

## ***Dramatically Reduce Your Risk of Chronic Diseases***

# **FirstLineTherapy<sup>®</sup>**

## **Therapeutic Lifestyle Program**

### ***For Better Health Now and For a Lifetime***

#### **Good Health**

Isn't that what everybody wants? High energy, mental clarity, full function, and absence of disease well into old age. If that's what you want, the *FirstLine Therapy* program can help.

#### **What is *FirstLine Therapy*?**

*FirstLine Therapy* is a "therapeutic lifestyle program." Which means that this program will help you live your life in a way that improves your health. A "therapeutic lifestyle" means making choices every day that will enhance your health and help prevent disease, enabling you to achieve a full, healthy life.

#### **Based on Science**

*FirstLine Therapy* is based on extensive scientific research demonstrating that many of the chronic diseases associated with aging can be prevented or even treated by adopting a healthy lifestyle:

- Heart disease
- High blood pressure
- Stroke
- Osteoarthritis
- Cancer
- Diabetes
- High cholesterol
- Metabolic syndrome
- Osteoporosis
- Alzheimer's disease

#### **Recommended for Health**

A therapeutic lifestyle program is now recommended by leading health organizations as a primary therapy for individuals with many of the conditions listed above, as well as for health problems such as:

- Stress-related disorders
- Fatigue disorders
- Polycystic ovary syndrome (PCOS)
- PMS
- Menopause
- Other hormone-related symptoms
- Conditions related to overweight and obesity



#### **Nutrition and Lifestyle**

Adopting habits of living that are healthy may delay the onset of illness in old age—and increase your years of good health and full function. *FirstLine Therapy* will put you on the path to optimal health through a combination of balanced eating, regular exercise, stress reduction, and appropriate nutritional supplementation.



## Fundamentals of *FirstLine Therapy*

The path to optimal health begins with:

- Knowledge of a healthy lifestyle
- Balanced eating habits
- Regular physical activity
- Appropriate nutritional supplementation with condition-specific nutrients
- Stress management for internal balance
- Sleep for proper mind/body functioning

Sound simple? It is, when you have the information necessary to lead a healthy lifestyle. The end result is a program that not only helps control premature aging, but also helps to prevent chronic disease and prolong vitality.

## Getting Started

In order to measure your progress, you first need to know your current health status. A variety of health assessments may be performed, including a measurement of your body composition (the ratio of your body fat to your lean muscle mass). Excess body fat can greatly increase your health risks. Conversely, a higher ratio of muscle increases your metabolism and is associated with a lower incidence of illness.

Perhaps the most powerful tool in controlling the aging process and restoring vitality is to improve your muscle-to-fat ratio. But that doesn't mean this is a bodybuilding program in the traditional sense of the word. Nutrition and a healthy diet can give you a workout inside your body, requiring only a simple plan of physical activity to help you reach your health goals.

## *FirstLine Therapy* Components

Your personalized program includes:

- Initial testing and follow-up testing
- Individual consultations
- Your personal *FirstLine Therapy* guidebook
- Weekly visits for lifestyle counseling
- Nutritional product recommendations



## *FirstLine Therapy* Program Schedule

Week 1	<ul style="list-style-type: none"><li>• Comprehensive Clinical Tests</li><li>• Initial consultation to review test results, determine your health goals and establish your course of lifestyle therapy</li><li>• You'll receive a guidebook, instructions, and advice about nutritional supplements</li><li>• Begin your program</li></ul>
Weeks 2-5	<ul style="list-style-type: none"><li>• Weekly visits for lifestyle counseling</li></ul>
Week 6	<ul style="list-style-type: none"><li>• Re-testing to evaluate your progress and identify any needed program adjustments</li></ul>
Weeks 7-11	<ul style="list-style-type: none"><li>• Weekly visits for lifestyle counseling</li></ul>
Week 12	<ul style="list-style-type: none"><li>• Re-testing to evaluate your progress</li><li>• If your goals have been achieved, a maintenance program may be prescribed to ensure that your health improvements are maintained</li><li>• Or, you may decide to continue your program if all of your goals have not been achieved</li></ul>

By committing to this program, you are taking the first step toward better health.



**Ask how you can get started with *FirstLine Therapy* today!**