

Wellness Center

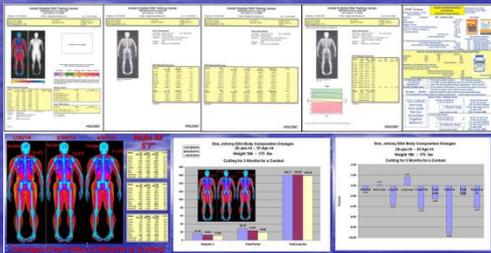
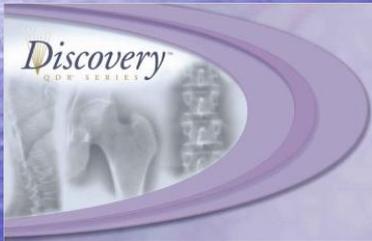


Inside Outside[®]

Medical Spa

DXA Body Composition Scan + Visceral Fat Analysis

Charles B. Christian, Jr. M.D.
Medical Director



Inside Outside

Wellness Center & Medical Spa

4499 Medical Drive #225

San Antonio, Texas 78229

210.616.0836

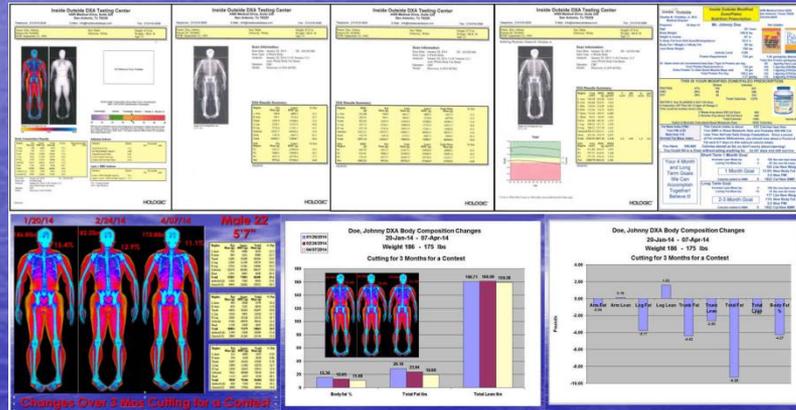
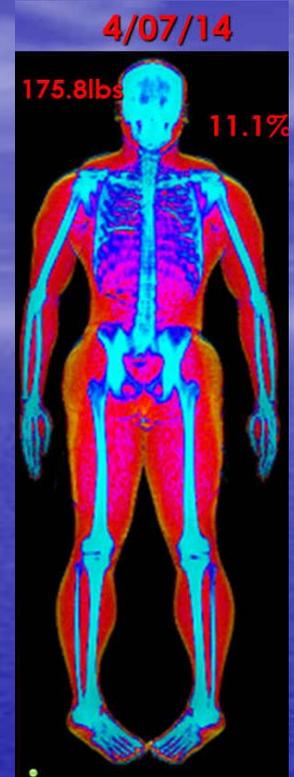


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Example

DXA Body Composition Report & Zone/Paleo Nutrition Prescription



This report documents DXA Body Composition changes over a 3 Month period in a 21 Y/O male who had bulked up and wanted help with the cutting phase in preparation for a contest.

go "Some do It Different, Nobody Does It Better!"



Wellness Center
Inside Outside[®]
Medical Spa



Analysis Performed on a Hologic Discovery A Dual Xray Absorptiometry Densitometer



Scan takes 3 Minutes. Does not hurt!
We Have clients remove clothes with metal and jewelry and change into scrubs. Or just wear gym clothes with no metal.

Can't do scan if pregnant or if you think you might be pregnant. Females must sign a Pregnancy Disclaimer.

Not Covered by Insurance.

Measures **Fat**, **Lean** and **Bone** in Arms, Legs, Trunk and other user defined Sub-Regions + Visceral Fat

YouTube Video of DXA Body Composition Scan

The image is a screenshot of a YouTube video player. The video content is an advertisement for a DXA body composition scan. The ad features a white background with green and purple decorative borders. At the top, it says "Wellness Center" and "Inside Outside Medical Spa" with a stylized logo. Below that, it lists "Dr. Charles B. Christian, Jr., M.D." and "Welcome Viewers!". The central image shows a person lying on a table next to a computer workstation. Text on the left describes the "Hologic Discovery A Dual-Energy X-Ray Absorptiometry Scanner" and text on the right says "Whole Body Composition Testing!". At the bottom, it says "HOLOGIC™" and "Live The 'Inside Outside Way of Life!'". A copyright notice at the very bottom reads "Copyright 2004 210.414.0834 4499 Medical Drive Ste 225 San Antonio, Texas 78229 info@insideoutsidespa.com". The video player interface at the bottom shows a play button, a progress bar at 0:03 / 2:55, and various control icons.

Wellness Center
Inside Outside
Medical Spa

Dr. Charles B. Christian, Jr., M.D.

Welcome Viewers!

Hologic
Discovery A
Dual-Energy
X-Ray
Absorptiometry
Scanner

Whole Body
Composition
Testing!

HOLOGIC™

A "Whole
New You!"

Live The
"Inside Outside
Way of Life!"

Copyright 2004 210.414.0834 4499 Medical Drive Ste 225 San Antonio, Texas 78229 info@insideoutsidespa.com

0:03 / 2:55

<https://www.youtube.com/watch?v=D0-7IPShSFE>

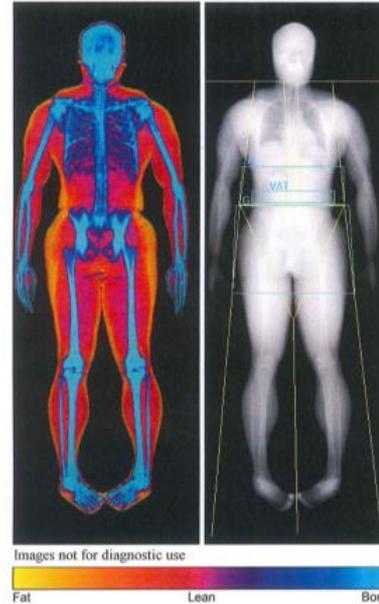
Name: Doe, Johnny
Patient ID: DO0001
DOB: September 23, 1992

Sex: Male
Ethnicity: White

Height: 67.0 in
Weight: 186.8 lb
Age: 21

During the DXA Software Analysis we define 7 Regions, Head, Trunk, Arms, Legs, Android (Abdominal) and Gynoid (Hips) plus 3 Sub-Regions, Upper Body, Abs/Hips & Buttocks/Thighs

In the table on the left the DXA scanner provides measurements in grams of each Region and then the % Fat of each Region. The software Totals these values and calculates a Total % Fat which is the value we use to calculate our Nutrition Prescription. Grams are converted to pounds.



