

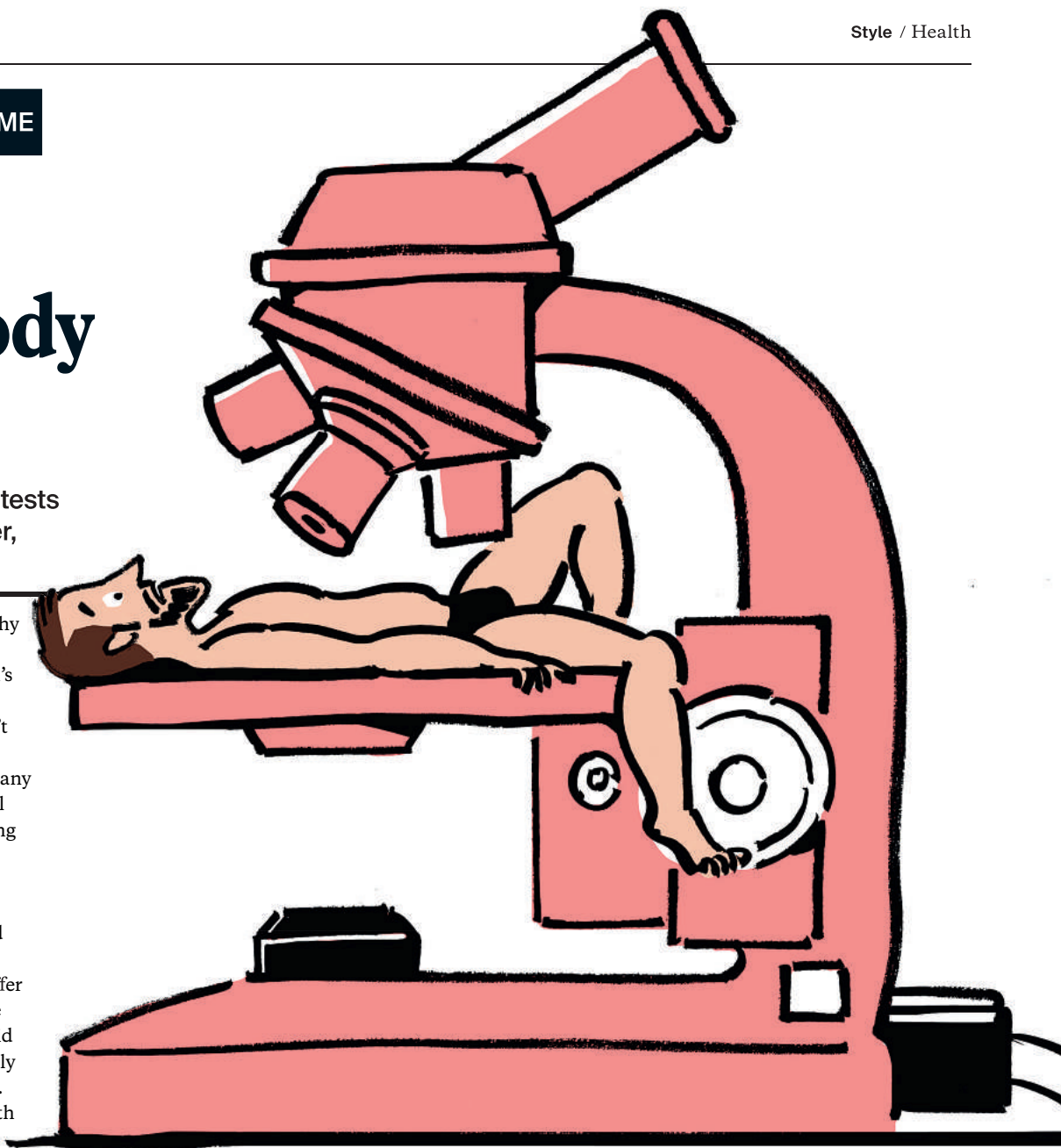
## THE MACKLIN REGIME



# Your body on trial

Progress at the gym stalled? A few useful tests could hold the answer, advises Tom Macklin

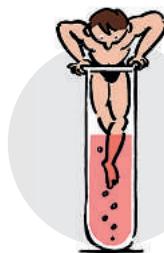
→ Have you ever wondered why you're not achieving optimal results in the gym? Perhaps it's fatigue, lack of motivation or a niggling injury you just can't overcome. It may be down to your technique, or even too many drinks after work, but the real reason could be an underlying problem — food intolerances, mineral deficiencies, genetic make-up or psychosomatic manipulation. To understand your body better, there are specialist services that can offer insight into what you may be lacking, what you should avoid eating, and why it could simply be a case of mind over matter. Here are four of the best health tests you should take.



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## Understanding your composition

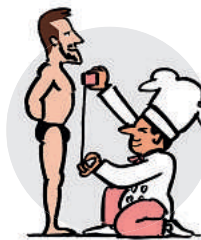
From scales to calipers, various services offer to measure body fat but none more accurately than DEXA (dual-energy X-ray absorptiometry). Developed for the medical profession, its full body scan gives a detailed analysis of body fat, lean mass and bone density, and calculates health levels considering age, height and weight. For optimal results, 6–12-monthly scans will enable you to track changes, adapt workouts and boost motivation. £160, [bodyscanuk.com](http://bodyscanuk.com)



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## Enhancing your training

If you've hit a wall or you're not achieving the results you want, a fitness DNA test can offer an interesting insight into your body's capabilities. A muscle-building fitness test by Fitness Genes will identify whether you react better to power or resistance training, your body's efficiency at utilising fat and carbs, how to most effectively recover from exercise sessions, as well as your sensitivity to caffeine and risk of injury. £190, [fitnessgenes.com](http://fitnessgenes.com)



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## Tailoring your nutrition

Identifying food intolerances allows more effective diet planning (don't confuse with food allergies, which affect only 2 per cent of people). A food intolerance can hinder fitness goals, with common side effects of headaches/migraines, low mood, bloating, fatigue, weight gain and skin problems. By eliminating known trigger foods, both your physical and mental health will improve. The Food and Drink Scan Programme by YorkTest Laboratories analyses your IgG reactions to 158 foods and drinks. £300, [yorktest.com](http://yorktest.com)



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## When rehab is exhausted

Struggling to recover from injury? Are the professionals scratching their heads? It can just be a case of mind over matter. Psychosomatic manipulation is our inner negative chatter influencing physical pain, which can be a difficult barrier to cross. Sophia Kupse developed the alternative LT Therapy 25 years ago, a combination of talking therapy and hot and cold massage techniques. It aims to "reset your muscle memory", alleviating back, neck and body trauma, caused by injury or stress. From £55, [themusclewhisperer.co.uk](http://themusclewhisperer.co.uk)