

**BODYSKAN**  
from **BODYVIEW**



12 Reasons Why You're Not  
**GAINING MUSCLE**

# Introduction

The vast majority of BodyScan's thousands of customers, male and female, are looking to lose body fat. Many also express a strong desire to gain muscle mass, whether for confidence-boosting aesthetics, recovery from injury or overall strength and performance.

Building muscle (or 'hypertrophy') is, generally, a much slower and less predictable process than losing fat. Fat-loss comes down fundamentally to a simple mathematical equation with just one variable – energy. If over a sustained period, you consume less energy than you expend you WILL lose body fat.

To achieve muscle growth, there are a number of variables you need to get right.

Unfortunately, there are some you can't do much about, so let's dispense with these upfront.



Gaining muscle is a slower, less predictable process than losing body fat. While everyone can be low fat, not everyone can be high muscle.

# Reason #1

## Stuff you can't control

Among the factors you can do little or nothing about are:

a) Your sex. Men naturally carry more muscle than women, so the same rate of gain will mean a bigger mass increase for a man.

b) Your genetics. These will have a big effect on how fast you put on muscle. Also, if you are shorter, an increase of a fixed amount of muscle mass will be more noticeable than the same increase on a taller person with longer limbs.

c) Your age. If you're in your late teens or twenties you'll likely have an advantage over those in their forties and fifties. Your body will be in a state of growth rather than overall decline. Muscle mass tends to increase while we're young, before declining (unless we train) in our 50s and beyond.



Apart from sex, the biggest factors affecting muscle mass and pace of growth are genetics, age, hormone levels and how long you've been training.

d) Hormones/testosterone. Men and women both have the male hormone testosterone (men have more) but it can vary greatly between individuals. Signs of low testosterone may include tiredness, low energy and lack of libido – or just an inability to put on muscle.

e) Training age. This is how long you have been doing resistance training. If you are completely new to weight training (and young and raging with testosterone) you can experience fast and noticeable gains because your body is unused to the stimulus, whereas a seasoned bodybuilder will struggle to put on much muscle in a year. There is a finite limit, obviously, to how much muscle we can achieve.



Whatever your age, muscle definition is achieved more quickly by reducing body fat.

This man shows typical male-pattern belly fat so his abs remain elusive, but with naturally lower fat in his arms and chest he shows good definition. Note: you cannot spot-lose fat.

## MUSCLE FIX #1

There's no point focusing on things you can't change. Look at the typical reasons for slow muscle growth on the following pages and work on fixing those.

## Reason #2

### You're trying to do it at home

Pure and simple, muscle-building 101, if you do not go to a gym that has a broad range of free weights or weights machines or both and you are not using that equipment on a regular basis, then you will struggle to gain muscle mass at a good pace and to sustain growth over the long term.

If you have a home gym or home weights machines, in most cases they rarely cut the mustard. Home weights often don't go heavy enough (meaning you soon run out of resistance) or offer a big enough range of exercises (meaning you can't train the whole body).

You can certainly make some progress with a home gym, particularly in the early stages, but there will always be advantages to using the full array of commercial equipment at a gym.



You can make a start with a home gym but eventually you will run out of resistance (weight) and need a broader set of exercises to train all the muscle groups.

### MUSCLE FIX #2

Join a decent gym with a full range of free weights and weights machines (forget about treadmills, cross-trainers and Swiss balls). More important than joining is actually going!

## Reason #3

# You're not doing enough volume



Three times a week for about an hour each time is a good minimum frequency to make consistent gains. And each muscle group should get at least two workouts a week, otherwise it won't get enough stimulus.

If you only spend 20-30 minutes in the gym and/or you go just twice a week, you simply are not giving yourself enough time to do the required volume of work.

If you're completely new to weight-training your muscles will respond better to the stimulus and you may be able to get away with just once or twice a week. But soon your body will adapt to the training and your volume threshold will increase. It won't be long before your gains plateau and you will need to visit more frequently.