This is the part of the report which depicts Fat in Yellow, Lean Mass in Red and Blue is Bone. Percentiles are given for most measurements. This client is in the top 21% for his age.

Body Composition Results

Region	Fat Mass (g)	Lean + BMC (g)	Total Mass (g)	% Fat	%Fat YN	Percentile AM
L. Arm	748	4886	5634	13.3	23	24
R. Arm	769	5311	6080	12.7	17	19
Trunk	5299	35297	40596	13.1	16	18
L. Leg	2521	11467	13988	18.0	26	27
R. Leg	2736	11424	14160	19.3	32	33
Subtotal	12074	68383	80457	15.0	19	21
Head	1181	4667	5848	20.2		
Total	13255	73051	86305	15.4	20	21
Android (A)	1424	7602	9026	15.8		
Gynoid (G)	4446	18374	22820	19.5		

Scan Date: January 20, 2014 ID: A01201406
Scan Type: a Whole Body
Analysis: April 06, 2017 09:30 Version 13.5.3.2
Auto Whole Body Fan Beam
Operator: CBC
Model: Discovery A (S/N 84782)
Comment:

Adipose Indices

Measure	Result	YN	Percentile AM
Total Body % Fat	15.4	20	21
Fat Mass/Height ² (kg/m ²)	4.58	38	40
Android/Gynoid Ratio	0.81		
% Fat Trunk/% Fat Legs	0.70	12	14
Trunk/Limb Fat Mass Ratio	0.78	17	20
Est. VAT Mass (g)	222		
Est. VAT Volume (cm ³)	240		
Est. VAT Area (cm ²)	46.0		

Lean Indices

Measure	Result	YN	Percentile AM
Lean/Height ² (kg/m ²)	24.2	92	92
Appen. Lean/Height ² (kg/m ²)	10.9	89	89

Est. VAT = Estimated Visceral Adipose Tissue
YN = Young Normal
AM = Age Matched

The DXA Software Analysis also calculates Adipose and Lean Indices.

FMI (Fat Mass Index) is amount of fat related to height. Average person about 5-7.

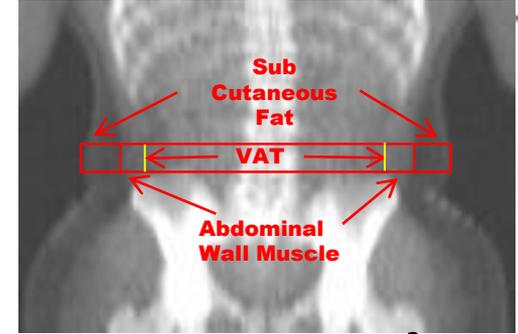
LMI (Lean Mass Index) is amount of lean related to height. Average Person 19

Part of the Adipose measurements are Visceral Adipose Tissue or VAT Fat, which is "Toxic Fat" within the abdomen and produces hormones which create low grade inflammation. We want our VAT Area to be less than 100cm².

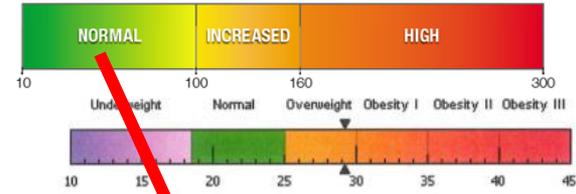
Name: Doe, Johnny Patient ID: DO0001 DOB: September 23, 1992	Sex: Male Ethnicity: White	Height: 67.0 in Weight: 186.8 lb Age: 21
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Images not for diagnostic use
Lean Bone



Visceral Fat Area in cm²



BMI has some limitations and an actual diagnosis of overweight or obesity should be made by a health professional. Obesity is associated with heart disease, certain types of cancer, type 2 diabetes, and other health risks. The higher a person's BMI is above 25, the greater their weight-related risks.

Body Composition Results

Region	Fat Mass (g)	Lean + Bone Mass (g)	Total Mass (g)	% Fat	% Fat Percentile YN	Percentile AM
L Arm	748	4652	5634	13.3	42	34
R Arm	769	5311	6080	12.7	35	37
Trunk	5299	35297	40596	13.1	33	36
L Leg	2521	11467	13988	18.0	41	42
R Leg	2736	11424	14160	19.3	45	46
Subtotal	12074	68383	80457	15.0	36	40
Head	1181	4667	5848	20.2		
Total	13255	73051	86306	15.4	36	
Android (A)	1424	7602	9026	15.8		
Gynoid (G)	4446	18374	22820	19.5		

Scan Date: January 20, 2014 ID: A01201406
Scan Type: a Whole Body
Analysis: 1/20/2017 09:30 Version 13.5.3.2
Operator: Auto Whole Body Fan Beam
Model: Discovery A (S/N 84782)
Comment:

Adipose Indices

Measure	Result	Percentile YN	Percentile AM
Total Body % Fat	15.4	36	40
Fat Mass/Height ² (kg/m ²)	4.58	51	55
Android/Gynoid Ratio	0.81		
% Fat Trunk/% Fat Legs	0.70	21	24
Trunk/Limb Fat Mass Ratio	0.78	45	51
Est. VAT Mass (g)	222		
Est. VAT Volume (cm ³)	240		
Est. VAT Area (cm ²)	46.0		

Lean Indices

Measure	Result	Percentile YN	Percentile AM
Lean/Height ² (kg/m ²)	24.2	85	85
Appen. Lean/Height ² (kg/m ²)	10.9	71	72

Est. VAT = Estimated Visceral Adipose Tissue
YN = Young Normal
AM = Age Matched

Name: Doe, Johnny
Patient ID: DO0001
DOB: September 23, 1992

Sex: Male
Ethnicity: White

Height: 67.0 in
Weight: 186.8 lb
Age: 21

This page of the analysis shows the measurements for the 3 Sub-Regions we define for each Client.

R1

Chest, Back, Arms and Shoulders

R2

Abdomen, Buttocks, Hips and Portion of Thighs

R3

Buttocks, Hamstrings and Quadriceps

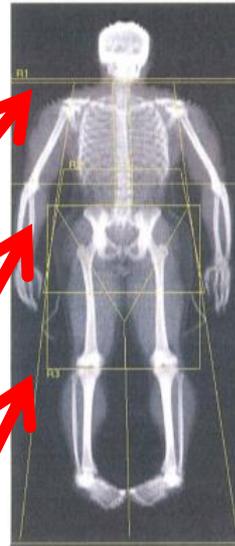


Image not for diagnostic use
327 x 150
DAP: 13.1 cGy*cm²

Scan Information:

Scan Date: January 20, 2014 ID: A01201406
Scan Type: a Whole Body
Analysis: April 06, 2017 09:30 Version 13.5.3.2
Auto Whole Body Fan Beam
Operator: CBC
Model: Discovery A (S/N 84782)
Comment:

DXA Results Summary:

Region	Fat Mass (g)	Lean + BMC (g)	% Fat
L Arm	748.0	4885.5	13.3
R Arm	769.1	5310.6	12.7
Trunk	5298.9	35296.9	13.1
L Leg	2521.2	11466.5	18.0
R Leg	2736.3	11423.9	19.3
Subtotal	12073.6	68383.5	15.0
Head	1181.0	4667.3	20.2
Total	13254.6	73050.8	15.4
Sub-Region	Fat Mass (g)	Lean + BMC (g)	% Fat
R1	3031.5	25856.8	10.5
R2	5590.0	24707.9	18.5
R3	6248.9	28521.9	18.0
Net	9977.9	57367.6	14.8

TBAR303

User Defined Sub – Region Analysis



This page breaks down our regions of interest even further giving us individual measurements of Bone (BMC), Fat and Lean

We usually document that the dominant arm has more lean mass and is a little leaner than the non-dominant arm.

