

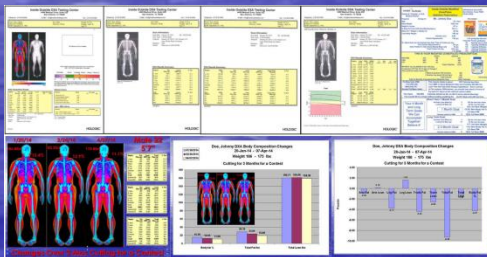
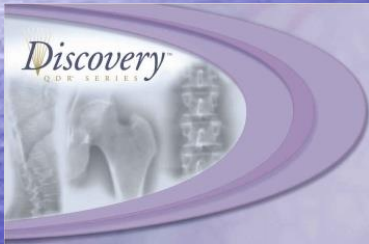
Wellness Center

Inside Outside[®]

Medical Spa

DXA Body Composition Scan + Visceral Fat Analysis

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



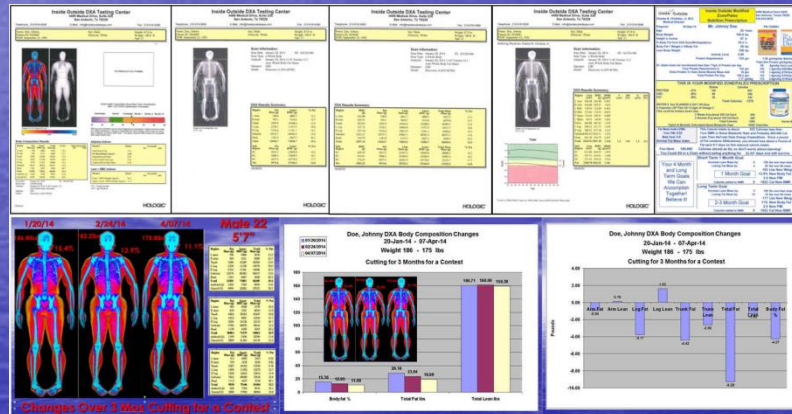
Inside Outside
Wellness Center & Medical Spa
4499 Medical Drive #225
San Antonio, Texas 78229
210.616.0836



www.insideoutsidespa.com

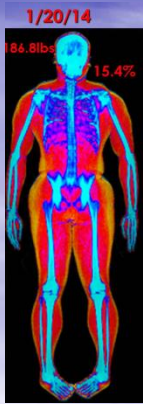
Example

DXA Body Composition Report & Zone/Paleo Nutrition Prescription



This report documents DXA Body Composition changes over a 3 Month period in a 21 Y/O male who had bulked up and wanted help with the cutting phase in preparation for a contest.

go "Some do It Different, Nobody Does It Better!"



Wellness Center
Inside Outside®
Medical Spa



Analysis Performed on a Hologic Discovery A Dual Xray Absorptiometry Densitometer



Scan takes 3 Minutes. Does not hurt!
We Have clients remove clothes with metal and jewelry and change into scrubs. Or just wear gym clothes with no metal.

Can't do scan if pregnant or if you think you might be pregnant. Females must sign a Pregnancy Disclaimer.

Not Covered by Insurance.

Measures **Fat**, **Lean** and **Bone** in Arms, Legs, Trunk and other user defined Sub-Regions + Visceral Fat

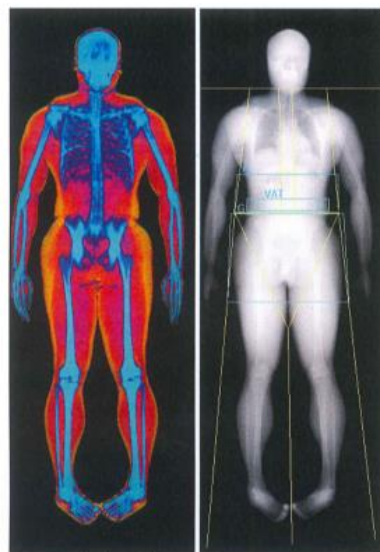
YouTube Video of DXA Body Composition Scan



<https://www.youtube.com/watch?v=D0-7IPShSFE>

During the DXA Software Analysis we define 7 Regions, Head, Trunk, Arms, Legs, Android (Abdominal) and Gynoid (Hips) plus 3 Sub-Regions, Upper Body, Abs/Hips & Buttocks/Thighs

In the table on the left the DXA scanner provides measurements in grams of each Region and then the % Fat of each Region. The software Totals these values and calculates a Total % Fat which is the value we use to calculate our Nutrition Prescription. Grams are converted to pounds.

Name: Doe, Johnny
Patient ID: DO0001
DOB: September 23, 1992Sex: Male
Ethnicity: WhiteHeight: 67.0 in
Weight: 186.8 lb
Age: 21

Images not for diagnostic use

Fat Lean Bone

Body Composition Results

Region	Fat Mass (g)	Lean + BMC (g)	Total Mass (g)	% Fat	% Fat YN	Percentile AM
L. Arm	748	4886	5634	13.3	23	24
R. Arm	769	5311	6080	12.7	17	19
Trunk	5299	35297	40596	13.1	16	18
L. Leg	2521	11467	13988	18.0	26	27
R. Leg	2736	11424	14160	19.3	32	33
Subtotal	12074	68383	80457	15.0	19	21
Head	1181	4667	5848	20.2		
Total	13255	73051	86305	15.4	20	21
Android (A)	1424	7602	9026	15.8		
Gynoid (G)	4446	18374	22820	19.5		

Scan Date: January 20, 2014 ID: A01201406
 Scan Type: a Whole Body
 Analysis: April 06, 2017 09:30 Version 13.5.3.2
 Auto Whole Body Fan Beam
 Operator: CBC
 Model: Discovery A (S/N 84782)
 Comment:

TBAR303

This is the part of the report which depicts Fat in Yellow, Lean Mass in Red and Blue is Bone. Percentiles are given for most measurements. This client is in the top 21% for his age.

Adipose Indices

Measure	Result	YN	Percentile	AM
Total Body % Fat	15.4	20		21
Fat Mass/Height ² (kg/m ²)	4.58	38		40
Android/Gynoid Ratio	0.81			
% Fat Trunk/% Fat Legs	0.70	12		14
Trunk/Limb Fat Mass Ratio	0.78	17		20
Est. VAT Mass (g)	222			
Est. VAT Volume (cm ³)	240			
Est. VAT Area (cm ²)	46.0			

Lean Indices

Measure	Result	YN	Percentile	AM
Lean/Height ² (kg/m ²)	24.2	92		92
Appen. Lean/Height ² (kg/m ²)	10.9	89		89

Est. VAT = Estimated Visceral Adipose Tissue
 YN = Young Normal
 AM = Age Matched

The DXA Software Analysis also calculates Adipose and Lean Indices.

