

LEE-ANNE WANN.COM

*small things truly make  
for great changes*

HEALTH & FITNESS CONSULTANT  
PERFORMANCE NUTRITIONIST

## HEALTH & FITNESS CONSULTATIONS

YOUR PERSONALISED BLUEPRINT FOR FAT LOSS AND OPTIMAL HEALTH

THE SINGLE MOST EFFECTIVE WAY TO GET IN SHAPE AND STAY THERE AS EVERYTHING IS TAILORED TO YOUR UNIQUE BIOCHEMISTRY. WHEN NOTHING ELSE SEEMS TO WORK...

### ABOUT YOUR CONSULTATION

Consultations are designed to gather information to help in understanding your body and your unique requirements. By evaluating your lifestyle, your nutrition regime, your activity and testing your hormonal profile, we are able to provide you with notes and protocols on the optimal pathways you can take in order to restore optimal health and get the body you deserve back on track.



It's not all about calories in and calories out, many people struggle with achieving their goals even when eating and exercising well. Often symptoms of excess body fat, fatigue, feeling down, cellulite, tummy fat, bloating and digestive issues can be attributed to high stress levels in the body, high toxin load and even malnutrition. For example, the thickness of a person's belly button measure is a direct reflection of cortisol (the stress hormone) output. A relatively fat tummy can indicate that stress levels are high and/or the ability to handle stress is low. If this is the case increased exercise and dieting can actually make the problem worse.

The good news is that - It's not your fault and It can be changed.

It's about working smarter not harder. By following your personal notes, you will emerge leaner, stronger, healthier, happier, and more energetic.

### WHAT DOES AN INITIAL CONSULTATION INVOLVE?

An initial consultation takes approximately an hour and includes a comprehensive assessment of your hormonal balance, your general wellbeing (energy, digestion patterns), your lifestyle, your exercise and nutrition habits, and your exposure to certain types of stress.

This includes assessment of specific hormones by taking a body fat reading from 12 sites on your body using body fat callipers. The assessment tool is called a BioSignature Modulation assessment developed in America by Charles Poliquin.

### WHAT WILL I TAKE AWAY FROM MY CONSULTATION?

As sustainable change health practitioners, we are body composition specialists who are skilled at reading the messages your body is sending and then translating those messages into information that's both useful and easy to apply for YOU.

Every element of your BioSignature assessment is completed to exact specifications and therefore results in a highly individualised outcome.

You will be given strategies and protocols to achieve your goals that are based on the results of your personal assessment. These may be gaining muscle, losing body fat, improving energy, ridding yourself of a digestive disorder, improving your sporting performance, or even increasing

your ability to focus and concentrate.

You will receive notes and protocols on how to take back control of your biochemistry, your hormones, your aesthetics, and in fact, your life.

## DO I HAVE TO TAKE SUPPLEMENTS?

Due to the nature of our lives in our modern day environment where stress is common place and good, nutritious food not always the first choice on our lists, supplements are often required to reduce the deficiencies caused by our lifestyles.

We like to use food choices first and foremost however many people incorporate some supplements into their plan and find that this maximises their success.

## HOW LONG DOES IT TAKE TO SEE RESULTS?

As you can imagine, that depends on the individual. Factors such as your willingness to follow instructions are certainly paramount to success, but so are some things which may be outside of your control. For example, the type and duration of your hormonal imbalance, how much and what type of exercise you can do, lifestyle and stress issues, and your ability to access and prepare whole food.

In our professional experience and judging from the feedback of practitioners worldwide, 99% of clients see positive results within 12 weeks and most within as little as a few days.

To give you a further idea, we have had clients lose as much as 9% body fat in 4 weeks, drop 9 kilos in 4 weeks or get back into a pair of jeans from years back in as little as 5 weeks. These are actual examples.

## DO I NEED TO COME BACK?

This is very much down to the individual and discussed during your initial consultation.

Some people have an initial consultation and a follow-up 2-3 weeks later while others see us on a regular basis to keep them on track and ensure the changes they make are for the long-term.

The choice is yours and we work within your budget and your requirements.

## WHAT ARE DOCTORS SAYING ABOUT BIOSIGNATURE MODULATION AS AN ASSESSMENT TOOL?

"BioSignature is one of the most advanced non-invasive methods available to rapidly and accurately identify insulin resistance and cardiovascular risks. This allows for onsite effective medical treatment decisions."

**Dr. Mark Houston MD, MS, FACP, FAHA**

**Associate Clinical Professor of Medicine, Vanderbilt University School of Medicine**

"BioSignature is a revolutionary tool for the clinician who wants to individualise metabolic healing by designing protocols that have the greatest success."

**Dr. Suzanne Mack, M.D.**

**North Texas Institute of Functional Medicine.**

"BioSignature offers a rapid assessment tool of one's hormonal health to individualise and monitor the patient's protocols to achieve optimal metabolic health. It combines the best of Ayurvedic, Chinese and Western medical systems have to offer to the patient."

**Dr. Abbas Qutab, M.D., D.C., N.D., D. Ac.**

## HOW CAN I BOOK A CONSULTATION?

Simply e-mail us: [Contact@lee-annewann.com](mailto:Contact@lee-annewann.com) Or visit our website: [www.lee-annewann.com](http://www.lee-annewann.com)



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