This does not always hold true for the legs.

Inside Outside DXA Testing Center

4499 Medical Drive, Suite 225
San Antonio, Tx 78229

Telephone: 210-616-0836

E-Mail: contact@insideoutsidespa.com

Fax: 210-616-0586

Name: Doe, Johnny
Patient ID: DO0001
DOB: September 23, 1992

Sex: Male
Ethnicity: White

Height: 67.0 in
Weight: 186.8 lb
Age: 21

Scan Information:

Scan Date: January 20, 2014 ID: A01201406
Scan Type: a Whole Body
Analysis: April 06, 2017 09:30 Version 13.5.3.2
Auto Whole Body Fan Beam
Operator: CBC
Model: Discovery A (S/N 84782)
Comment:

DXA Results Summary:

Region	BMC (g)	Fat Mass (g)	Lean Mass (g)	Lean + BMC (g)	Total Mass (g)	% Fat
L Arm	243.86	748.0	4641.7	4885.5	5633.5	13.3
R Arm	265.91	769.1	5044.7	5310.6	6079.8	12.7
Trunk	824.68	5298.9	34472.2	35296.9	40595.8	13.1
L Leg	551.37	2521.2	10915.2	11466.5	13987.8	18.0
R Leg	541.53	2736.3	10882.3	11423.9	14160.2	19.3
Subtotal	2427.36	12073.6	65956.1	68383.5	80457.1	15.0
Head	534.79	1181.0	4132.5	4667.3	5848.3	20.2
Total	2962.15	13254.6	70088.6	73050.8	86305.4	15.4
Sub-Region	BMC (g)	Fat Mass (g)	Lean Mass (g)	Lean + BMC (g)	Total Mass (g)	% Fat
R1	649.55	3031.5	25207.3	25856.8	28888.3	10.5
R2	586.82	5590.0	24121.1	24707.9	30297.9	18.5
R3	884.80	6248.9	27637.1	28521.9	34770.8	18.0
Net	1562.37	9977.9	55805.2	57367.6	67345.5	14.8

TBAR303

Detailed Breakdown of defined regions.



This page shows a nice black and white image of the scan. The yellow lines are adjusted by the Inside Outside Staff, using the DXA Software.

This page also includes a table which shows measurements of Bone Mineral Content (BMC). This a measurement of how much Calcium you have in your Bones and is used in a 4 Compartment analysis of Body Composition used only in special research studies.

Name: Doe, Johnny Patient ID: DO0001 DOB: September 23, 1992	Sex: Male Ethnicity: White	Height: 67.0 in Weight: 186.8 lb Age: 21
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Referring Physician: Charles B. Christian, Jr.

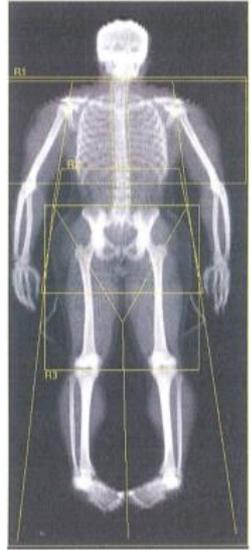


Image not for diagnostic use
327 x 150
DAP: 13.1 cGy*cm²

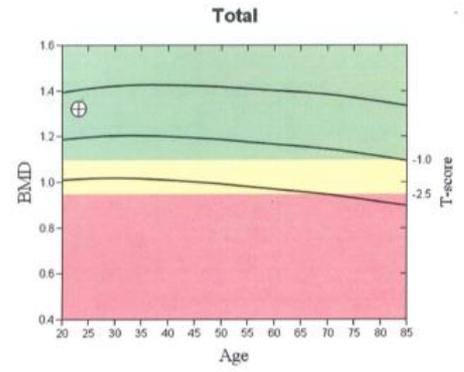
Scan Information:

Scan Date: January 20, 2014 ID: A01201406
 Scan Type: a Whole Body
 Analysis: April 06, 2017 09:30 Version 13.5.3.2
 Auto Whole Body Fan Beam
 Operator: CBC
 Model: Discovery A (S/N 84782)
 Comment:

DXA Results Summary:

Region	Area (cm ²)	BMC (g)	BMD (g/cm ²)	T-score	PR (%)	Z-score	AM (%)
L Arm	246.08	243.86	0.991				
R Arm	256.88	265.91	1.035				
L Ribs	138.04	132.89	0.963				
R Ribs	133.64	116.55	0.872				
T Spine	123.64	109.91	0.889				
L Spine	58.42	60.85	1.042				
Pelvis	265.68	404.48	1.522				
L Leg	380.12	551.37	1.451				
R Leg	380.52	541.53	1.423				
Subtotal	983.03	2427.36	1.224				
Head	261.28	534.79	2.047				
Total	2244.31	2962.15	1.320	1.2	110	1.2	111
Sub-Region	Area (cm ²)	BMC (g)	BMD (g/cm ²)				
R1	615.80	649.55	1.055				
R2	394.93	586.82	1.486				
R3	559.38	884.80	1.582				
Net	1201.18	1562.37	1.301				

TBAR303



T-score vs. White Male. Source:2008 NHANES/Hologic White Male. Z-score vs. White Male. Source:2008 NHANES/Hologic White Male.

Wellness Center

Inside Outside[®] Medical Spa

After the scan and the scan analysis, Dr. Christian will use the Total Body Fat% measured by the scan to create a Zone/Paleo Nutrition Prescription.

