

Poliquin Biosignature Manual

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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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I recently attended the Charles Poliquin biosignature seminar (with Scotty Hagnas of CrossFit Portland) in Scottsdale, AZ. With the recent developments of Charles

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I think I would agree with tolismann, not that I have any doubt in Poliquin's Biosignature but for most peoples purposes it's probably not necessary or ideal.

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