

Your personal FirstLine Therapy program offers:

- Initial and follow-up testing
- Practitioner consultations
- Program guidebook
- Solutions for staying active
- Simple eating guidelines
- Progress tracking
- Lifestyle counseling
- Nutritional product recommendations



“A therapeutic lifestyle is the most powerful tool there is to positively impact your health for life.”

FirstLineTherapy
Therapeutic Lifestyle Program

Available only through select healthcare practitioners.

MET1425_4/07
©2007 Metagenics, Inc.

**Better Lifestyle—
Better Life**



**Take Back
Your Health!**

FirstLineTherapy
Therapeutic Lifestyle Program

Illness is **not** a normal part of aging



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 65.¹
- 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.²
- Chronic, disabling conditions cause major limitations in activity for more than one of every 10 Americans.¹
- The prolonged course of illness and disability from chronic diseases results in extended pain and suffering and decreased quality of life.¹

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

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?

- | | |
|---|--|
| <input type="checkbox"/> More strength | <input type="checkbox"/> Less pain |
| <input type="checkbox"/> More sex drive | <input type="checkbox"/> Better sleep quality |
| <input type="checkbox"/> More energy | <input type="checkbox"/> Better mobility |
| <input type="checkbox"/> Clearer thinking | <input type="checkbox"/> Greater control over health |
| <input type="checkbox"/> More “good” days | <input type="checkbox"/> More independence |
| <input type="checkbox"/> Less stress | <input type="checkbox"/> More living! |
| <input type="checkbox"/> Better mood | <input type="checkbox"/> Other: _____ |

1. The Centers for Disease Control and Prevention. Chronic Disease-Overview. Available at <http://www.cdc.gov/nccdphp/overview.htm>. Accessed February 19, 2007.

2. Hu FB, Manson JE, Stampfer MJ, et al. Diet, lifestyle, and the risk of type 2 diabetes mellitus in women. *N Engl J Med* 2001;345(11):790-97.



Reversing & delaying chronic illness

Extensive scientific research demonstrates 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
- Diabetes
- High cholesterol
- Metabolic syndrome
- Osteoporosis

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:

- Stress-related disorders
- Fatigue disorders
- Polycystic ovary syndrome
- Premenstrual syndrome
- Menopause
- Prostate problems
- Conditions related to overweight and obesity

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!



FirstLineTherapy® can help you regain health

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!