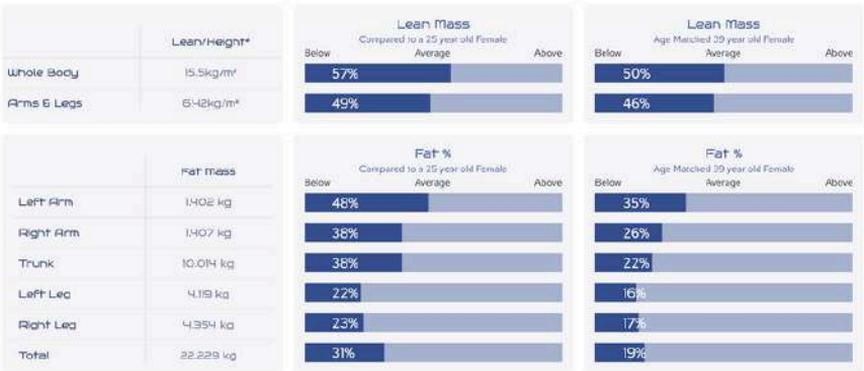
In our experience the best results come from training 4-5 times per week, though this is a commitment that many will not be able to make. An optimum frequency would be good quality weight training three times a week for about an hour each time; any less volume is likely to result in mediocre results.

When we talk about frequency and volume, we are naturally talking about the frequency with which we train each muscle or muscle group.

So, if you train four times a week but hit each body part only once a week, then your volume per muscle group won't be optimal. In that case, alter your programme so that each muscle group gets a workout twice a week.

This means splitting the body into, say, two groups and doing a workout for each group twice a week – eg, upper body and lower body. No, bro, you can't skip leg day!

**MUSCLE FIX #3**  
Spend about an hour weight-training at the gym at least three times a week.



This excerpt from a BodyScan report shows the progress of a male client over four months (between 4/9/2019 and 18/1/2020). He gained a total of 2.74kg (2740g) of lean mass (muscle) and lost 5.05kg (5050g) of body fat. This is a much better result than his change in weight (down 2.3kg) suggests.

## Reason #4

# You're not training with enough intensity

In our experience this is often the biggest reason of all for lack of growth. If you are struggling to put on muscle then it's probably because you are not struggling when you're in the gym. You need to work HARD! You need to challenge your limits or no change will occur.

When you put your muscles under stress with a heavy weight, the body's response to the stress is to build extra muscle to better cope when it next receives it. This adaptive response will only occur if the body feels its current level of muscle mass is inadequate to cope with the demands you are placing on it.

To create sufficient stress, you need to train all (or almost all) the way to 'failure'. That means, with the correct technique and within the required rep range, continuing with the exercise until you simply cannot do any more. Most people 'fail' one or even two reps before actual physical failure because the mind gives in before the body does!



Train hard (with intensity) but don't injure yourself. Injury most often comes from poor form. If your form breaks down from the effort then you have gone beyond failure. The point of failure should occur within the required rep range.

You're not training hard enough if:

1. You stop at your target number of reps and never do any more. Don't stop because of a number, stop because you physically can't keep going whilst maintaining great form.

2. You aim for the same number of reps in each set but increase the weight (eg, 12kg then 14kg then 16kg). Think about it – if you can do sufficient reps with 16kg on the final set then you could probably have lifted 20–22kg on the first set. In other words, you will never lift your heaviest weight in the required rep range.

3. Your weights have remained the same for weeks or months. This means your muscles have adapted to the weight and are not growing. You need to gradually increase the weight to spark more muscle growth. This is known as 'progressive overload'.



You need to gradually add more weight while maintaining the rep range, known as progressive overload.

To gain lean mass you need to work hard in the gym and truly challenge your limits. That does not mean struggling with a weight that's too heavy for you and injuring yourself. Failure should come whilst maintaining excellent form.

