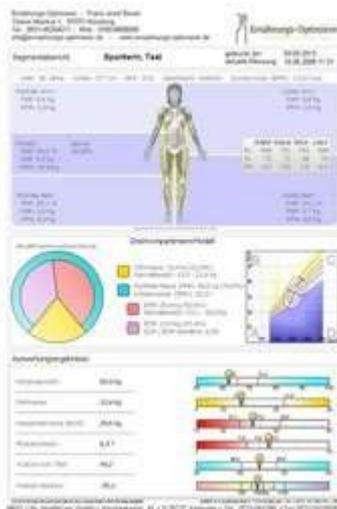




## Measuring the body's muscle, fat and water content with the bioimpedance analysis

Bioimpedance analysis determines how high the muscle fat water content in your body is. On this basis, we can provide you with targeted advice during the course of your treatment.



Measuring body composition according to scientific methods BIA measurement (bio-impedance analysis) is a very accurate and reliable method for determining the individual body composition. It has been used in sports and nutritional medicine for more than 20 years in order to be able monitoring the changes in body fat percentage and muscle mass due to dietary and training changes.

While in conventional measurement methods only the fat content in the body is decisive, the BIA measurement also includes the determination of the fat distribution, the body cell mass and the body water in the different areas (segments) of the body. This makes it possible to make an accurate assessment of the nutritional status, the resting energy consumption (basic turnover) and the water balance.

Regardless of weight, body analysis is important, as the relative composition of the body is often not optimal even in lean people. Due to lack of exercise, many normal-weight people have an increased body fat percentage and a relatively low muscle mass, which has significant consequences for their energy balance (basic turnover). Similarly, too high or too low water content of the body can significantly impair the well-being and health of the body.

How is the BIA measurement done?

The BIA measurement is performed on the reclining person. Measuring electrodes are glued to the hands and feet and an impalpable alternating current is passed through the body to measure cell and water resistance. Cell resistance makes it clear how much percent of the body consists of muscles and organs (= active cell mass). The water resistance provides information about the water stored in the body and the respective fat content.

The evaluation of the BIA analysis as a basis for advice and treatment

On base of the measurement datas, the individual body composition is calculated by a special computer program. It provides a detailed picture of the individual proportions of fat and muscle tissue as well as the distribution of body water.

- You want to lose weight sustainably or improve your body composition (Menstrual bleeding disorders, unfulfilled desire to have children, Tendency to ovarian cysts, Acne / high effects of male hormones, lowering the likelihood of breast cancer)?
- We are glad to help in cooperation with your OVIVA nutritionist!
- The first step in the right direction is a bioimpedance analysis – we can carry out this analysis directly in our practice. After the bioimpedance analysis, we will find the right strategy for sustainable success.