FMI (Fat Mass Index) is amount of fat related to height. Average person about 5-7.

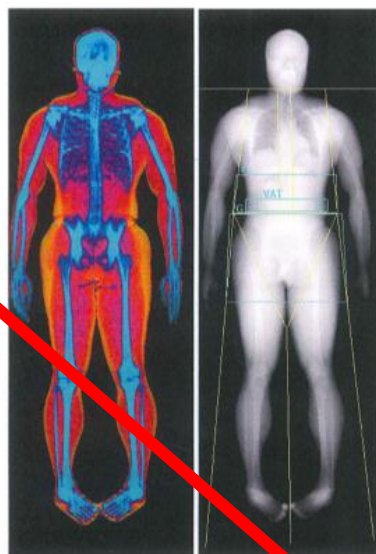
LMI (Lean Mass Index) is amount of lean related to height. Average Person 19

Part of the Adipose measurements are Visceral Adipose Tissue or VAT Fat, which is "Toxic Fat" within the abdomen and produces hormones which create low grade inflammation. We want our VAT Area to be less than 100cm².

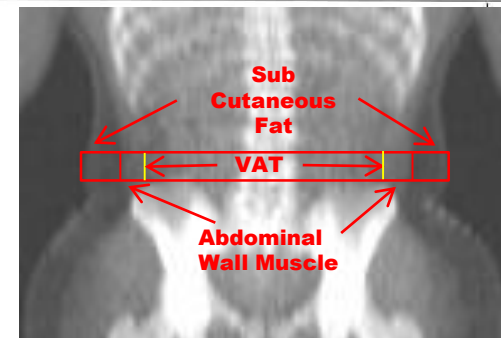
Name: Doe, Johnny
Patient ID: DO0001
DOB: September 23, 1992

Sex: Male
Ethnicity: White

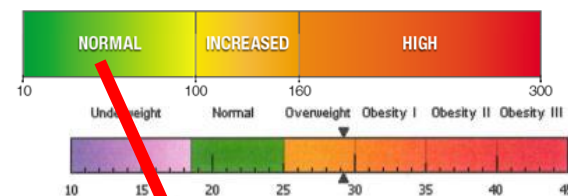
Height: 67.0 in
Weight: 186.8 lb
Age: 21



Images not for diagnostic use
Lean Bone



Visceral Fat Area in cm²



BMI has some limitations and an actual diagnosis of overweight or obesity should be made by a health professional. Obesity is associated with heart disease, certain types of cancer, type 2 diabetes, and other health risks. The higher a person's BMI is above 25, the greater their weight-related risks.

Body Composition Results

Region	Fat Mass (g)	Lean + Bone Mass (g)	Total Mass (g)	% Fat	% Fat Percentile YN
L Arm	748	4511	5259	14.2	36
R Arm	769	5311	6080	12.7	35
Trunk	5299	35297	40596	13.1	33
L Leg	2521	11467	13988	18.0	41
R Leg	2736	11424	14160	19.3	45
Subtotal	12074	68383	80457	15.0	36
Head	1181	4667	5848	20.2	40
Total	13255	73051	86305	15.4	36
Android (A)	1424	7602	9026	15.8	
Gynoid (G)	4446	18374	22820	19.5	

Scan Date: January 20, 2014 ID: A01201406
Scan Type: a Whole Body
Analysis: Version 13.5.3.2
Auto Whole Body Fan Beam
Operator: CBC
Model: Discovery A (S/N 84782)
Comment:

Adipose Indices

Measure	Result	YN	Percentile	AM
Total Body % Fat	15.4	36	40	
Fat Mass/Height ² (kg/m ²)	4.58	51	55	
Android/Gynoid Ratio	0.81			
% Fat Trunk/% Fat Legs	0.70	21	24	
Trunk/Limb Fat Mass Ratio	0.78	45	51	
Est. VAT Mass (g)	222			
Est. VAT Volume (cm ³)	240			
Est. VAT Area (cm ²)	46.0			

Lean Indices

Measure	Result	YN	Percentile	AM
Lean/Height ² (kg/m ²)	24.2	85	85	
Appen. Lean/Height ² (kg/m ²)	10.9	71	72	

Est. VAT = Estimated Visceral Adipose Tissue
YN = Young Normal
AM = Age Matched

This page of the analysis shows the measurements for the 3 Sub-Regions we define for each Client.

R1

Chest, Back, Arms and Shoulders

R2

Abdomen, Buttocks, Hips and Portion of Thighs

R3

Buttocks, Hamstrings and Quadriceps

Inside Outside DXA Testing Center

4499 Medical Drive, Suite 225

San Antonio, Tx 78229

Telephone: 210-616-0836

E-Mail: contact@insideoutsidespa.com

Fax: 210-616-0586

Name: Doe, Johnny
Patient ID: DO0001
DOB: September 23, 1992

Sex: Male
Ethnicity: White

Height: 67.0 in
Weight: 186.8 lb
Age: 21



Image not for diagnostic use
327 x 150
DAP: 13.1 cGy*cm²

Scan Information:

Scan Date: January 20, 2014 ID: A01201406
Scan Type: a Whole Body
Analysis: April 06, 2017 09:30 Version 13.5.3.2
Auto Whole Body Fan Beam
Operator: CBC
Model: Discovery A (S/N 84782)
Comment:

DXA Results Summary:

Region	Fat Mass (g)	Lean + BMC (g)	% Fat
L Arm	748.0	4885.5	13.3
R Arm	769.1	5310.6	12.7
Trunk	5298.9	35296.9	13.1
L Leg	2521.2	11466.5	18.0
R Leg	2736.3	11423.9	19.3
Subtotal	12073.6	68383.5	15.0
Head	1181.0	4667.3	20.2
Total	13254.6	73050.8	15.4
Sub-Region	Fat Mass (g)	Lean + BMC (g)	% Fat
R1	3031.5	25856.8	10.5
R2	5590.0	24707.9	18.5
R3	6248.9	28521.9	18.0
Net	9977.9	57367.6	14.8

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User Defined
Sub – Region
Analysis

Wellness Center

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Medical Spa

This page breaks down our regions of interest even further giving us individual measurements of Bone (BMC), Fat and Lean

We usually document that the dominant arm has more lean mass and is a little leaner than the non-dominant arm.

This does not always hold true for the legs.