#### MUSCLE FIX #4

Work hard in the gym to put your muscles under stress, to the point where you can no longer lift the required weight with perfect form. And gradually increase the weight over time.

## Reason #5 – You're lifting too heavy

Your muscles respond to being put under 'mechanical tension', which is effectively how hard a muscle is contracting and how much force it is producing. In general, heavier weights lead to more tension.

However, if your weight is really heavy you will be able to lift it with good form only once, meaning the time under tension is very short.

Your form suffers from lifting too heavy

If the weight is too heavy you will likely cheat on the exercise by using poor technique. Not only does this greatly increase the risk of injury, it also places a greater load on other muscle groups which are not the primary focus.

For example, on a bicep curl with a dumbbell or barbell, a weight that's too heavy will force you to lean back, swing your hips forward, bend your knees and even lift your heels off the floor in order to raise the weight. The weight moves almost entirely because of momentum, so your biceps are under minimal tension for a very short time, which results in little or no growth.



Nice pic but poor form because the weight is too heavy. He's leaning too far back and therefore using muscles other than the lats (and momentum) to pull the bar down. Also, he won't be able to control the weight on the return and will let gravity do the work for him.

As a rule of thumb, if you can't feel the correct muscle working during a movement, you should lighten the load and slow it down until you can.

Lower reps from lifting too heavy

Even with great form, if the weight is too heavy you will not be able to complete enough reps to maintain the necessary muscle-building mechanical tension for long enough.

Earlier we mentioned the importance of progressive overload (gradually increasing the weights over time). But it's probably more accurate to aim for progressive tension overload, as it's only beneficial to lift a heavier weight if you maintain good technique and so optimise the mechanical tension on the targeted muscle. Aim for at least eight - and up to 15 - reps with good form to ensure the muscle is under tension for long enough in each set.



Resistance training slows muscle loss and is great for maintaining and improving bone density.

### MUSCLE FIX #5

Don't try and impress or think you can accelerate gains by lifting a weight that is too heavy for you. Your technique will suffer, your reps will be too low and you'll stagnate.

Drop the weight and get it right.

## Reason #6

# You have poor technique

We've just explained how poor technique results from lifting too heavy. But you may have poor form regardless – and bad form is a big reason why many don't achieve the physique they're after.

Poor technique will also increase your risk of injuries. An injury can have a major effect on your progress, setting you back months.



A bench press is a good upper body exercise that works many muscles. This is the top of the movement. The bar should come all the way down to touch the chest but not bounce off it.

One common example of poor form is to not use a full range of motion. Research has shown that training in a full range of motion leads to greater muscle growth. This means performing every part of a movement without skipping either the bottom or the top of a rep.

For example, with a squat, if you bend your knees only slightly, this would be considered a half-squat; going down to where your thighs are parallel to the floor (or whatever your lowest position is for your flexibility) is a full range of motion that will produce far greater muscle growth.

Another way that good technique suffers is to let gravity do half the work for you, which occurs often on machines where cables lift a stack of heavy plates. You'll be working against gravity to lift the stack on the first part of the movement but it's very easy to then let gravity take over as the stack returns (almost) under freefall.

You need to resist the force of gravity for both parts of the movement and, for many exercises, a good tempo is 1-2 seconds for the first part of the movement and 2-4 seconds for the second.

### MUSCLE FIX #6

Pick a weight that is not too heavy for you and move it slowly through both parts of the movement.

Don't swing or bounce it or use muscles other than those the exercise is designed for.



You need to control the weight for both parts of the movement. With machines, don't let gravity take over.

## Reason #7

### You follow a low-rep programme

In recent years, low-rep training programmes have gained popularity as the best method for novices to build muscle mass and strength. Programmes such as a '5x5 Routine', 'Starting Strength' or '5/3/1' are used by many to try and pack on muscle mass.

