone sites:** These skinfolds are related to growth hormone and act as an indicator in the quality and quantity of sleep you experience and overall fat loss.

Knee and Calf skin fold

- **The estrogen sites:** High levels here vs. the triceps correlate to high estrogen levels. This site usually comes up in women. Lactate threshold or interval training works best here to improve your overall performance.

Pectoral region (in men)

Quads and Hamstring skin fold