

## Illness **does not** have to be a normal part of aging.

Many chronic diseases could be prevented, delayed, or alleviated through simple lifestyle changes. The US Centers for Disease Control and Prevention estimates that eliminating three risk factors (poor diet, inactivity, smoking) would prevent 80% of heart disease, stroke, and type 2 diabetes, as well as 40% of cancer.<sup>1</sup>

- In 2011, 52% of adults aged 18 years or older did not meet the recommendations for aerobic exercise or physical activity, and 76% did not meet recommendations for muscle-strengthening physical activity<sup>1</sup>
- About 47% of US adults have at least one of the following major risk factors for heart disease or stroke:<sup>1</sup>
  - Uncontrolled high blood pressure
  - Uncontrolled high LDL cholesterol
  - Currently smoke
- In 2011, 36% of adolescents and 38% of adults said they ate fruit less than once a day, while 38% of adolescents and 23% of adults said they ate vegetables less than once a day<sup>1</sup>
- 90% of Americans consume too much sodium, which increases their risk of high blood pressure<sup>2</sup>

### Reversing and delaying chronic illness

Extensive scientific research demonstrates that many chronic diseases associated with aging can be prevented or even treated by adopting a healthy lifestyle, including:

- Cardiovascular disease
- Diabetes
- High blood pressure
- High cholesterol
- Obesity
- Osteoporosis
- Sarcopenia
- Stroke

## What does “better health” mean to you?

Most people want more energy, mental clarity, full physical function, and absence of disease through the aging process.

### What do you want?

- |   |  |
|---|--|
| <input type="checkbox"/> To feel more vital                                   | <input type="checkbox"/> To lose weight          |
| <input type="checkbox"/> To have more energy                                  | <input type="checkbox"/> To increase muscle tone |
| <input type="checkbox"/> To sleep better                                      | <input type="checkbox"/> To manage stress        |
| <input type="checkbox"/> To improve my sex drive                              | <input type="checkbox"/> To have mental clarity  |
| <input type="checkbox"/> To have greater mobility                             | <input type="checkbox"/> To feel more motivated  |
| <input type="checkbox"/> To have greater control over my health and wellbeing |  |

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



Better lifestyle,  
better life.

Take back your health!

<sup>1</sup> The Centers for Disease Control and Prevention. Chronic Disease Overview. CDC.gov. [www.cdc.gov/chronicdisease/overview/](http://www.cdc.gov/chronicdisease/overview/). Accessed January 3, 2017.

<sup>2</sup> The Centers for Disease Control and Prevention. Vital Signs: Where's the sodium? CDC.gov. <https://www.cdc.gov/vitalsigns/sodium/index.html>. Accessed January 3, 2017.



Genetic Potential Through Nutrition



Lifestyle Medicine Programs by Metagenics

# Making healthy lifestyle changes allows you to have greater control of your health and wellbeing.

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, physical activity, nutritional support, 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:

- Health screening
- Body composition analysis
- Customized health plans
- Lifestyle and behavioral coaching
- Personalized food plans
- Physical activity recommendations
- Targeted nutritional support
- Tracking tools

🕒 Ask your healthcare practitioner 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 low-glycemic, whole foods and plant-based eating.

**FirstLine Therapy incorporates medical foods and other nutritional support.**

The appropriate use of medical foods and other nutritional support 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 clinical studies.**

Most lifestyle medicine programs lack clinical evidence of effectiveness. Clinical studies sponsored by Metagenics have demonstrated impressive results for patients who combine targeted nutritional support with a structured lifestyle education program. A 12-week, randomized, controlled trial at Grand Valley Medical Specialists (Grand Rapids, MI) showed significant reductions in HbA1c, BMI, weight, and hip and waist circumference for those in the Enhanced Care group compared with the Usual Care group.<sup>1</sup> FirstLine Therapy is committed to bringing the most evidenced-based program to your patients, and ongoing practice-based research programs continue to highlight the positive impact on the patient's health.

<sup>1</sup> Chang J, et al. Effect of a Lifestyle Education Program Including the Use of a Proprietary Medical Food on HbA1c in Overweight Patients with Type 2 Diabetes: A 12-Week Randomized Trial at a Primary Care Practice. Accepted as an abstract and a poster at the American College of Preventative Medicine annual meeting in Portland, OR, May 2017.