Wellness Center **Inside Outside** Medical Spa **Charles B. Christian, Jr., M.D.**
 Cardiothoracic Surgery, Nutritional & Preventive Medicine

Methodist Plaza Suite 225 San Antonio, Texas 78229
 4499 Medical Drive 210. 616.0834 Ans Svc or 210.616.0835 Back Line

NAME "You" AGE _____
 ADDRESS _____ DATE _____

Rx What Ratio? Carbohydrates
How Much? Fat
How Often? Protein

No Safety Cap Please Label **What Kind?**

DEA # _____ **Dr. Christian M.D.**

Product Selection Permitted Dispense as Written
 REPT. UT.DICT. 1 2 3 4 5 Times P.R.N Non-Rep

www.insideoutsidespa.com

For our 21 y/o client we set a 2-3 month goal of losing about a pound a week to achieve a Body Fat% of 11% or to lose about 10lbs of Fat and Maintaining Lean Mass.

The Prescription answers What Ratio, How Much and How Often. What Kind Comes Next!

Inside Outside Medical Spa
 Charles B. Christian, Jr. M.D.
 Medical Director

Prepared 20-Jan-14 **Mr. Johnny Doe**

Age 21 Years
 Body Weight 186.8 lbs
 Height in inches 67.5 in
 % Body Fat from DXA Scan/BioImpedance 15.4%
 Body Fat = Weight x %Body Fat 29 lbs
 Lean Body Weight 158 lbs

Activity Level 0.85
 Protein Requirement 134 gm

Dr. Sears does not recommend less than 77gm of Protein per day.
 Your Protein Requirement is 134 gm
 Extra Protein To Gain Some Muscle Mass Add 16 gm
 Total Protein Per Day 150.3 gm
 1.77 gm/kg

Inside Outside Modified Zone/Paleo Nutrition Prescription

Pt# DO0001



1.58 gm/kg/day Maintain
Total Gm: Protein gm/kg/day

68	.8gm/kg Very Lowest
102	1.2gm/kg END/Maintain
119	1.4gm/kg STR/Gain +
153	1.8gm/kg STR/Gain ++
170	2.0gm/Kg STR/Gain +++

THIS IS YOUR MODIFIED ZONE/PALEO NUTRITION PRESCRIPTION

	Ratio	Grams	Calories
PROTEIN	47%	150	601
CBO	28%	90	358
FAT	25%	36	320
Total Calories			1279

WATER 8 8oz GLASSES A DAY OR 64oz
 4 Capsules LEF Fish Oil = 2.4gm of Omega 3
 This could be broken down into:
 3 Meals Avg about 300 Cal Each 900
 3 Snacks Avg about 150Cal Each 400
Total Calories 1300

Katch & McArdle Calculated Basal Metabolic Rate 1922 Calories




Harris Benedict 1945

Fat Mass Index (FMI) Your FMI 4.45
 Male Goal 3-6
 Normal Fat Mass Index

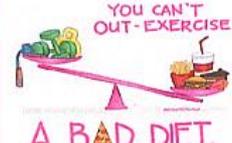
This Calorie Intake is about 622 Calories less than Your BMR or Basal Metabolic Rate and Probably 800-900 Cal Less Than the Total Daily Energy Expenditure. Since a pound of Fat contains 3500calories, you should lose about a Pound of Fat each 7 days on this reduced calorie intake.

You Have 100,685 Calories stored as fat, so don't worry about starving!
 You Could Sit in a Chair without eating anything for 52.4 days and still survive.

Short & Long Term Goals



WEIGHT LOSS



YOU CAN'T OUT-EXERCISE A BAD DIET.

Short Term 1 Month Goal

Increase Lean Mass by:	0	158 lbs new lean mass
Losing Fat Mass by:	4	25 lbs new fat mass
1 Month Goal		183 Lbs New Weight
		13.5% New Body Fat %
		3.8 New FMI
Calories added to BMR	0	1922 Cal New BMR

Long Term Goal

Increase Lean Mass by:	0	158 lbs new lean mass
Losing Fat Mass by:	10	19 lbs new fat mass
2-3 Month Goal		177 Lbs New Weight
		10.6% New Body Fat %
		2.9 New FMI
Calories added to BMR	0	1922 Cal New BMR

Brief Discussion of the Basics of Zone/Paleo Eating

After the DXA Scan and creation of the Nutrition Prescription, Dr. Christian will show you a short PowerPoint Presentation and discuss with you the basics of the Zone/Paleo approach to eating discussing What Kind of Carbohydrates, Fats and Protein to eat.

You will have an opportunity to ask questions about specific diets or medical issues which are affecting you.

Wellness Center 
Inside Outside
 Medical Spa

Zone/Paleo Nutrition Short Course - Male Back to the Basics

Charles B. Christian, Jr. M.D.
 Medical Director
 Inside Outside
 Wellness Center & Medical Spa
 San Antonio, Texas

<http://www.insideoutsidespa.com>

Food and food types found in Western diets generally unavailable to preagricultural hominins.

Origins and evolution of the Western diet: Health Implications for the 21st century
 Loren Cordain, S Boyd Eaton

We are not Genetically designed for 72% of Calories generally available to us!!

.... the ultimate factor underlying diseases of civilization is the collision of our ancient genome with the new conditions of life in affluent nations, including the nutritional qualities of recently introduced foods.
 L. Cordain et al

Cordain L et al *Am J Clin Nutr* 2005;81:341-54.

Food Type	% of energy
Dairy products	
Whole milk	1.6
Low-fat milk	2.1
Cheese	3.2
Butter	1.1
Other	2.6
Total	10.6
Cereal grains	
Whole grains	3.5
Refined grains	20.4
Total	23.9
Refined sugars	
Sucrose	8.0
High-fructose corn syrup	7.0
Glucose	2.0
Syrups	0.1
Other	0.1
Total	18.6
Refined vegetable oils	
Salad cooking oils	8.8
Shortening	6.6
Margarine	2.2
Total	17.6
Alcohol	1.4
Total energy	72.1%

Added salt, as sodium chloride 0.67gm

DXA Scan Comparison Tool

Using Proprietary Software developed by Inside Outside we are able to compare up to 10 scans, convert grams to pounds and create charts which easily and visually demonstrate your Body Composition Changes

DXA Whole Body Composition Comparison Tool

Version 1.50 2017
 Windows XP, Vista, 7
 Hologic 4500W,
 Discovery A and W
 Android/Gynoid, Regional
 + Visceral Adipose Tissue

23% 10%

PATIENT SCANS

SEARCH
 LAST: doe FIRST: John

LAST NAME: Doe
 FIRST NAME: Johnny
 IDENTIFIER: D00001

Scans:
 01/20/2014 11:35:05 AM
 02/24/2014 8:28:01 AM
 04/07/2014 12:52:22 PM

Preview Scans:
 01/20/2014 11:35:05 AM
 02/24/2014 8:28:01 AM
 04/07/2014 12:52:22 PM

Single Scan View
 Full Body Part Changes
 Android and Gynoid Region Changes
 Defined Regional R1-R3 Changes
 Visceral Adipose Tissue Comparison
 Visceral Adipose Tissue Changes

