



[clinic or doctor name
street address, town or
city, ST & ZIP,
phone number, email
address or Web site]

The program includes:

- Initial testing and follow-up testing
- Individual consultations
- Your personal FirstLine Therapy guidebook
- Weekly follow-up sessions
- Nutritional supplements

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

Dramatically Reduce Your Risk of Chronic Disease

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.

Many of the chronic diseases associated with aging are largely caused by lifestyle choices. These diseases include:

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

A lifestyle program is now recommended as the "first line of therapy" for individuals with many of the conditions listed above, as well as those with other health problems such as:

- Stress-related disorders
- PMS
- Other hormone-related symptoms
- Fatigue
- PCOS
- Menopause
- Conditions related to overweight/obesity

FirstLine Therapy Program Schedule

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