Dramatically Reduce Your Risk of Chronic Diseases

FirstLineTherapy®

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.

At Peace Clinic of Naturopathic Medicine

We 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

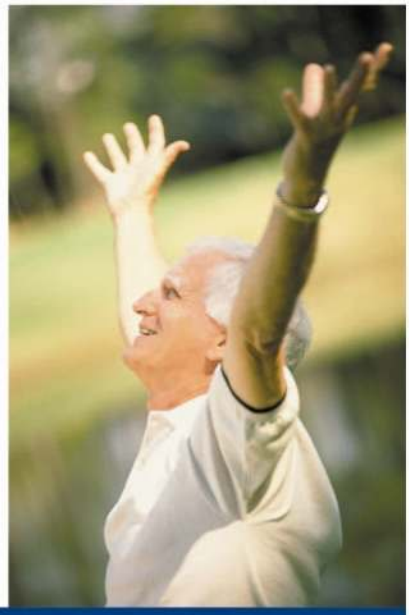
Peace clinic of Naturopathic Medicine Inc

Healthcare. Naturally!

FirstLine Therapy Program Schedule

Week 1	• 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
Weeks 2,3	• Weekly 1 hr lifestyle lectures
Week 4	• Re-testing to evaluate your progress and identify any needed program adjustments
Weeks 5-7	• Weekly 1 hr lifestyle lectures
Week 8	• Re-testing to evaluate your progress and identify any needed program adjustments
Week 9-11	• Weekly 1 hour lifestyle lectures
Week 12	• 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

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



Ask how you can get started with FirstLine Therapy today!

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