Buttons: Add Scan, Remove Scan

Chart 1: Doe, John Body Composition 28-May-12 Weight 198 lbs

Category	Value
Body fat %	22.97
Total Fat lbs	46.01
Total Lean lbs	154.33

Chart 2: Doe, John Body Composition Changes 28-May-12 - 09-Nov-12 Weight 198 - 161 lbs

Category	Value
Body fat %	17.98
Total Fat lbs	20.97
Total Lean lbs	147.72, 146.87, 144.78

Chart 3: Doe, John Body Composition Changes 28-May-12 - 09-Nov-12 Weight 198 - 161 lbs

Category	Value (Pounds)
Arm Fat	-0.87
Arm Lean	-0.85
Leg Fat	-0.36
Leg Lean	1.7
Trunk Fat	-0.38
Trunk Lean	-0.76
Total Fat	-8.88
Total Lean	8.88
Body fat %	-15.44

Copyright (c) 2017 Inside Outside DXA Scanning Center

For the latest product information visit us at
[DXA Whole Body Composition Comparison Tool](#)

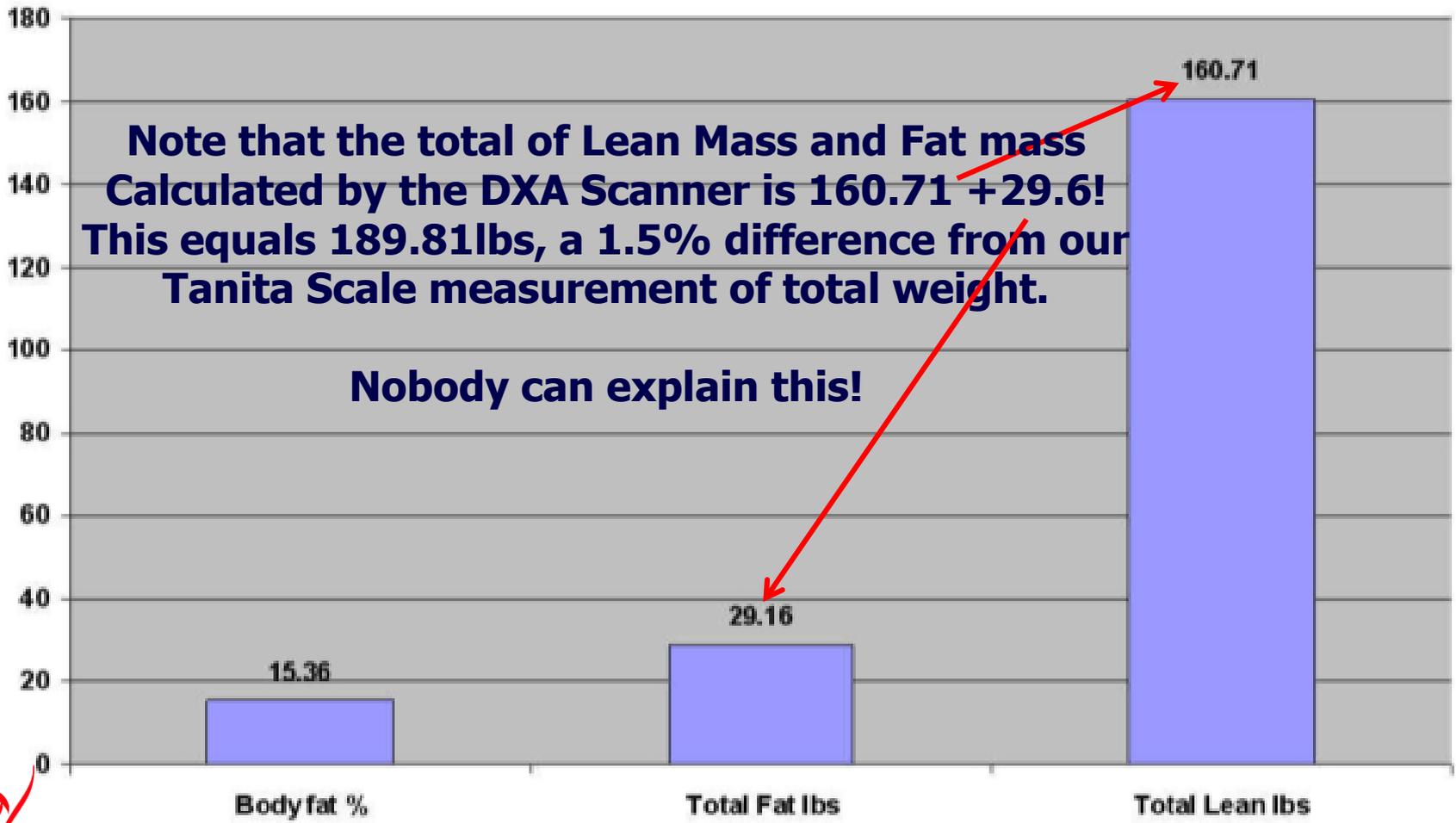
Our 22 Y/O client had 3 separate scans and we were able to create several reports as charts which document the changes which have occurred.

Doe, Johnny Body Composition

01/20/2014

20-Jan-14

Weight 186 lbs



**Note that the total of Lean Mass and Fat mass
Calculated by the DXA Scanner is 160.71 + 29.6!
This equals 189.81lbs, a 1.5% difference from our
Tanita Scale measurement of total weight.**

Nobody can explain this!