They all focus on free-weight compound movements (think squats, deadlifts, pressing movements), lifting heavy and trying to increase the loads over time. In principle they make sense but in our experience, the muscle-gaining results that people achieve with these programs are mediocre at best!

It is important to note that an increase in strength does not always correlate with an increase in muscle size and definitely not at a proportional rate. If your goal is to increase strength then these programmes offer a great solution but not if muscle size is your objective.

We have seen far greater returns in muscle mass from those doing higher rep ranges, above ten and even 12–20 repetitions per set. As long as you are training to a failure point, individuals seem to achieve similar muscle growth results right across the 10–20 rep range.

Muscle gain is an adaptive response, so it makes sense to train across the rep range; staying in a tight comfort zone of just one non-varying rep range could limit the rate of muscle growth.

#### MUSCLE FIX #7

Target slightly higher rep ranges than lower ones. Aim for 8-15 rather than 1-5 reps to ensure your muscles are under tension for long enough to grow.

# Reason #8

## You're not eating enough protein

At a biological level muscle mass is built from protein. A low-protein diet will limit the rate at which you increase muscle mass.

Protein intake needs to be sufficient to be able to support muscle growth but beyond that threshold it's not going to make a huge difference.



Aim to eat at least 1.6g of protein per kilogram of bodyweight. Two grams per kilogram is a widely accepted rule of thumb and you could aim for as much as 2.5g/kg if you're training very hard or you are in a calorie deficit or both.

You may also want to aim above 2g/kg if you have low body fat. Why? Because it means a higher percentage of your weight is muscle mass and therefore you need more protein in grams per kilo than someone of the same weight with more fat. This is why some protein calculations work on lean body mass only, rather than overall body weight.

If you are very overweight (over-fat) then the 2g/kg target could be very high but, frankly, if you are overweight then your priority is to lose body fat, not gain muscle. Yes, you should train the same to hold on to lean mass but you should be in a sizeable calorie deficit, not a surplus.

If you consume protein regularly throughout your day, then you'll likely have sufficient protein both pre- and post-workout to assist protein synthesis and replace the proteins that are broken down during the workout.

If you don't like training close to a meal, consider an easily-digested protein shake about 90 minutes before your workout.

After protein, don't obsess over the other macronutrients (fat and carbohydrate). Many people waste too much time worrying over the percentages or quantity of fats, carbs and protein in their diet.



Protein supplements are a convenient way to hit your protein target. Consume protein regularly or before a workout so it's readily available for protein synthesis.

### MUSCLE FIX #8

Don't obsess about macros. Work on 2g of protein per kilo of body weight (or lean body weight if you prefer) and you'll be fine. Let carbs and fats make up the rest of your calorie target.

## Reason #9

# You're not eating enough calories

As well as protein, the body requires sufficient amounts of energy in order to optimally build muscle at a good pace. Proteins are the building blocks required to repair and build extra muscle, and the energy (calories) from your diet gives the body the fuel to do this.

For consistent muscle gain, you should be in a small calorie surplus. That is, you should eat 'above maintenance'.

[BodyScan Calorie Calculator](#)

It is possible to build muscle when not in a surplus or even when in a calorie deficit. That's because your body can shuttle calories disproportionately between fat cells and muscle tissue. Following an optimised programme of resistance training and protein intake, many BodyScan customers achieve muscle gain and simultaneous fat loss when in a slight deficit.



Muscle gain is a slow process and harder to achieve than fat loss. Women often worry about getting 'bulky' from too much muscle but that bulk typically comes from an increase in fat due to too many calories. A small surplus is all you need.

However, in a calorie deficit your body is more likely to use the fuel it receives in the diet to prioritise critical bodily functions than it is to use it to build additional muscle mass. Therefore, for consistent muscle gain, maintain a calorie surplus.

Too many calories, though, and you will get fat. The 'sweet spot' will differ from person to person but for most people a surplus of just 100-200 calories a day will see good muscle growth with minimal fat gain.