Inside Outside DXA Testing Center

4499 Medical Drive, Suite 225

San Antonio, Tx 78229

Telephone: 210-616-0836

E-Mail: contact@insideoutsidespa.com

Fax: 210-616-0586

Name: Doe, Johnny
Patient ID: DO0001
DOB: September 23, 1992

Sex: Male
Ethnicity: White

Height: 67.0 in
Weight: 186.8 lb
Age: 21

Scan Information:

Scan Date: January 20, 2014 ID: A01201406
Scan Type: a Whole Body
Analysis: April 06, 2017 09:30 Version 13.5.3.2
Auto Whole Body Fan Beam
Operator: CBC
Model: Discovery A (S/N 84782)
Comment:

DXA Results Summary:

Region	BMC (g)	Fat Mass (g)	Lean Mass (g)	Lean + BMC (g)	Total Mass (g)	% Fat
L Arm	243.86	748.0	4641.7	4885.5	5633.5	13.3
R Arm	265.91	769.1	5044.7	5310.6	6079.8	12.7
Trunk	824.68	5298.9	34472.2	35296.9	40595.8	13.1
L Leg	551.37	2521.2	10915.2	11466.5	13987.8	18.0
R Leg	541.53	2736.3	10882.3	11423.9	14160.2	19.3
Subtotal	2427.36	12073.6	65956.1	68383.5	80457.1	15.0
Head	534.79	1181.0	4132.5	4667.3	5848.3	20.2
Total	2962.15	13254.6	70088.6	73050.8	86305.4	15.4
Sub-Region	BMC (g)	Fat Mass (g)	Lean Mass (g)	Lean + BMC (g)	Total Mass (g)	% Fat
R1	649.55	3031.5	25207.3	25856.8	28888.3	10.5
R2	586.82	5590.0	24121.1	24707.9	30297.9	18.5
R3	884.80	6248.9	27637.1	28521.9	34770.8	18.0
Net	1562.37	9977.9	55805.2	57367.6	67345.5	14.8

TBAR303

**Detailed Breakdown
of defined regions.**

HOLOGIC®

This page shows a nice black and white image of the scan. The yellow lines are adjusted by the Inside Outside Staff, using the DXA Software.

This page also includes a table which shows measurements of Bone Mineral Content (BMC). This is a measurement of how much Calcium you have in your Bones and is used in a 4 Compartment analysis of Body Composition used only in special research studies.

Inside Outside DXA Testing Center

4499 Medical Drive, Suite 225

San Antonio, Tx 78229

Telephone: 210-616-0836

E-Mail: contact@insideoutsidespa.com

Fax: 210-616-0586

Name: Doe, Johnny
 Patient ID: DO0001
 DOB: September 23, 1992

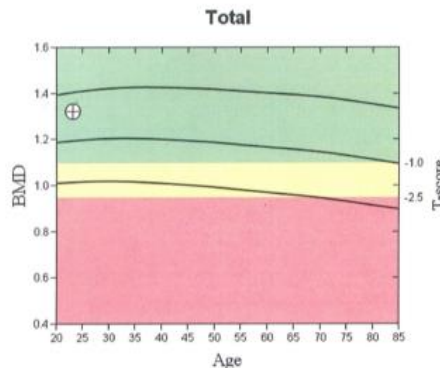
Sex: Male
 Ethnicity: White

Height: 67.0 in
 Weight: 186.8 lb
 Age: 21

Referring Physician: Charles B. Christian, Jr.



Image not for diagnostic use
 327 x 150
 DAP: 13.1 cGy*cm²



Scan Information:

Scan Date: January 20, 2014 ID: A01201406
 Scan Type: a Whole Body
 Analysis: April 06, 2017 09:30 Version 13.5.3.2
 Auto Whole Body Fan Beam
 Operator: CBC
 Model: Discovery A (S/N 84782)
 Comment:

DXA Results Summary:

Region	Area (cm ²)	BMC (g)	BMD (g/cm ²)	T-score	PR (%)	Z-score	AM (%)
L Arm	246.08	243.86	0.991				
R Arm	256.88	265.91	1.035				
L Ribs	138.04	132.89	0.963				
R Ribs	133.64	116.55	0.872				
T Spine	123.64	109.91	0.889				
L Spine	58.42	60.85	1.042				
Pelvis	265.68	404.48	1.522				
L Leg	380.12	551.37	1.451				
R Leg	380.52	541.53	1.423				
Subtotal	983.03	2427.36	1.224				
Head	261.28	534.79	2.047				
Total	2244.31	2962.15	1.320	1.2	110	1.2	111
Sub-Region	Area (cm ²)	BMC (g)	BMD (g/cm ²)				
R1	615.80	649.55	1.055				
R2	394.93	586.82	1.486				
R3	559.38	884.80	1.582				
Net	1201.18	1562.37	1.301				


TBAR303

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After the scan and the scan analysis, Dr. Christian will use the Total Body Fat% measured by the scan to create a Zone/Paleo Nutrition Prescription. 🇺🇸

Inside Outside Charles B. Christian, Jr., M.D.
Cardiothoracic Surgery, Nutritional & Preventive Medicine
Methodist Plaza Suite 225 San Antonio, Texas 78229
4499 Medical Drive 210.616.0834 Ans Svc or 210.616.0835 Back Line

NAME _____ "You" AGE _____
ADDRESS _____ DATE _____

 **Rx What Ratio? Carbohydrates**
How Much?
How Often?
What Kind? Protein

No Safety Cap ☐
Please Label ☐

DEA # _____ **M.D.** Dr. Christian **M.D.**

Product Selection Permitted Dispense as Written
REPT. UT.DICT. 1 2 3 4 5 Times P.R.N ☐ Non-Rep ☐
www.insideoutsidespa.com

For our 21 y/o client we set a 2-3 month goal of losing about a pound a week to achieve a Body Fat% of 11% or to lose about 10lbs of Fat and Maintaining Lean Mass.

The Prescription answers What Ratio, How Much and How Often. What Kind Comes Next!

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

Prepared 20-Jan-14

Age 21 Years

Body Weight 186.8 lbs

Height in inches 67.5 in

% Body Fat from DXA Scan/BioImpedance 15.4 %

Body Fat = Weight x %Body Fat 29 lbs

Lean Body Weight 158 lbs

Activity Level 0.85


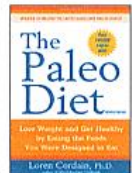
Protein Requirement 134 gm

Inside Outside Modified
OMEGA ZONE/Paleo PALEO
Nutrition Prescription

Mr. Johnny Doe

4499 Medical Drive #225
San Antonio, Texas 78229
210-616-0836

Pt# DO0001

Dr. Sears does not recommend less than 77gm of Protein per day.