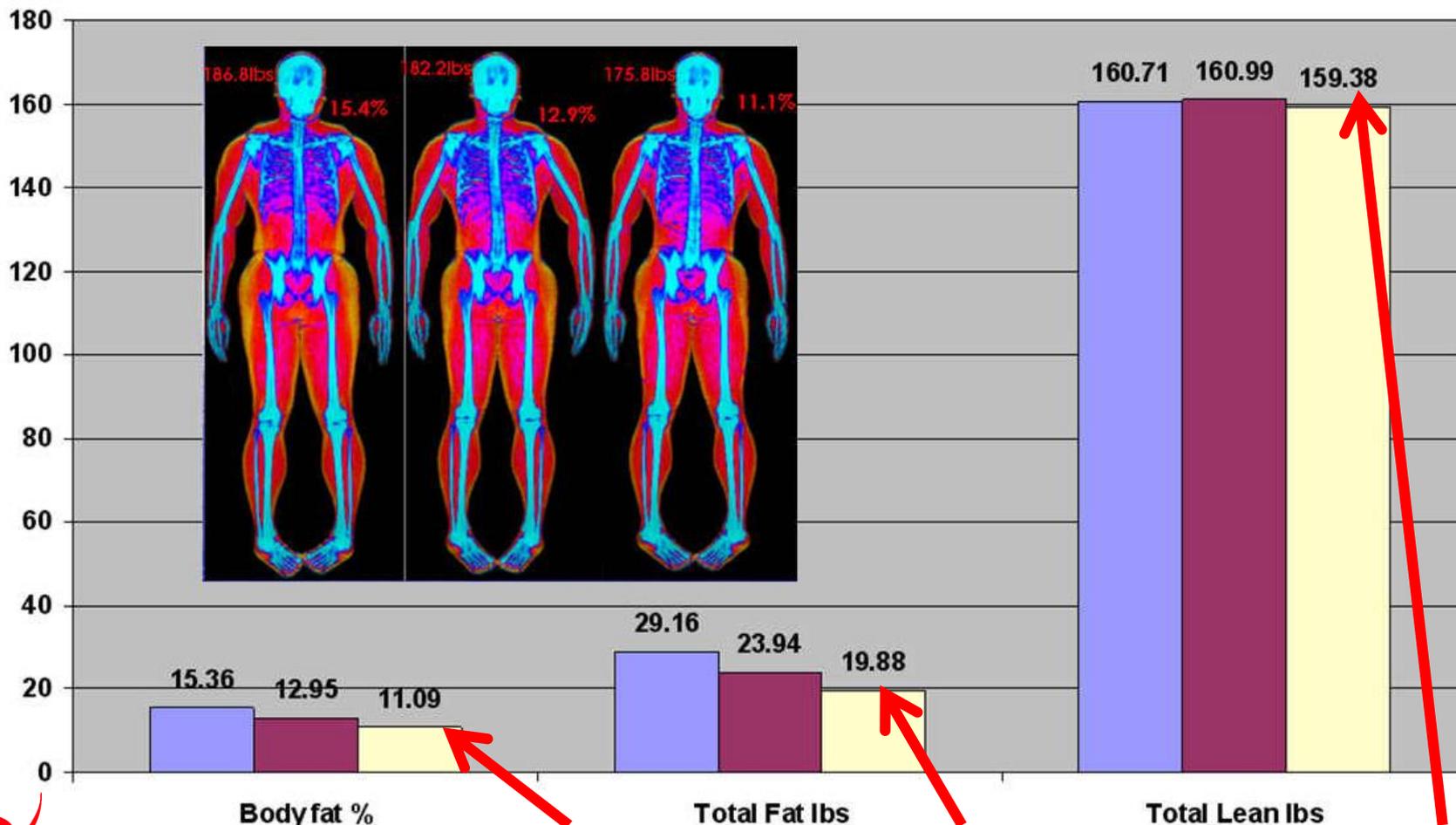
Handwritten signature

Doe, Johnny DXA Body Composition Changes

20-Jan-14 - 07-Apr-14

Weight 186 - 175 lbs

Cutting for 3 Months for a Contest



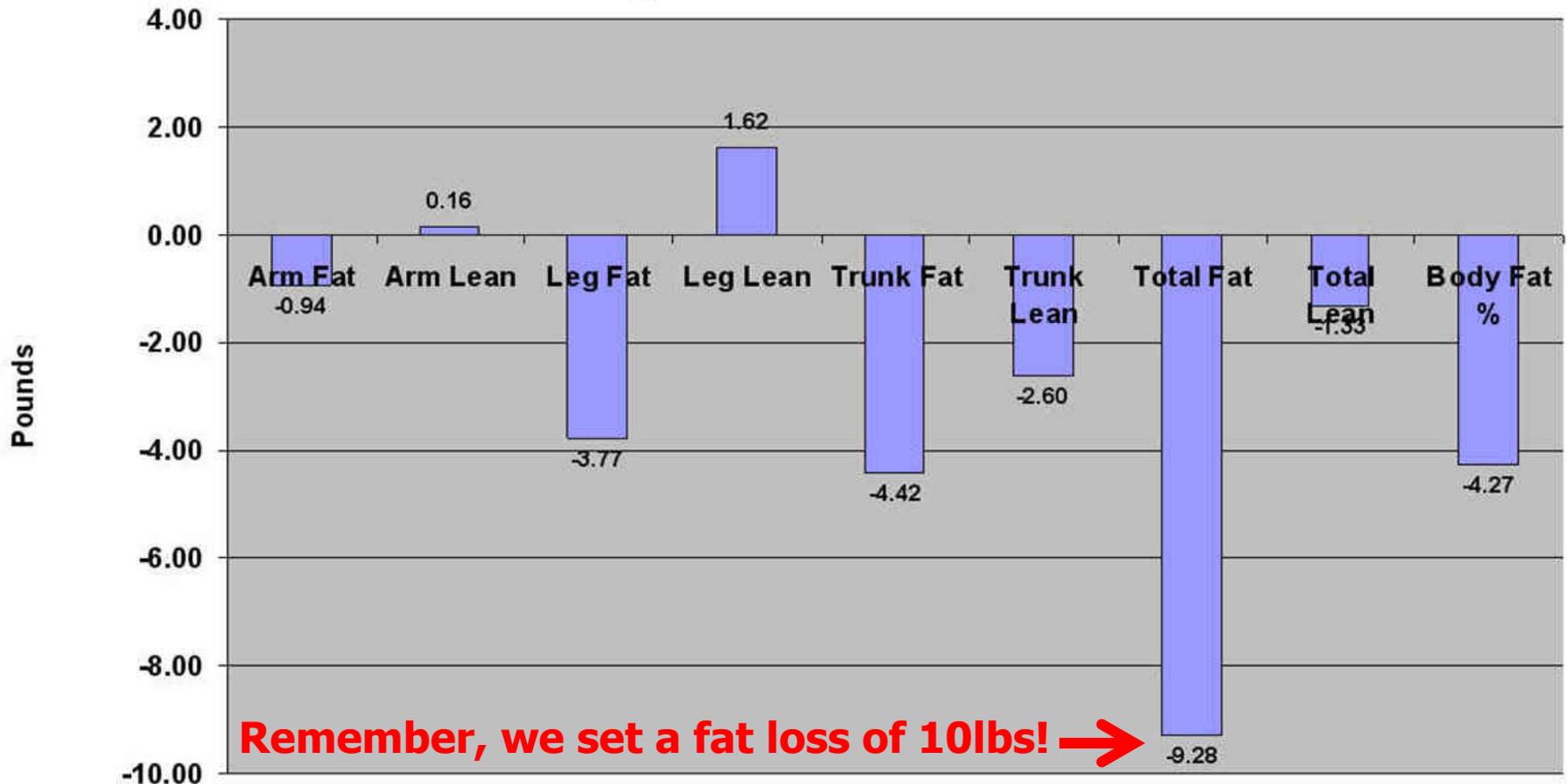
Remember, we set a goal of 11% & FAT loss of 10lbs with maintaining LEAN!

Doe, Johnny DXA Body Composition Changes

20-Jan-14 - 07-Apr-14

Weight 186 - 175 lbs

Cutting for 3 Months for a Contest



After the Charts are created, we create another report which

Compares the 3 Images from the 3 Scans, this is seen on the next page.

