

## THE FIRSTLINE THERAPY DIFFERENCE – IT WORKS

There are four key reasons that make FirstLine Therapy (FLT) different than conventional lifestyle programs.

### 1. FLT is about more than just weight loss.

- FLT can help you lose unhealthy fat while retaining healthy, lean muscle.
- FLT integrates body composition testing (fat & lean tissue ratios) – because being thin doesn't necessarily mean you're healthy.
- An imbalance in body composition (gaining too much fat or losing too much muscle) can lead to serious health problems such as high blood pressure, altered cholesterol levels, etc.
- Loss of muscle results in loss of ability to burn calories, which makes it much more difficult to maintain weight loss over time.
- FLT focuses on lifestyle factors that are the underlying cause of many health problems.

### 2. The FLT eating plan is different.

- Most diets focus on NOT eating – not eating fat, not eating carbs, or just plain not eating much of anything. With most diets, success is based primarily on will power.
- The FLT eating plan emphasizes the need to eat, and to eat frequently.
- The focus is on eating THE RIGHT KIND OF FOODS - the right kind of fat, the right kind of carbohydrates, and the right kind of protein – all in the right portion size.
- FLT incorporates a low-glycemic-index eating plan based on the latest scientific research that will help you maintain stable blood sugar and energy levels.
- According to recent studies, low-glycemic diets are more effective than lowfat diets in treating obesity, insulin resistance, dyslipidemia, cardiovascular disease, and type 2 diabetes.
- People report less hunger and more energy, making it much easier to stick with the program.

### 3. FLT incorporates medical foods and dietary supplements.

- Using appropriate medical foods and dietary supplements as part of this program can improve the effectiveness of the program for you and help you achieve your health goals.
- Medical foods are designed to address the unique nutritional needs of patients with specific health concerns.
- Dietary supplements provide targeted nutritional support for specific functions, such as healthy blood cholesterol or blood sugar levels, joint function and mobility, or healthy hormone metabolism.

### 4. FLT has been demonstrated to be effective in controlled clinical trials

- Most other diets have not. This program focuses on balanced nutrition and exercise and provides regular coaching and monitoring to keep you on track with your weight loss goals.