Your Protein Requirement is 134 gm

Extra Protein To Gain Some Muscle Mass Add 16 gm

Total Protein Per Day 150.3 gm

1.77 gm/kg

1.58 gm/kg/day Maintain

Total Gm: Protein gm/kg/day

68	.8gm/kg Very Lowest
102	1.2gm/kg END/Maintain
119	1.4gm/kg STR/Gain +
153	1.8gm/kg STR/Gain ++
170	2.0gm/Kg STR/Gain +++

THIS IS YOUR MODIFIED ZONE/PALEO NUTRITION PRESCRIPTION



	Ratio	Grams	Calories
PROTEIN	47%	150	601
CBO	28%	90	358
FAT	25%	36	320
Total Calories			1279

WATER 8 8oz GLASSES A DAY OR 64oz

4 Capsules LEF Fish Oil =2.4gm of Omega 3

This could be broken down into:

3 Meals Avg about 300 Cal Each	900
3 Snacks Avg about 150Cal Each	400
Total Calories	1300

Harris Benedict 1945

Katch & McArdle Calculated Basal Metabolic Rate 1922 Calories

Fat Mass Index (FMI)

Your FMI 4.45

Male Goal 3-6

Normal Fat Mass Index

This Calorie Intake is about 622 Calories less than Your BMR or Basal Metabolic Rate and Probably 800-900 Cal Less Than the Total Daily Energy Expenditure. Since a pound of Fat contains 3500calories, you should lose about a Pound of Fat each 7 days on this reduced calorie intake.


You Have 100,685 Calories stored as fat, so don't worry about starving!

You Could Sit in a Chair without eating anything for 52.4 days and still survive.



WEIGHT LOSS

Short & Long
Term Goals



A BAD DIET.

Short Term 1 Month Goal

Increase Lean Mass by:	0	158 lbs new lean mass
Losing Fat Mass by:	4	25 lbs new fat mass
		183 Lbs New Weight
		13.5% New Body Fat %
		3.8 New FMI
Calories added to BMR	0	1922 Cal New BMR

1 Month Goal

Long Term Goal

Increase Lean Mass by:	0	158 lbs new lean mass
Losing Fat Mass by:	10	19 lbs new fat mass
		177 Lbs New Weight
		10.6% New Body Fat %
		2.9 New FMI
Calories added to BMR	0	1922 Cal New BMR

2-3 Month Goal

Brief Discussion of the Basics of Zone/Paleo Eating

After the DXA Scan and creation of the Nutrition Prescription, Dr. Christian will show you a short PowerPoint Presentation and discuss with you the basics of the Zone/Paleo approach to eating discussing What Kind of Carbohydrates, Fats and Protein to eat.

You will have an opportunity to ask questions about specific diets or medical issues which are affecting you.

Zone/Paleo Nutrition Short Course - Male Back to the Basics

Charles B. Christian, Jr. M.D.
 Medical Director
 Inside Outside
 Wellness Center & Medical Spa
 San Antonio, Texas

<http://www.insideoutsidespa.com>

Food and food types found in Western diets generally unavailable to preagricultural hominins.



Origins and evolution of the
 Western diet: Health
 Implications for the 21st century

Loren Cordain, S. Boyd Eaton

**We are not Genetically
 designed for 72% of Calories
 generally available to us!!**

.... the ultimate factor underlying diseases of
 civilization is the collision of our ancient
 genome with the new conditions of life in
 affluent nations, including the nutritional
 qualities of recently introduced foods.

L. Cordain et al

Cordain L et al *Am J Clin Nutr*
 2005;81:341-54.

Dairy products % of energy

Whole milk	1.6
Low-fat milk	2.1
Cheese	3.2
Butter	1.1
Other	2.6
Total	10.6

Cereal grains

Whole grains	3.5
Refined grains	20.4
Total	23.9

Refined sugars

Sucrose	8.0
High-fructose corn syrup	7.9
Glucose	2.8
Syrups	0.1
Other	0.1
Total	18.9

Refined vegetable oils

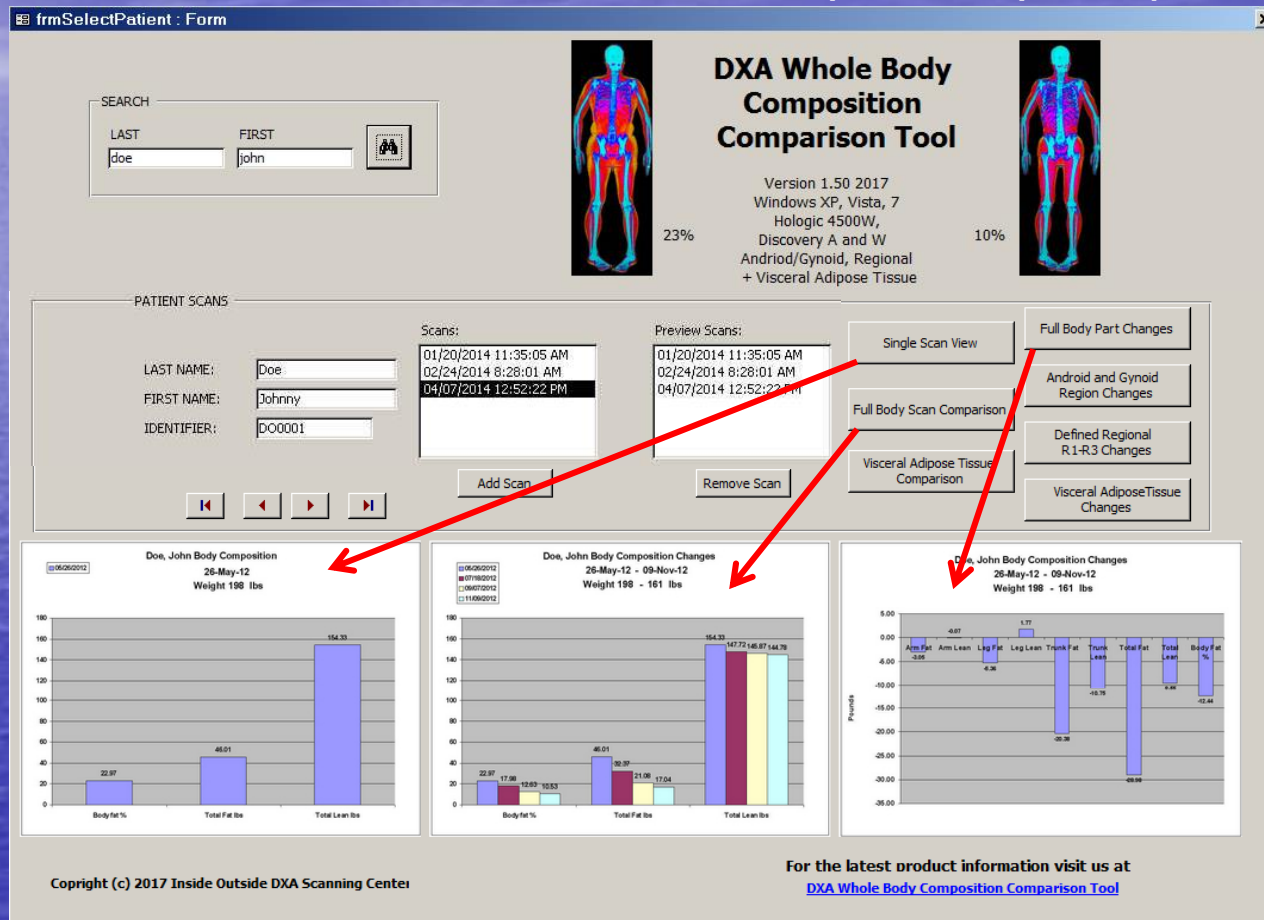
Salad cooking oils	8.8
Shortening	6.6
Margarine	2.2
Total	17.6