1/1/14

2/24/14

4/07/14

Male 21

5'7"

Body Composition Results

Region	Fat Mass (g)	Lean + BMC (g)	Total Mass (g)	% Fat
L Arm	748	4886	5634	13.3
R Arm	769	5311	6080	12.7
Trunk	5299	35297	40596	13.1
L Leg	2521	11467	13988	18.0
R Leg	2736	11424	14160	19.3
Subtotal	12074	68383	80457	15.0
Head	1181	4667	5848	20.2
Total	13255	73051	86306	15.4
Android (A)	1424	7602	9026	15.8
Gynoid (G)	4446	18374	22820	19.5

Region	Fat Mass (g)	Lean+ BMC (g)	Total Mass (g)	% Fat
L Arm	548	4826	5374	10.2
R Arm	659	5351	6010	11.0
Trunk	4682	38565	43247	10.8
L Leg	1832	9801	11632	15.7
R Leg	2026	10126	12152	16.7
Subtotal	9746	68670	78416	12.4
Head	1138	4509	5647	20.2
Total	10884	73179	84063	12.9
Android (A)	1198	9106	10304	11.6
Gynoid (G)	3889	21265	25154	15.5

Region	Fat Mass (g)	Lean+ BMC (g)	Total Mass (g)	% Fat
L Arm	515	4993	5507	9.35
R Arm	574	5276	5850	9.82
Trunk	3287	34105	37392	8.79
L Leg	1690	11582	13273	12.7
R Leg	1859	12053	13912	13.4
Subtotal	7925	68009	75934	10.4
Head	1113	4437	5550	20.1
Total	9038	72446	81484	11.1
Android (A)	824	7318	8141	10.1
Gynoid (G)	2888	17956	20844	13.9

186.8lbs

15.4%

182.2lbs

12.9%

175.8lbs

11.1%

Est. VAT Mass (g)	222
Est. VAT Volume (cm ³)	240
Est. VAT Area (cm ²)	46.0

Est. VAT Mass (g)	220
Est. VAT Volume (cm ³)	237
Est. VAT Area (cm ²)	45.5

Est. VAT Mass (g)	196
Est. VAT Volume (cm ³)	212
Est. VAT Area (cm ²)	40.6

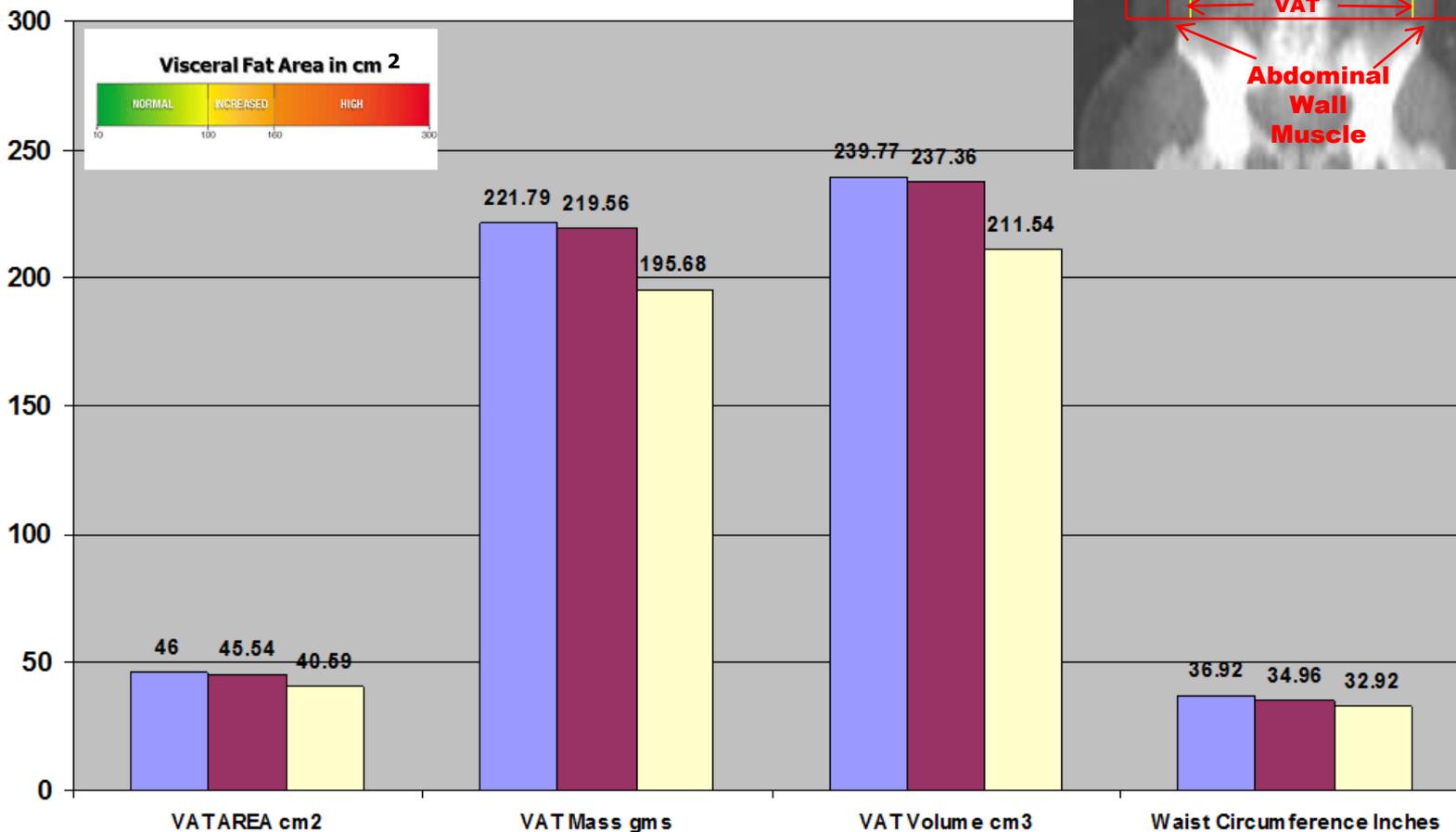
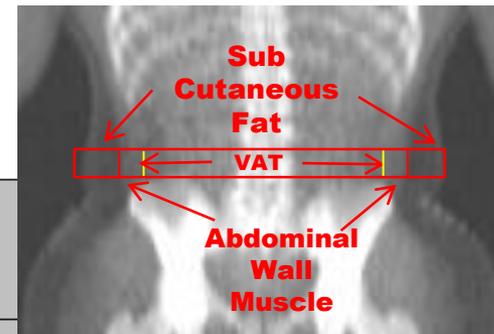
Changes over 3 Mos Cutting for a Contest

Doe, Johnny Visceral Adipose Tissue (VAT) Comparison

20-Jan-14 - 07-Apr-14

Weight 186 - 175 lbs

- 01/20/2014
- 02/24/2014
- 04/07/2014



The final chart shows the Visceral Adipose Tissue Comparisons

630

Handouts you will go home with!

