

Illness is *not* a normal part of aging

The prolonged course of illness and disability from chronic diseases results in extended pain and suffering and decreased quality of life. And most chronic diseases are caused by unhealthy lifestyle habits:

- 91% of type 2 diabetes is caused by unhealthy habits and forms of behavior.¹
- 84% of annual healthcare spending is for 50% of the population with 1 or more chronic conditions.²
- 1 of 4 adults has 2 or more chronic health conditions.²
- 7 of the top 10 mortality causes in 2010 were chronic diseases.²

Reversing and 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
- Stroke
- Diabetes
- Obesity
- High cholesterol
- Metabolic syndrome
- Osteoporosis
- High blood pressure

What does “better health” mean to you?

Everybody wants 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"/> Better mood |
| <input type="checkbox"/> Greater sex drive | <input type="checkbox"/> Less pain |
| <input type="checkbox"/> More energy | <input type="checkbox"/> Better sleep quality |
| <input type="checkbox"/> Clearer thinking | <input type="checkbox"/> Better mobility |
| <input type="checkbox"/> More “good” days | <input type="checkbox"/> Greater control over health |
| <input type="checkbox"/> Less stress | <input type="checkbox"/> More independence |

FirstLine Therapy programs are available only through select healthcare practitioners.

Ask your healthcare practitioner if FirstLine Therapy is right for you.

Better lifestyle better life



Take back your health!



Lifestyle Medicine Programs by Metagenics



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1. 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.
 2. The Centers for Disease Control and Prevention. Chronic Disease-Overview. Available at <http://www.cdc.gov/nccdphp/overview.htm>. Accessed July 21, 2014.

You won't experience transformation until you become dissatisfied with your reality.

FirstLine Therapy is a specialized therapeutic lifestyle program unlike any other. It targets the underlying causes of chronic illness by incorporating a sensible eating plan, exercise, nutritional supplementation, and stress management.

FirstLine Therapy helps you:

- Take simple steps every day that will enhance health and help prevent disease
- Adopt habits of living that may delay the onset of illness in old age and possibly reverse disease progression and risk factors

Your personal FirstLine Therapy program includes:

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

➔ Ask your healthcare provider how a **FirstLine Therapy** program may benefit you.

Healthy living begins
with FirstLine Therapy.



The FirstLine Therapy Difference

The following key characteristics are unique to the FirstLine Therapy program:

FirstLine Therapy is not just a weight loss program.

It's a personalized lifestyle medicine program designed to help you achieve optimal health.

The FirstLine Therapy eating plan is different.

Most programs are focused on lowfat diets. But FirstLine Therapy emphasizes the importance of a low-glycemic eating plan.

FirstLine Therapy incorporates medical foods and nutritional supplements.

The appropriate use of medical foods and supplements may enhance program effectiveness and may help shorten the time it takes for you to achieve your goals.

FirstLine Therapy has been demonstrated to be effective in multiple clinical studies.

Most programs lack clinical evidence of effectiveness. Clinical studies conducted and overseen by the Metagenics Functional Medicine Research Center®—including a multicenter trial at 3 respected universities—have demonstrated impressive results for metabolic syndrome patients who combined a targeted medical food with the FirstLine Therapy eating plan.^{1,2}

1. Jones JL, Fernandez ML, McIntosh MS, et al. A Mediterranean-style low-glycemic-load diet improves variables of metabolic syndrome in women, and addition of a phytochemical-rich medical food enhances benefits on lipoprotein metabolism. *J Clin Lipidol.* 2011;5(3):188-196.

2. Lerman RH, Minich DM, Darland G, et al. Enhancement of a modified Mediterranean-style, low glycemic load diet with specific phytochemicals improves cardiometabolic risk factors in subjects with metabolic syndrome and hypercholesterolemia in a randomized trial. *Nutr Metab.* 2008;5:29.