

[illegible]

The "Whole New You Program" is a 6-8 week program which is designed to quick start you to a new level of Health, Appearance and Strength. It Includes!

-

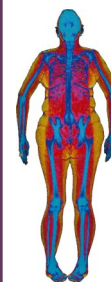
The 6 Components of Optimal Health & Aging

1. **Injury Prevention.** Injuries, intentional and unintentional are the main cause of death and disability for ages 1-35.
2. **Checkups & Screening Procedures.** Routine Screening for Serious Chronic Disease and Functional Screening for Silent Metabolic Disease.
3. **Nutritional Education and Screening.** Learn and follow a good MacroNutrition program based on Zone/Paleo principles to control Insulin levels. Start a MicroNutrition program with Omega-3 Fish Oil to help prevent the chronic diseases of aging, slow the aging process & assist with your exercise program.

- www.insideoutsidespa.com

Wellness Center
Inside Outside®
Medical Spa

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



Inside Outside DXA Body Composition Testing Center

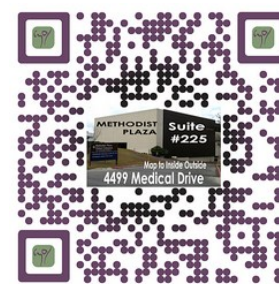
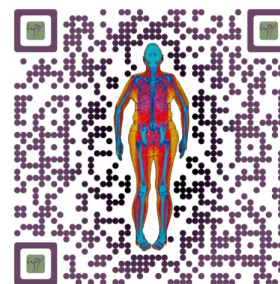
Stop Guessing!!

The Best & Most

Complete in San Antonio

Call 210.616.0836 to Schedule

Scan for More Info & a Map!



a-4499 Medical Drive, Suite 225
San Antonio, Texas 78229
w-www.insideoutsidespa.com

"A Whole
New You"

Inside Outside Wellness Center & Medical Spa

Inside Outside is a Physician Directed Center providing a wide range of services using cutting edge and proven strategies to help you achieve optimal health and at the same time improve your appearance. This center is the only one in San Antonio which combines all these services under one roof. We are radical because we insist on the basics. Get radical with us!! Our programs are designed to get results. Live The "Inside Outside Way of Life!" Quality-Value-Convenience-Results!



Dr. Charles B. Christian Jr. CCD, Medical Director, worked in San Antonio for over 45 years as a Cardiothoracic Surgeon. He is a graduate of the USAF Academy and the University of Alabama School of Medicine. His General Surgery and Thoracic Surgery Residency were at Wilford Hall USAF Medical Center where he served as Chairman of the

Department of Thoracic and Cardiac Surgery. He is a certified Zone Nutrition Consultant, a Member of the American Society of Nutrition and for 35 years was the Primary Heart Procurement Surgeon for the Methodist Hospital Heart Transplant Team. He serves on the Advisory Board of the Texas Organ Sharing Alliance. He has special interests in Nutrition, the control of the Obesity and Sarcopenic Epidemic, prevention of Atherosclerosis and Type II Diabetes, Essential Fatty Acid Metabolism, Osteoporosis, Metabolic Syndrome and Strength Training. The International Society of Clinical Densitometry (ISCD) has designated him as a Certified Clinical Densitometrist (CCD) who has demonstrated expertise in interpreting DXA scans. He is a Professional Member of the Bone and Osteoporosis Foundation and the Society on Sarcopenia, Cachexia and Wasting Disorders. He also serves as a Hi-Lo Strength Training Instructor.



Live The
"Inside Outside
Way of Life"®

DXA Body Composition Testing

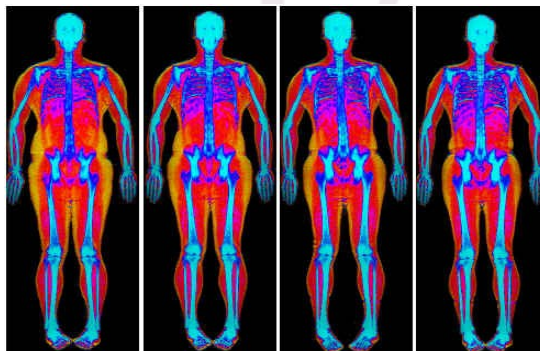
Fast, Safe, Research Level Tool!



Our New Hologic Horizon A Model DXA Scanner is equipped with state of the art software module that distinguishes lean mass, bone and fat and calculates your total body composition and detailed

information about each arm, leg and your trunk down to the gram! For optimal health, the average body fat should be about 16% for males and 21% for females. DXA Body Composition scanning is a very accurate method of body composition analysis and is now used for most nutrition and exercise research studies in which body composition is being followed. It also analyzes Visceral Fat, dangerous fat in the Abdomen.

The scan takes about 3 minutes and exposes you to about the same amount of radiation as the background radiation of a coast to coast flight.

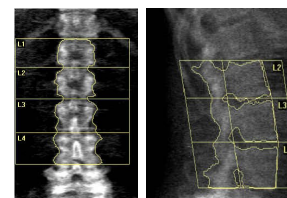


The analysis shows fat in yellow, muscle in red and bone in blue. This client went from 31% to 21% body fat. The software gives detailed evaluations about specific body parts such as the chest, shoulders or thighs. Follow-up scans can show the yellow fat fading away and the red lean growing!! We also calculate "low muscle mass" indices based on European and National Institute of Health Criteria.

Dr. Christian is a Certified Operator of our Hologic Horizon A DXA Scanner and a Certified Clinical Densitometrist by ISCD.



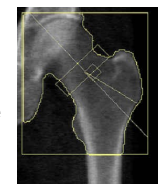
DXA Bone Density



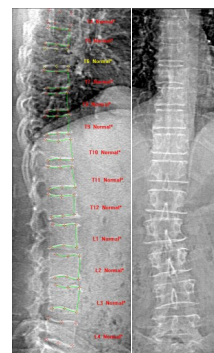
We can evaluate your current bone health with our the state of the art Hologic Horizon A Model DXA Bone Densitometer, the most advanced scanner on the market! It

is the gold standard to determine bone density status, your risk for fractures and for following treatment programs.

Your results are compared to a young person with maximum bone density (T-Score) and with someone your age (Z-Score). These scores indicate if you have decreased bone density and will predict your risk of future problems. Treatment decisions, in general are based on the T-Scores, or how you compare to a young person who has achieved maximum bone density and the FRAXplus Score. The World Health Organization has defined Osteopenia as T-Scores of -1.0 to -2.5 and Osteoporosis as T-Scores less than -2.5.



Instant Vertebral Fracture Analysis & Trabecular Bone Score



The Scanner can also evaluate your Thoracic & Lumbar Spine from 2 views to determine if you have any evidence of a vertebral fracture, one of the most common fracture sites for osteoporosis. These fractures, sometimes silent, are strong predictors of future fractures so it's good to know. It also gives a quantitative measurement of bone trabecular microarchitecture termed the

Trabecular Bone Score. This measurement can either raise or lower your risk of fracture as calculated by the FRAXplus software.