

# 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

#### Dr. Consult Week 0

- Dr. Thomsen prescribes lifestyle therapy and appropriate nutritional supplementation based on comprehensive clinical testing, your history and/or your health goals

#### Initial LE Consult Week 1

- Initial consultation with Lifestyle Educator (LE) to review your health goals and establish your course of lifestyle therapy
- You'll receive a guidebook and instructions for beginning your program (*follow-up in 1 week*)

#### Follow-Up LE Consults Weeks 2-12

- Follow-up visits for lifestyle counseling every other week
- Body composition testing at each follow-up visit

#### Follow-Up Dr. Consult Program Complete

- Clinical exam and/or 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

### 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!