Total energy 72.1%
 Added salt, as sodium chloride 0.63gm

Wellness Center *go*
Inside Outside®
 Medical Spa

DXA Scan Comparison Tool

Using Proprietary Software developed by Inside Outside we are able to compare up to 10 scans, convert grams to pounds and create charts which easily and visually demonstrate your Body Composition Changes



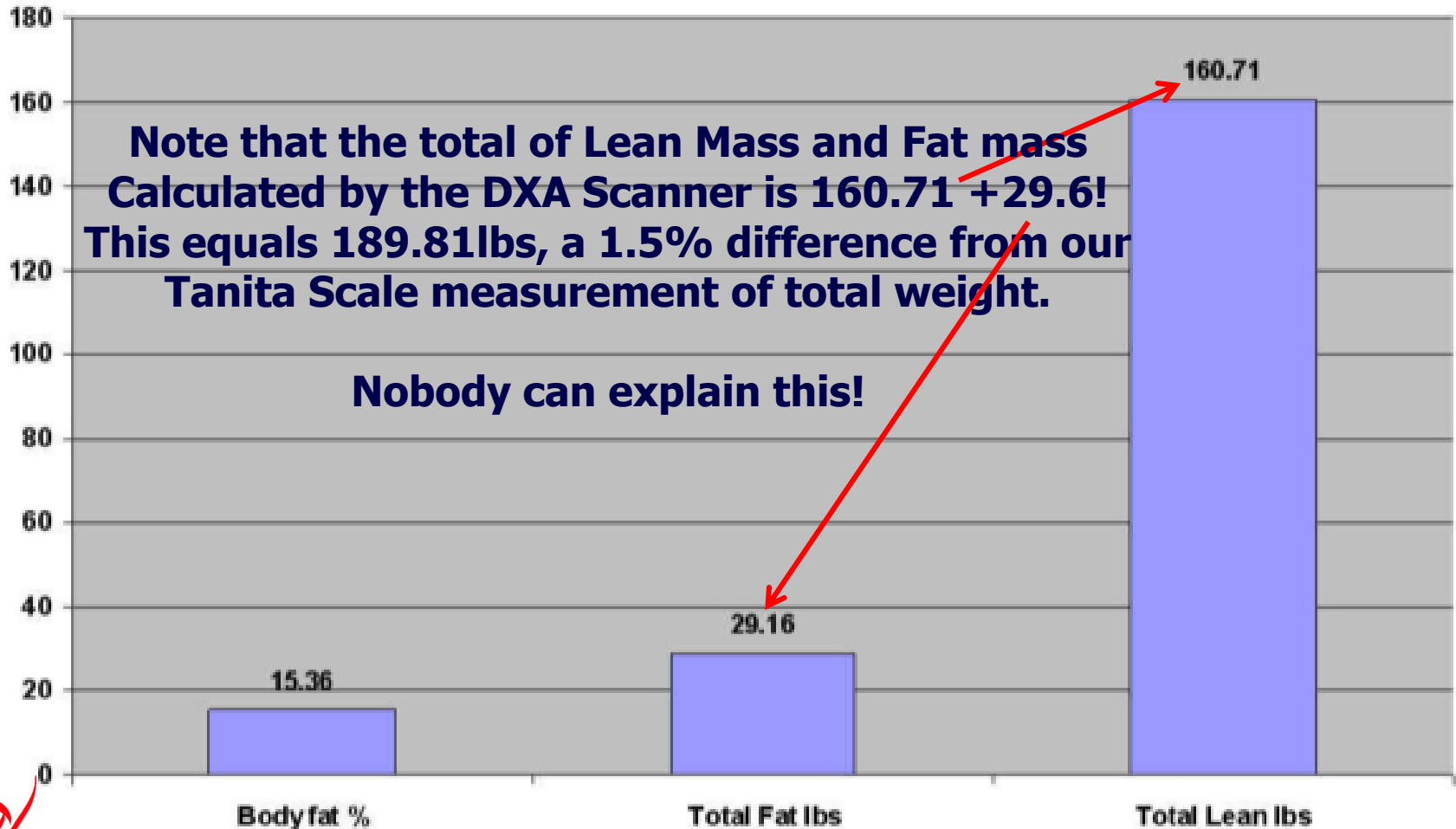
Our 22 Y/O client had 3 separate scans and we were able to create several reports as charts which document the changes which have occurred.

