Optimal Health sets the stage for “Successful Aging.” Careful attention to these six areas is crucial to maintain optimal mental and functional capacity.

1. **Injury Prevention.** Injuries, intentional and unintentional are the main cause of death and disability for ages 1-35.

2. **Checkups & Screening Procedures.** Screening for 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.

4. **Exercise, Vitamin “X”.** For anti-aging purposes, muscle mass maintenance and strength are critical! “Sarcopenia, Be Gone”!! Do it with Safe Hi-Lo Strength Training®!

5. **Hormone Optimization.** As we age, important hormones decline. There is increasing evidence that replacing these hormones to achieve youthful levels may be of benefit. Omega 3 fats help balance the Important “Good” and “Bad” powerful hormones called “Eicosanoids”.

6. **Stress and Sleep Management.** Too much stress or too little sleep can have a profound affect on your health. Learn how stress affects your body and what you can do to diminish the harm and get more sleep!

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**DXA Body Composition & Visceral Fat Analysis!**

**Stop Guessing!! The Best & Most Complete in San Antonio**

**Call 210.616.0836 to Schedule Scan for More Info & a Map!**
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-Convention-Results!

Dr. Charles B. Christian Jr., Medical Director, has worked in San Antonio for over 30 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 the International Society of Heart and Lung Transplantation. Dr. Christian is a member of the Texas Transplant Institute Heart Transplant/Mechanical Assist Device Team. He has special interests in Nutrition, the control of the Obesity Epidemic, prevention of Atherosclerosis and Type II Diabetes, Essential Fatty Acid Metabolism, Osteoporosis, Metabolic Syndrome and Strength Training. He is a frequent speaker in the San Antonio area on a variety of Health, Exercise, Wellness and Skin Care Topics and is a Hi-Lo Strength Training® Instructor.

DXA Body Composition Testing
Fast, Safe, Research Level Tool!

Our Hologic Discovery 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 plus Visceral Fat Analysis! For optimal health, the average body fat should be about 16% for males and 20% 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.

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 or 2hrs in the Sun.

The color analysis shows fat in yellow, muscle in red and bone in blue. This client went from 31% to 21% body fat. The software can give detailed measurement about other body parts such as the chest, shoulders or thighs. Follow-up scans can show the yellow fat fading away and the red lean growing!!

The software also gives percentiles which shows how you compare with others your age and race.

Visceral Adipose Tissue or VAT Testing

The Hologic Software will analyze for the dangerous toxic fat which surrounds your organs in the abdomen. DXA gives virtually equivalent measurements to a CT Scan of the abdomen, but of course with much less radiation and cost. You may be TOFI, Thin Outside but Fat Inside! It would be good to know!

The goal is to have a Visceral Fat Area less than 100cm². Visceral Fat promotes inflammation, the cause of most chronic diseases and decreases with fat loss.

Bone Density Testing

The DXA Scanner can also evaluate your current bone health with scans of the spine, hips and forearms. DXA is the gold standard to determine bone density status, your risk for fractures and for determining and following treatments for osteopenia or osteoporosis. Our protocol is a very complete evaluation of your bone health.