When it comes to building muscle, nutrition is the facilitator. The prime driver of muscle growth is the effectiveness of your resistance training programme.

### MUSCLE FIX #9

Work out your maintenance calories and eat 100-200 more. You need only enough to fuel gradual muscle growth. You can't 'force feed' muscle gains - calories not used in building muscle will get stored as fat.



You can't force-feed muscle gains - the calories not used in building muscle will get stored as fat. Nutrition is the facilitator of muscle growth but muscle will not grow if you have a poor training regimen.

## Reason #10

# You're not getting enough sleep

If you go to the gym to get bigger, you need to recognise that at the end of each workout your muscles will actually be smaller and weaker than at the start.

This is because of the damage you inflict on the muscle fibre by stressing it with heavy weights. It is the recovery from this damage, building the muscle fibres bigger and thicker, that increases the overall size of your muscle.

This is different to the short-term 'pump' you see during the workout itself, when your muscles will inflate due simply to the increased blood flow.

Your muscles' real, long-term growth starts when you leave the gym, so it makes sense to focus on elements that affect the body's ability to recover and repair.



While the 'pump' will make you look bigger during your workout, the actual muscle growth takes place later, while you sleep and rest, so get enough of both.

If you do not get enough sleep this will greatly impair your ability to build muscle.

General rest is also important. If you live a stressful lifestyle, you are likely to have a much higher level of the hormone cortisol, which is a catabolic hormone and breaks down tissue.

High cortisol can cause a host of issues including slower muscle gain, slower recovery from training and exercise, poor sleep and lower levels of hormones (including testosterone), which are important in aiding muscle growth. If you're generally a very stressed person, a little more relaxation in your life could benefit your ability to build muscle!

## MUSCLE FIX #10

If you keep regular hours, try and go to bed at the same time every night. Don't read screens for an hour before or drink caffeine eight hours before bedtime and keep the room dark.

A BodyScan DEXA scan will track changes in lean mass and body fat over time

### DEXA Scan Visceral Fat



Visceral fat, surrounds organs like the liver and intestines, unlike subcutaneous fat under the skin. While it cushions organs, excess visceral fat increases health risks such as heart disease and diabetes.

A healthy measurement for you would be < 100cm<sup>2</sup>.

**Your Visceral Fat measurement is 71.2cm<sup>2</sup>**

Low risk for metabolic disorders, cardiovascular diseases.

**Maintenance**

- Maintain a balanced diet.
- Regular physical activity
- Monitor body composition

### DEXA Scan Body Composition Results

	Lean Mass	Fat Mass	% Fat	BFI	DFI	Total Mass
Head	2,552 kg	932 g	25.2	-	-	4,025 kg
Left Arm	2,022 kg	1402 kg	35.2	4.6	26	3,580 kg
Right Arm	2,268 kg	1407 kg	36.4	3.6	25	3,694 kg
Trunk	22,520 kg	10,094 kg	25.5	3.6	22	33,558 kg
Android *	-	1527 kg	24.6	-	-	4,724 kg
Gynoid *	-	1425 kg	26.7	-	-	4,195 kg
Left Leg	5,601 kg	419 kg	16.2	22	16	6,322 kg
Right Leg	7,019 kg	4,394 kg	36.8	23	17	8,798 kg
Subtotal	48,053 kg	21,297 kg	35.2	31	16	64,024 kg
Total	143,035 kg	32,229 kg	32.5	31	16	168,619 kg

\*Android Only, Gynoid: Arms, legs and thighs  
\*Total excludes Head, Android & Gynoid.  
\*Total excludes Android & Gynoid.

The % Fat score shows how you compare to a 25 year old female.  
BMI (Age-Matched): Compares you to other 30-year-old females.

# Reason #11

## You're doing too much cardio

The human body adapts to the specific stimulus it receives. If we give the body two conflicting stimuli, the result will mean a slower rate of adaptation in each direction.