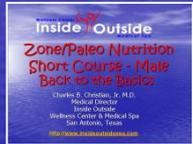
1. Copy of your DXA Scan



2. Copy of your Zone/Paleo Nutrition Prescription



3. Copy of the PP presentation about Zone/Paleo



4. Copy of Dr. Cordain's Article



5. If a follow-up scan is done, we will give you copies of the charts and images which show your body composition changes.



We will also email you a copy of scans & charts!

wo "Some do It Different, Nobody Does It Better!"

Wellness Center



Inside Outside[®] Medical Spa

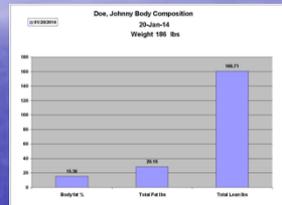
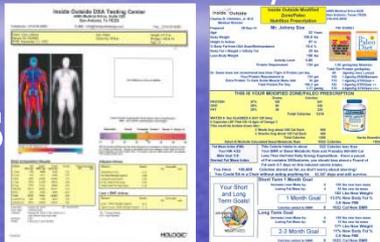
Pricing of these Services!

Call Now **210.616.0836**
to schedule your Scan!

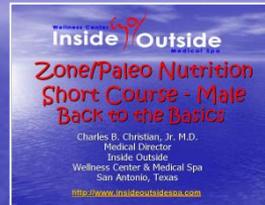
Initial Scan

You get all this
For \$100

Scan Zone/Paleo Rx Chart



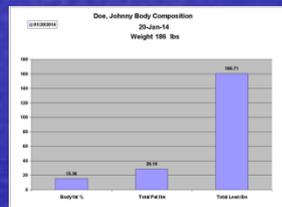
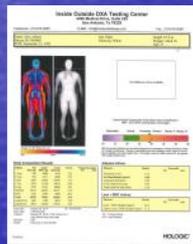
Zone/Paleo PP Dr. Cordain



Bring a friend and the price drops to \$90 each

Initial Scan Only

For \$80



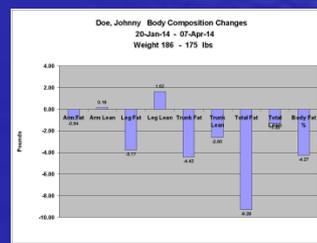
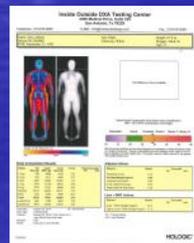
Scan

Several Charts

Images

Followup Scan

You get all this
For \$75



Plus an Email Copy of the Scan and Nutrition Rx

"Some do It Different, Nobody Does It Better!"

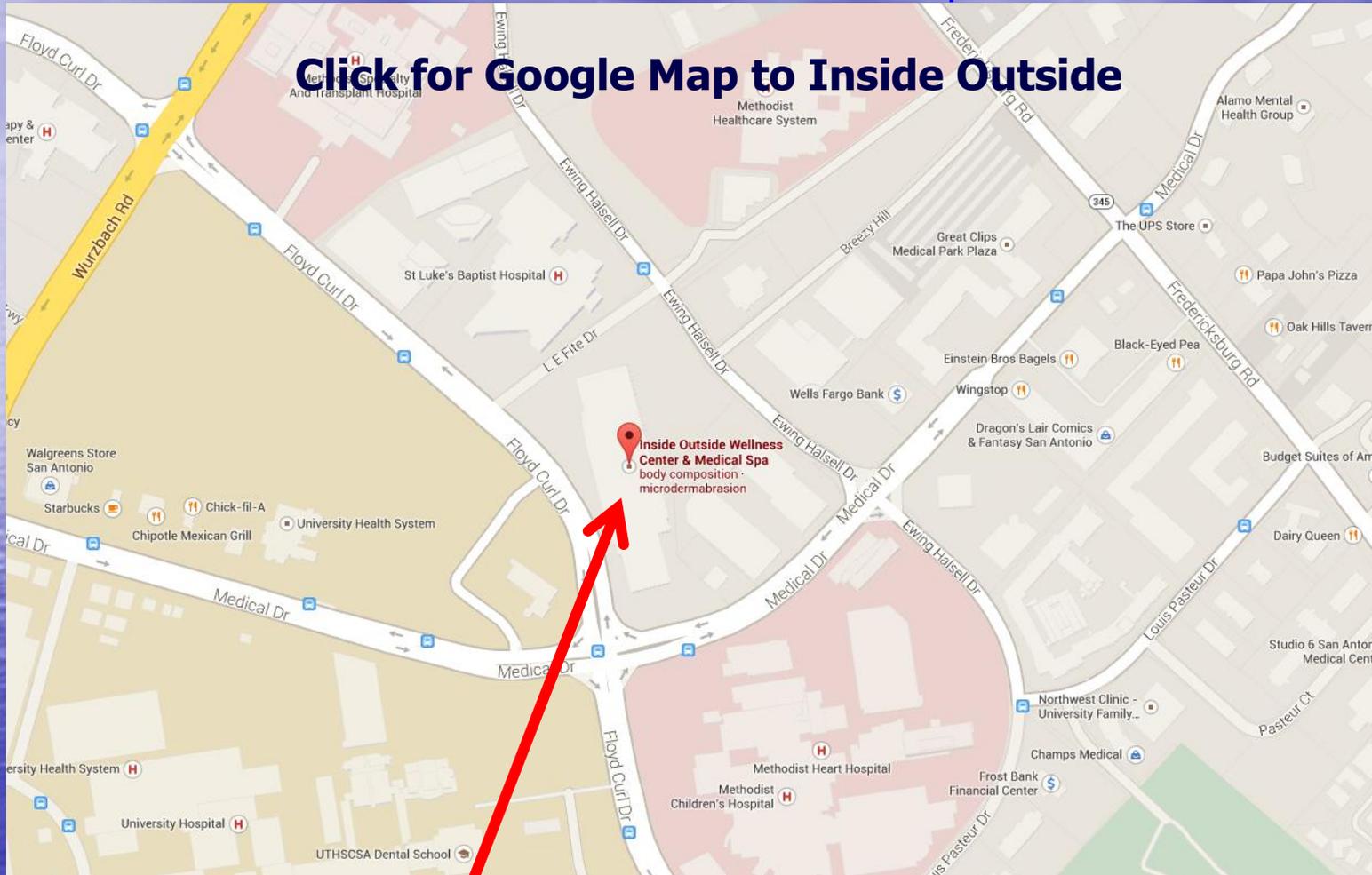


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