

Dramatically Reduce Your Risk of Chronic Diseases

FirstLineTherapy™ Therapeutic Lifestyle Program

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.

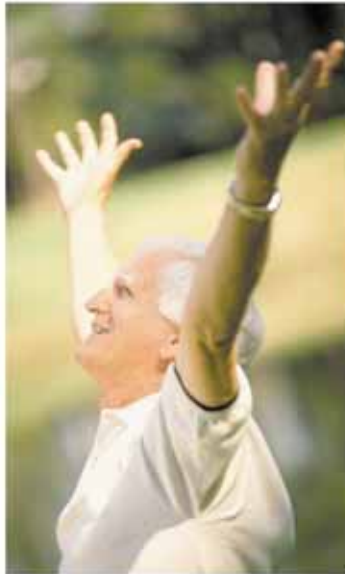
FirstLine Therapy is based on extensive scientific research demonstrating that many of the chronic diseases associated with aging are largely caused by lifestyle choices. These diseases include:

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

A therapeutic 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

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FirstLine Therapy Program Schedule

Week 1

- Therapeutic lifestyle
- Health span vs life span
- Test BioImpedance analysis
- How old is your nerve system
- How old is your looks
- How old is your muscles
- How old is your heart
- You'll receive a guidebook, instructions, and appropriate nutritional supplements

Weeks 2-8

- Topics:
 - Eating, exercise, energy
 - Stress solution (health impact)
 - Supermarket Shopping (labels)
 - Real life eating (restaurant etc.)
 - Catalyst Sparkplugs (vitamin, mineral, phytonutrient Etc)
 - And more
- Weekly visits for lifestyle counseling
- Re-testing to evaluate your progress and identify any needed program adjustments
- 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

FirstLineTherapy™



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!**

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