

## **FirstLine Therapy® Program**

### **Prevents and/or Improves Management of Some Chronic Diseases**

FirstLine Therapy® is a lifestyle modification program from Metagenics. It was created to help people manage or reduce conditions that could lead to chronic diseases for example:

**For example, did you know that Metabolic Syndrome accounts for 40% of all prescription drug costs for adults?** What if it could be treated without prescriptions? Metagenics has been scientifically-proven to help not only Metabolic Syndrome, but also many others.

### **Concerned about your cholesterol levels?**

The FLT program can improve your LDL (bad fats), HDL (good fats) and total cholesterol. It can:

- Reverse hardening of the arteries
- Naturally manage blood pressure
- Reduce pain and inflammation
- Improve sleep and energy
- Improve sex drive

### **Did you know insulin resistance and elevated insulin levels lead to weight gain?**

Do you need help managing your blood sugar?

- Repair insulin sensitization
- Lower blood sugar and HB-A1c, fasting insulin
- Reverse Metabolic Syndrome
- Shrink belly fat and reduce waistline
- Lose fat weight, retain muscle and bone density
- Decrease stress reaction
- Improve thinking and memory

### **FirstLine Therapy is different.**

It's structured with professional supervision to help you:

- Establish realistic, personalized goals to improve health (**click Ann bio**)
- Monitor your progress and help you stay on track (**click BIA-EDS**)
- Learn how to eat and shop for healthy, nutritious foods that manage, not increase cravings
- Exercise in a way that builds muscle and gets rid of unwanted fat (**click classes**)
- Relax and manage unhealthy stress
- Feel better and do more!

### **FirstLine Therapy—Reversing Chronic Illness Naturally**

Lifestyle Medicine Programs which include professional supervision and recommendations for eating; exercise; nutritional supplementation and stress management; have also been shown to help manage a variety of other common health concerns like:

- Arthritis
- Crohn's disease/ulcerative colitis
- Irritable bowel syndrome
- Fibromyalgia
- Fatigue
- Depression
- Hormone imbalance
- Menopause/Andropause
- Osteoporosis
- Autoimmune disorders

To learn more about the FirstLine Therapy Program visit [www.metagenics.com/ft](http://www.metagenics.com/ft)

**Provided by**

**The Downing Clinic, a Metagenics-certified FirstLine Therapy® Provider**

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