Doe, Johnny Body Composition

01/20/2014

20-Jan-14

Weight 186 lbs

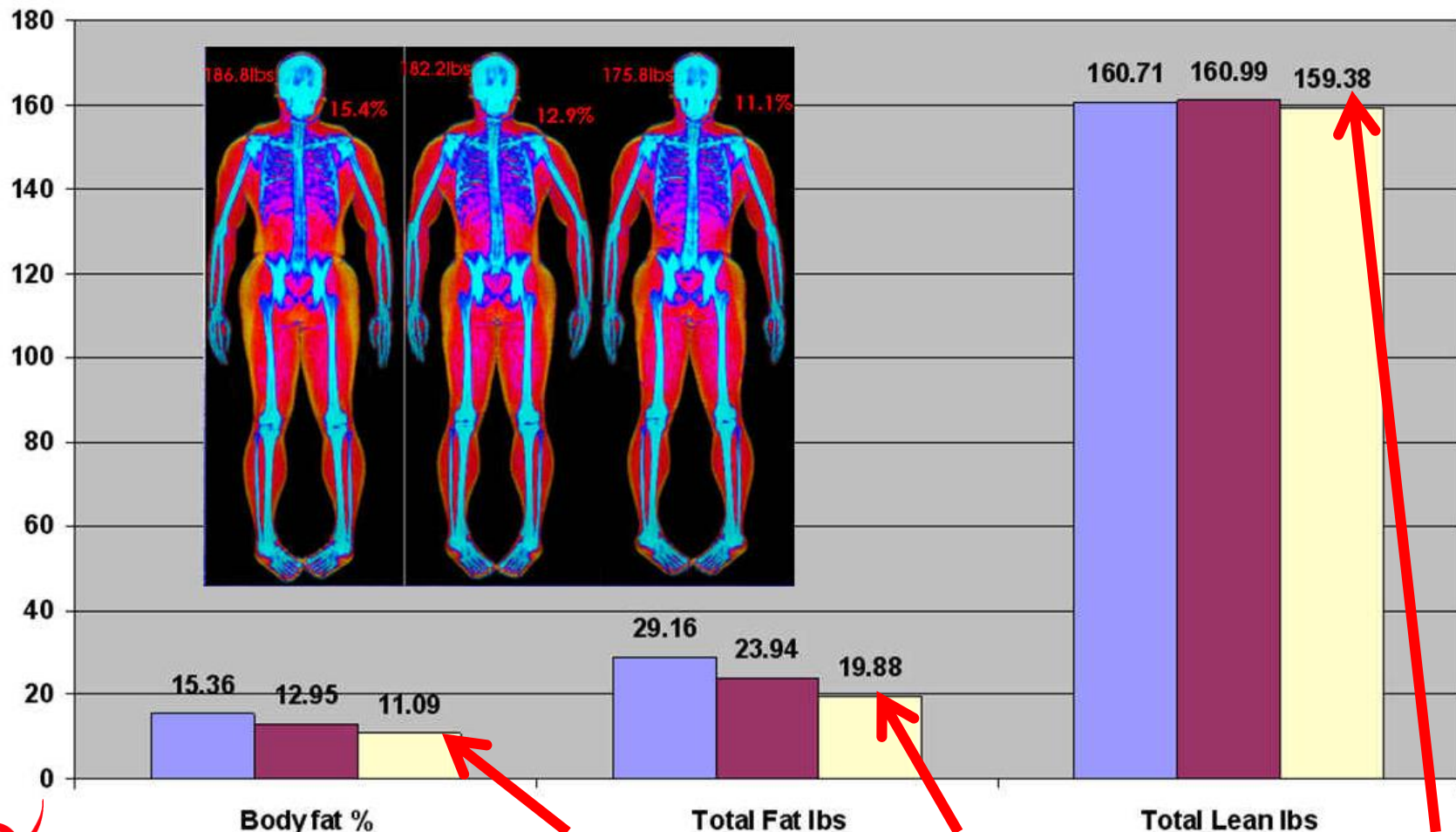


Doe, Johnny DXA Body Composition Changes

20-Jan-14 - 07-Apr-14

Weight 186 - 175 lbs

Cutting for 3 Months for a Contest



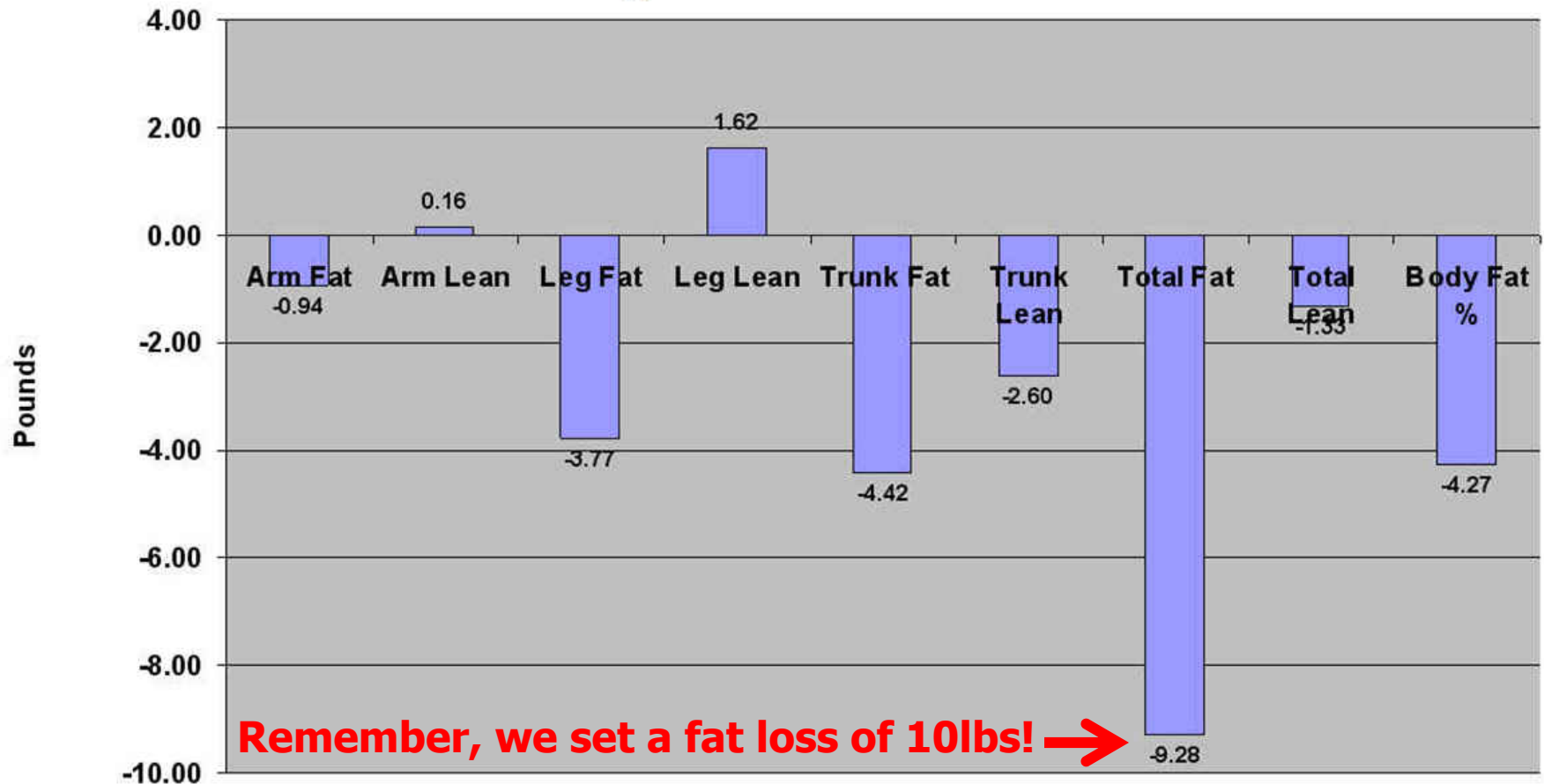
Remember, we set a goal of 11% & FAT loss of 10lbs with maintaining LEAN!

Doe, Johnny DXA Body Composition Changes

20-Jan-14 - 07-Apr-14

Weight 186 - 175 lbs

Cutting for 3 Months for a Contest



After the Charts are created, we create another report which
Compares the 3 Images from the 3 Scans, this is seen on the next page.