With muscle-building, lifting heavy weights produce large amounts of force for a short period of time. The body responds by building bigger muscles with more muscle fibres in order to produce more force. But because the activity is very short (a set in the gym may last 30 seconds) it doesn't need to adapt to improve its endurance capacity.

In contrast, endurance training (eg, long-distance runners and cyclists) gives the body a stimulus to produce low forces for a long period of time. The adaptation is therefore not a bigger muscle, but usually a muscle which is smaller and with better cardiovascular, metabolite and respiratory capacity that does not fatigue as quickly.



Lots of cardio. Not much muscle.

If you google images of 'Chris Hoy thighs' and 'Bradley Wiggins body' you will see the extreme difference between these two cyclists who train very differently.

A lot of endurance-style training will have a negative effect on your ability to build muscle. Cardiovascular training (like all exercise) has many benefits but if your goal is to build muscle then you'd be well advised to limit it to avoid sending conflicting stimuli.

Low-level activity, such as walking, will not cause a noticeable adaptive response and so not have the same detrimental effect on muscle. This is one reason why bodybuilders will generally walk or power walk instead of run when performing cardio. Walking also has a lower injury risk as it does not involve as much impact.



You don't get legs like this on a treadmill. Or by skipping leg day.

### MUSCLE FIX #11

While cardio is good for mind, body and spirit, it has the opposite effect to building big muscles. Decide whether you want to run marathons or fill your shirt sleeves.

## Reason #12

# You're not tracking your performance

We have seen how progressive tension overload is the main mechanism of muscle growth. To be sure this occurs, it's important to have some kind of tracking system to record the weights, reps and sets you lift.

A simple notebook and a pencil are all you need. Smartphone apps are fine, but don't get distracted by text messages and alerts and lose focus. You can log your weights on the notes section of your phone also as this doesn't require internet access.

Be careful, though, that tracking your progress doesn't encourage you to increase weights too soon and employ poor technique just so you can see some progression on paper.

Muscle growth will only be effective if your form is consistently good and not allowed to deteriorate.

When you hit a plateau consider the factors that might be causing it – calorie and protein intake, rest and sleep, for example. Or maybe your existing form is poor before you even start to increase the weight. If that's the case, drop the weight (perhaps significantly), adopt excellent technique and start building up from there.

Having a clear record of your performance in the gym can be highly motivating and help to keep you focused and training hard.

### MUSCLE FIX #12

Track your weights and reps but don't add weight just to look better on paper. You must maintain good form and the optimum rep range too.

## Reason #12A

# You spend too much time on your phone!

Having thirteen reasons sounded unlucky but we couldn't let this one go because, in our experience, distracting smartphone use is endemic and killing people's efforts to make progress.

Texting, taking selfies and searching for a new music track every two minutes will not build muscle! You know it, we all know it. Phone apps are made to be addictive, so consider leaving your fix at home!

In the same vein, if you go to the gym to socialise then get used to making no progress. You're there to train and FOCUS, not chat!

But if you do find a training partner who motivates you, trains hard, spots you properly and allows you to push closer to failure, this can have a beneficial effect! Choose your gym buddy wisely!



No, no, no! The time you spend 'chatting' and whatever else on your phone is much more than you think. It's a distraction when you should be focusing.

**MUSCLE FIX #12A**

Leave your phone at home and choose your training buddy wisely.

# Conclusion

Building muscle is a slow and unpredictable process. You need to have realistic expectations about how long it will take and how hard you have to work at it. Whatever the spectacular claims of supplement powders, miracle gadgets or 'celebrity' trainers, you will not get bulging biceps, a shirt-ripping chest or tree-trunk thighs overnight.

Make this a six- to 12-month project to see noticeable and consistent gains.

Your age, sex and genetics will either give you a head start or tie one hand behind your back, but there are many factors over which you have full control that can maximise your muscle-building potential.

