

Poliquin Biosignature Manual

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Biosignature reviewed: are hormones the key to

A scientific review of Charles Poliquin s BioSignature Modulation and the relation between fat and hormones.

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An objective look at biosignature modulation: part

In my last article, I touched on something called BioSignature Modulation. Today, I want to give it an article of its own, and examine whether it lives up to its hype.

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