1/1/14

2/24/14

4/07/14

Male 21

5'7"

Body Composition Results

Region	Fat Mass (g)	Lean + BMC (g)	Total Mass (g)	% Fat
L Arm	748	4886	5634	13.3
R Arm	769	5311	6080	12.7
Trunk	5299	35297	40596	13.1
L Leg	2521	11467	13988	18.0
R Leg	2736	11424	14160	19.3
Subtotal	12074	68383	80457	15.0
Head	1181	4667	5848	20.2
Total	13255	73051	86305	15.4
Android (A)	1424	7602	9026	15.8
Gynoid (G)	4446	18374	22820	19.5

Region	Fat Mass (g)	Lean+ BMC (g)	Total Mass (g)	% Fat
L Arm	548	4826	5374	10.2
R Arm	659	5351	6010	11.0
Trunk	4682	38565	43247	10.8
L Leg	1832	9801	11632	15.7
R Leg	2026	10126	12152	16.7
Subtotal	9746	68670	78416	12.4
Head	1138	4509	5647	20.2
Total	10884	73179	84063	12.9
Android (A)	1198	9106	10304	11.6
Gynoid (G)	3889	21265	25154	15.5

Region	Fat Mass (g)	Lean+ BMC (g)	Total Mass (g)	% Fat
L Arm	515	4993	5507	9.35
R Arm	574	5276	5850	9.82
Trunk	3287	34105	37392	8.79
L Leg	1690	11582	13273	12.7
R Leg	1859	12053	13912	13.4
Subtotal	7925	68009	75934	10.4
Head	1113	4437	5550	20.1
Total	9038	72446	81484	11.1
Android (A)	824	7318	8141	10.1
Gynoid (G)	2888	17956	20844	13.9

Est. VAT Mass (g) 222
 Est. VAT Volume (cm³) 240
 Est. VAT Area (cm²) 46.0

Est. VAT Mass (g) 220
 Est. VAT Volume (cm³) 237
 Est. VAT Area (cm²) 45.5

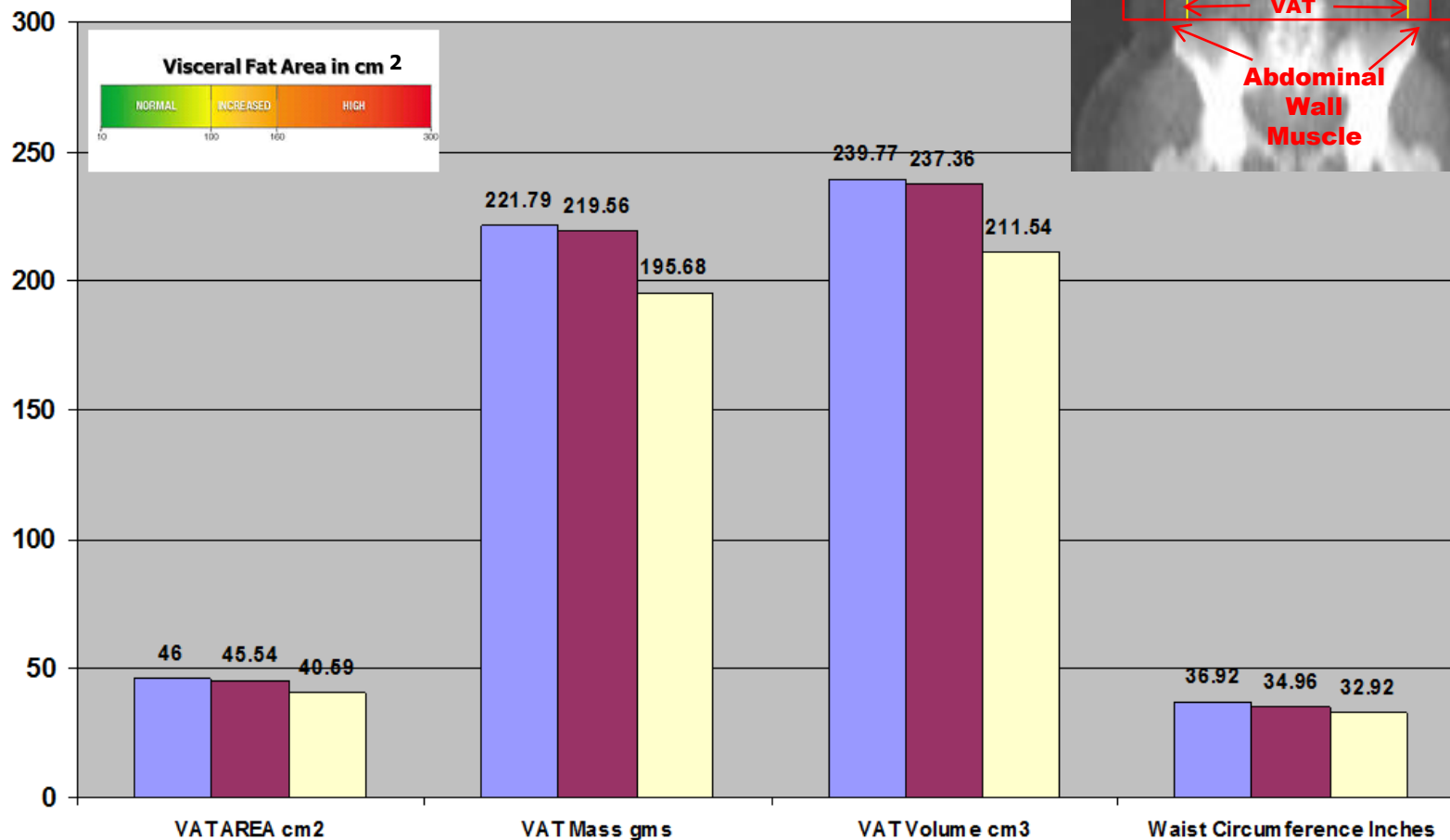
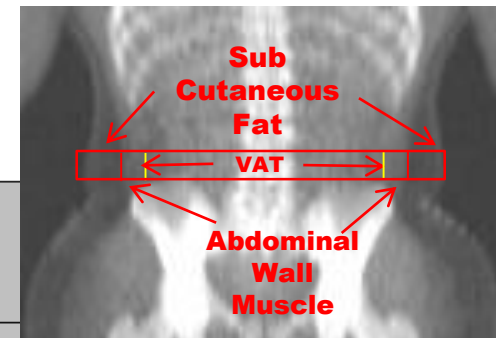
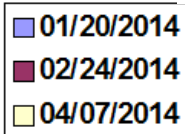
Est. VAT Mass (g) 196
 Est. VAT Volume (cm³) 212
 Est. VAT Area (cm²) 40.6

Changes over 3 Mos Cutting for a Contest

Doe, Johnny Visceral Adipose Tissue (VAT) Comparison

20-Jan-14 - 07-Apr-14

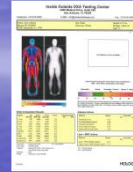
Weight 186 - 175 lbs



The final chart shows the Visceral Adipose Tissue Comparisons

Handouts you will go home with!

