

## ***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**

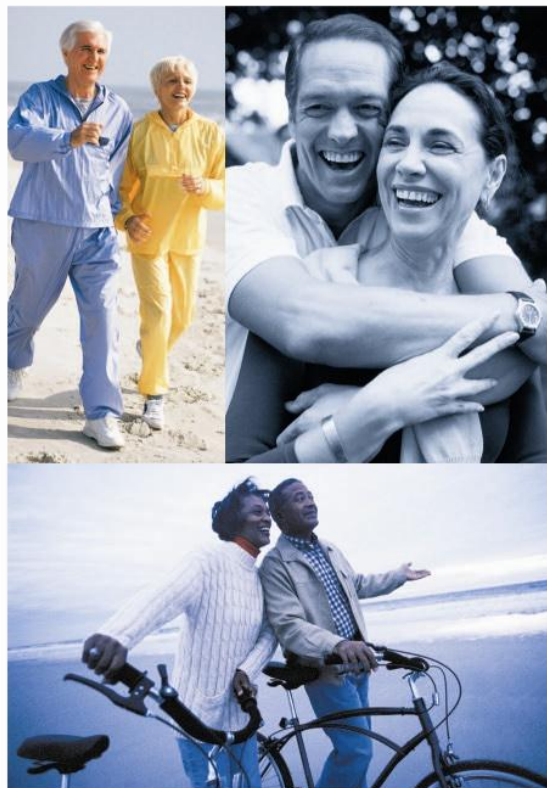
*FirstLine Therapy* is based on extensive scientific research demonstrating that many of the chronic diseases associated with aging can be prevented or even treated by adopting a healthy lifestyle:

- 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.

**The practitioners at the Centre for Natural Medicine** recommend FirstLine Therapy with the belief that a "therapeutic lifestyle" is the most powerful tool there is to positively impact your health for a lifetime.

## 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

*Natalie Reimer Anderson, RHN, B.Ed*

*Certified Lifestyle Educator*

## FirstLine Therapy Program Schedule

### PHASE ONE \*\* \$254 + gst

**Session 1- BIA test and measurements, ND Screening or ND appointment\*\***  
**1-One hour goal setting with the LifeStyle Educator (LE), patient guidebook.**  
**Session 2** ½ hr. LE appointment  
**Session 3** ½ hr. LE appointment + BIA  
**Session 4** ½ hr. LE appointment  
**Session 5** ½ hr. LE appointment + BIA  
**Session 6** \*\*ND follow up

### PHASE TWO \*\* \$175 + gst

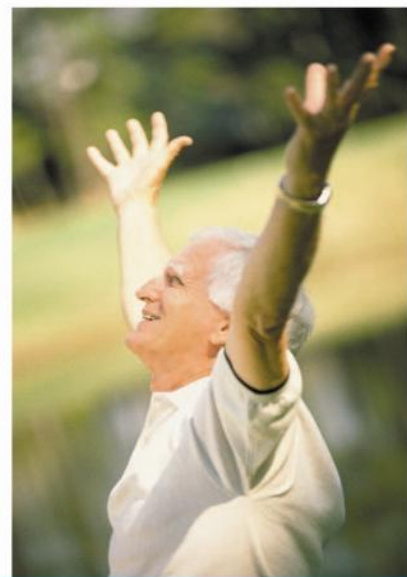
**Session 7** ½ hr. LE appointment + BIA  
**Session 8** ½ hr. LE appointment  
**Session 9** ½ hr. LE appointment + BIA  
**Session 10** ½ hr. LE appointment  
**Session 11** ½ hr. LE appointment + BIA  
**Session 12** \*\*ND follow-up

**\*\* Fee for ND appointments, lab testing and medical foods are not included in the package price.**

### What's Next ?

**Transition to Continued Progress/Maintenance Package or Pay-As-You-Go check-in appointments.**

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



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

## FirstLine Therapy Program

### Package Summary:

FirstLine Therapy is a 12 week program divided into two parts. The initial start-up phase begins with a Bio-electrical Impedance Analysis (BIA), a screening appointment (15 minutes) with one of our Naturopathic Doctors (ND), a one hour session with our Lifestyle Educator (LE) followed by 5 half hour, weekly appointments with our LE. Before you transition into phase two, you will see your ND for a short appointment. You will then resume visits with your LE (Phase 2) and continue to progress toward your health goals. At the end of phase two you will again meet with your ND to determine your next course of action.

### How to Begin:

Download or request in-person your **FirstLine Therapy** information package to prepare you to start the program which includes information on medical foods, health goal setting, health history, diet diary and information about the BIA testing procedure. The questionnaires are to be filled out before your first meeting with the ND and LE.

### FirstLine Therapy Package-Phase One :

**Session 1** BIA Test – This test will be performed along with measurements to determine your baseline. 15 minutes.

Naturopathic Screening \* - You will be evaluated by an ND to determine if you are an eligible candidate for FirstLine Therapy. Specific biomarkers of health will be assessed such as; body composition, waist to hip ratio and blood pressure. Any other pertinent tests will be ordered at this time. \* ND appointment fees are not included in the package price. 15 minutes.

Meet your Lifestyle Educator for a 1 hour session and establish your health goals. Together you will create a personalized meal plan, set health goals and learn the FLT therapeutic lifestyle.

**Session 2 – 5** You will meet weekly with your LE for a half hour counseling session to review your goals and track your progress. BIA testing will be done on weeks 3 and 5.

**Session 6:** ND Appointment- Schedule an appointment with your ND to review your progress and reassess your health markers, possible obstacles and to determine your next course of action. ND fees are subject to length of appointment.

### Phase Two

**Session 7-11** Continue your progress towards your health goals through weekly or biweekly half hour LE support counseling sessions. A BIA will be done on sessions 7, 9 and 11.

**Session 12** ND Appointment- Schedule an appointment to reassess your progress and biomarkers of health. ND fees are subject to length of appointment.



## FirstLine Therapy Program

Package fees may be paid in two parts before the commencement of the first session of each phase.
ND appointments are not included in package total. ND fees are subject to length of appointment.
Medical Foods, other recommended supplements and laboratory tests are not included in the package prices.

When your program health goals are achieved you will transition to the **Maintenance Phase** which are **Pay-As-You-Go** appointments. Specific to FirstLine Therapy you should be re-evaluated by your ND in 6-12 months to ensure that your health improvements are being maintained. Other ND appointments can be scheduled on an as needed basis.

If program health goals are not yet achieved, return to **Phase Two**.

### **FLT Personal Commitment**

Your level of commitment and adherence to the FLT program and lifestyle is a powerful predictor of reaching and maintaining your health goals. Package fees are to be paid in full at or before your first appointment as a gesture of your commitment. Cancellations must be made 24hrs.in advance of your appointment. **Less than 24 hour notice will result in forfeit of your paid appointment.**

As an FLT member you are invited to **Like** us on Facebook. FirstLine Therapy Lifestyle. This will keep you informed of our FLT upcoming events, provide recipes and health tips and connect you with other members who have chosen to live the **FirstLine Therapy** lifestyle.

Certified  
FirstLine Therapy™