## 5-Point Training Summary

- Eat enough protein and calories to give your body the building blocks and energy it needs.
- Push heavy weights with good, consistent technique for about an hour at least three times a week.
- Do three to four sets of between eight and 15 reps for each exercise.
- Increase the weights over time to keep stimulating new muscle growth, and track progress.
- Get sufficient rest to facilitate the repair process that increases muscle size.

Keep it simple. Don't obsess over time-consuming details like macronutrient ratios or training 'pyramids' or unnecessary supplements.

Instead, work hard and focus. Maybe leave your phone and your friends outside and you'll get the gains you seek.

Because your aim is to gain muscle, not lose fat, you can't rely on the scales to tell you how much fat and lean have changed.

A BodyScan DEXA scan provides the most accurate measurement of lean mass and body fat and enables you to closely monitor your changes in body composition over time.

We hope this e-book has reinvigorated your approach to gaining muscle and getting in better shape. And remember, a BodyScan DEXA scan provides the most accurate and consistent way to closely monitor your lean mass and fat changes over time.



There's a lot of (mostly alpha-male) opinion about machines versus free-weights. Machines might feel easier (because they provide stability) but you can probably lift heavier and are less likely to injure yourself.

# What people have to say about BodyScan

*Great experience all round. Professional service from start to finish. The report is detailed and provides great insight that couldn't be gained any other way. I have already purchased my follow up scan."*

MARC B

*"The data has given me specific benchmarks and goals - exactly what I needed. I look forward to tracking my progress with their help."*

DAVID W

*"I thought I was just going to get a scan and be sent on my way, but Kevin spent almost an hour with me explaining the results, adding context, and helping me to set some goals. The entire experience from start to finish surpassed my expectations!"*

JORDAN V

*"An extremely helpful experience if you're looking to course correct your overall health and fitness journey. I'd highly recommend BodyScan to anyone."*

MICHAEL P

*"My body scan and consultation was everything I was looking for and more. It was so great chatting to Kevin as he was very knowledgeable and helped explain the results as well as answering the many questions I had. He was also able to give me a lot of advice which were tailored to my goals and current situation. Overall it was a great experience and I'm very happy I went ahead with it. Now I'm looking forward to knuckling down and aiming to reach my goals"*

ANTHONY Q

*"The DEXA scan provides really helpful and valuable information, all of it additionally explained in detail. Would definitely recommend the scan to anyone who wants to aware of not only their body composition but also to their current overall health condition."*

RADO P

*"This was an eye opening experience, and worth it in every way. I received a clear analysis and a good conversation about the results afterwards, and I think that anyone with an interest in their body composition would benefit from getting a scan."*

JON E

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### Accurate body composition measurement at BodyScan

*"Can't recommend this more - super useful information, critical to achieving my fitness goals, with brilliant expertise from Kevin. Whether you're building muscle or losing fat, really recommend this!"*

OWEN J

*"Easy process. On time. Really informative, clear, useful and thought-provoking. I know a great deal more about appropriate targets and actions to pursue."*

PAUL C

*"I had a great consultation to better understand my body composition for optimizing for my sport (rock climbing). The various metrics and percentiles were very helpful to better understand the nuance of your body composition. I will be back for a progress check-up."*

RYAN K

*"My expectations of the session were massively exceeded. Whilst the scan itself only takes a few minutes, it's the follow up consultation that really takes this to the next level. I now know where I'm heading along with a plan and an achievable timescale to make this happen. Every question I had was answered along with suggested changes I could make to be successful in achieving my aims. I was so impressed that I booked a follow up appointment before I left. Top notch service and highly recommended for anyone looking to embrace a healthy lifestyle."*

MATTHEW D

### DISCLAIMER

*The content of this ebook is for information only and should not be taken as medical advice. It is not intended to diagnose, treat, cure, or prevent any health problem - nor is it intended to replace the advice of a doctor.*

*Always consult a qualified health professional on any matters regarding your health.*



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