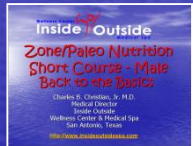
1. Copy of your DXA Scan



2. Copy of your Zone/Paleo Nutrition Prescription



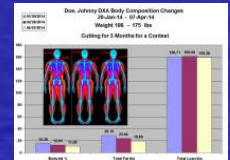
3. Copy of the PP presentation about Zone/Paleo



4. Copy of Dr. Cordain's Article



5. If a follow-up scan is done, we will give you copies of the charts and images which show your body composition changes.



We will also email you a copy of scans & charts!

"Some do It Different, Nobody Does It Better!"

Wellness Center

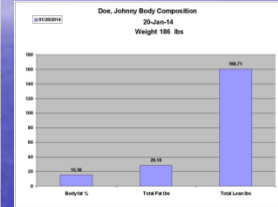
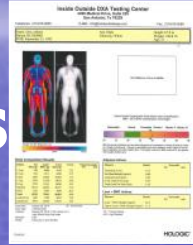
Inside Outside[®] Medical Spa

Pricing of these Services!

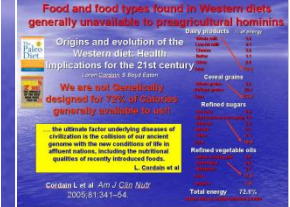
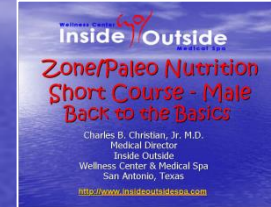
Call Now **210.616.0836**
to schedule your Scan!

Initial Scan
You get all this
For \$100

Scan Zone/Paleo Rx Chart

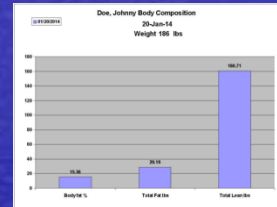
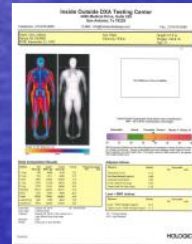


Zone/Paleo PP Dr. Cordain



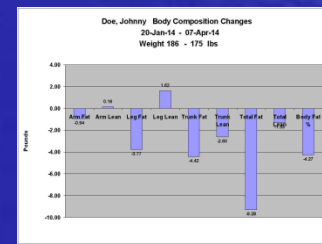
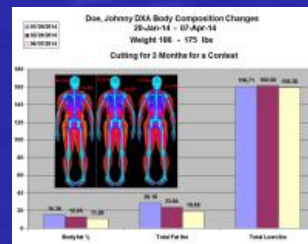
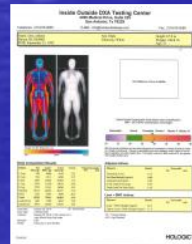
Bring a friend and the price drops to \$90 each

Initial Scan Only
For \$80



Scan

Several Charts



Images



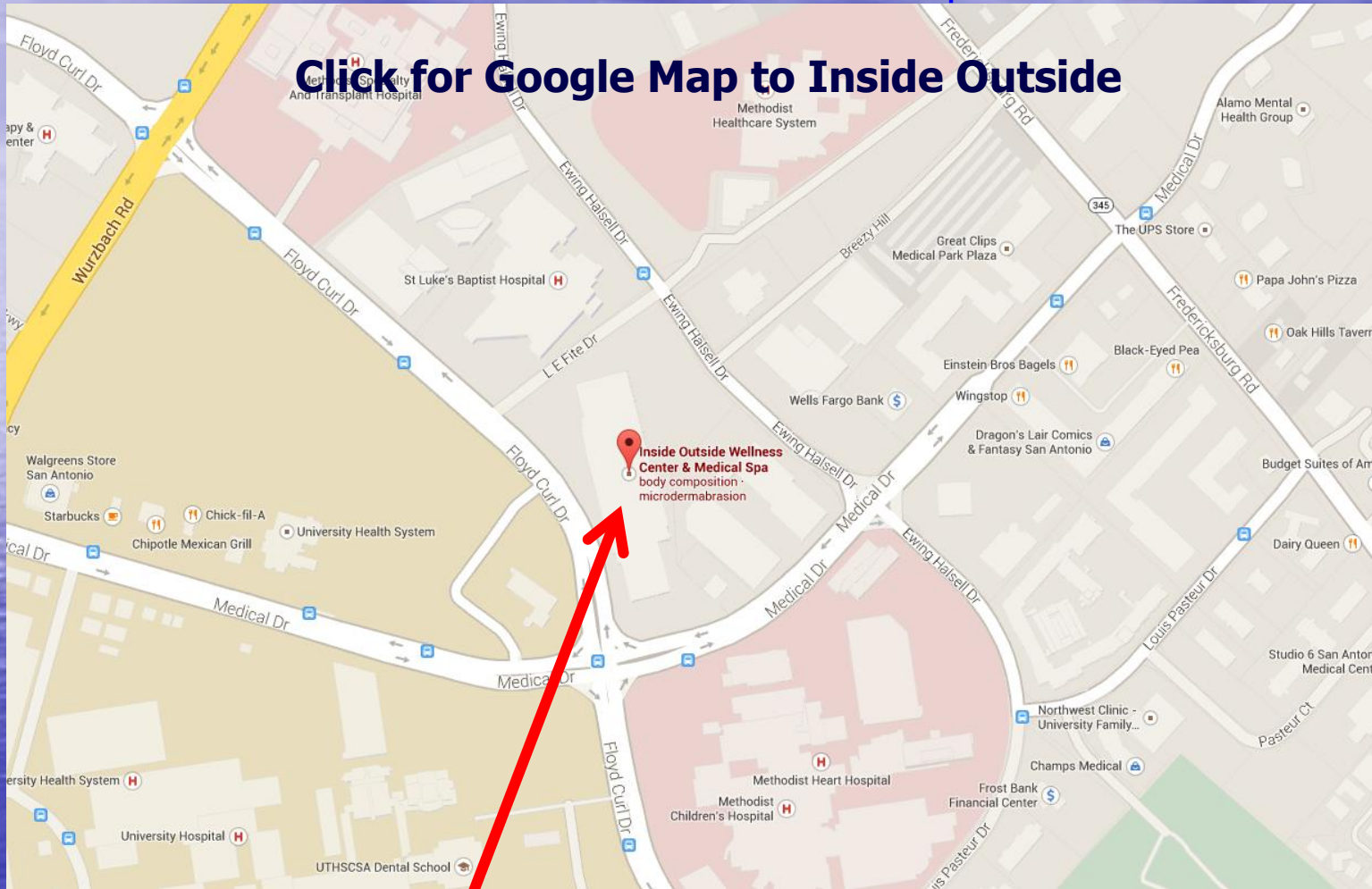
Followup Scan
You get all this
For \$75

Plus an Email Copy of the Scan and Nutrition Rx

"Some do It Different, Nobody Does It Better!"

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San Antonio, Texas 78229
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