



Why consider FirstLine Therapy® (FLT) to improve your health?

FirstLine Therapy® (FLT) is a specialized therapeutic lifestyle change program unlike any other: the FLT system targets underlying causes of chronic illnesses by incorporating a sensible eating plan, exercise, nutritional supplementation, and stress management.

FLT is about more than just weight loss

- FLT can help you lose unhealthy fat while retaining healthy, lean muscle.
- FLT focuses on lifestyle factors that are underlying the cause of many health problems.
- FLT incorporates regular body composition testing (fat and lean ratios): gaining or losing too much muscle can lead to serious health problems, e.g. high blood pressure, diabetes, etc.

The FLT eating plan is different

- FLT focuses on eating the RIGHT KIND OF FOODS (e.g. the right kind of carb, protein, fat) at the right times and in the right portion size.
- The FLT eating plan emphasizes the need to eat and to eat frequently.
- FLT incorporates a low-glycemic-index eating plan that is consistent with current scientific research.

FLT incorporates medical foods and nutritional supplements

- Appropriately using medical foods and nutritional supplements enhances the program effective and shortens the time it takes for you to achieve risk reduction goals.

FLT has been demonstrated to be effective in human clinical studies

- Most programs lack clinical evidence of effectiveness.