Therapeutic Lifestyle Program
Available only through select healthcare practitioners.

“Every human being is the author of his own health or disease.” —Gautama Siddhartha

Did you know:
• Chronic diseases account for 78% of annual healthcare costs.¹
• Chronic diseases also account for one-third of the years of potential life lost before age 65.²
• Most chronic diseases are caused by unhealthy lifestyle habits. For example, 91% of type 2 diabetes is caused by unhealthy habits and forms of behavior.³
• Chronic, disabling conditions cause major limitations in activity for more than one of every 10 Americans.³
• The prolonged course of illness and disability from chronic diseases results in extended pain and suffering and decreased quality of life.³

Illness is not a normal part of aging.

You can change your health.

Doesn’t everybody want good health? High energy, mental clarity, full function, and absence of disease well into old age. It’s yours for the taking!

What do you want?

More strength
More sex drive
More energy
Clearer thinking
More “good” days
Less stress
Better mood

Less pain
Better sleep quality
Better mobility
Greater control over health
More independence
More living!

Other: __________________

Extensive scientific research demonstrates that many of the chronic diseases associated with aging can be prevented or even treated by adopting a healthy lifestyle:

A therapeutic lifestyle change program is recommended by leading health organizations as a first-line treatment option for many of the conditions above, as well as:

- Heart disease
- High blood pressure
- Stroke
- Osteoarthritis
- Diabetes
- High cholesterol
- Metabolic syndrome
- Osteoporosis

A “therapeutic lifestyle” means…

- Making choices every day that will enhance health and help prevent disease
- Adopting habits of living that may delay the onset of illness in old age
- Increasing your years of good health and full function
- Enabling yourself to achieve a full, healthy life!

FirstLine Therapy (FLT) is a specialized therapeutic lifestyle change program unlike any other in that the FLT system targets the underlying causes of chronic illnesses by incorporating a sensible eating plan, exercise, nutritional supplementation, and stress management. In fact, the following key characteristics are unique to the FLT program:

**FLT is not just a weight loss program**
- Most programs are focused on weight while FLT is best used as a first line treatment for common, chronic health problems (e.g., high cholesterol, insulin resistance, unhealthy body composition).

**The FLT eating plan is different**
- Most programs are focused on lowfat diets while FLT emphasizes the importance of a low-glycemic eating plan that is consistent with current research.

**FLT incorporates medical foods and nutritional supplements**
- The appropriate use of medical foods and supplements enhances program effectiveness 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.

**Getting Started—A Matter of Fat**

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 quick, non-invasive measurement of your body fat and lean muscle mass.

Excess body fat can greatly increase your health risks. But a higher ratio of muscle increases your metabolism and is associated with a lower incidence of illness. Improving your muscle-to-fat ratio is perhaps the most powerful tool in controlling the aging process and restoring vitality. And that’s what FirstLine Therapy is all about.

Ask how you can start FirstLine Therapy today!