



FOR IMMEDIATE RELEASE

DR. AMANDA GUTHRIE'S NATUROPATHIC MEDICAL PRACTICE NAMED METAGENICS TLC "CENTRE OF EXCELLENCE"

Toronto, Ontario, January 2010 – Dr. Amanda Guthrie's naturopathic medical practice has been designated as a Therapeutic Lifestyle Changes (TLC) Centre of Excellence by Metagenics, Inc., a leading developer of Therapeutic Lifestyle programs.

Metagenics developed the TLC Centres of Excellence Program to recognize healthcare practitioners such as Dr. Guthrie who believe that prevention is the key to winning the war against chronic illness, and who successfully practice wellness and prevention therapies. Chronic, or ongoing, conditions such as diabetes, cardiovascular disease, and obesity have reached epidemic proportions, projected to account for 89% of all deaths in Canada.¹

"I'm truly honored to receive this designation from Metagenics, an industry leader," said Dr. Amanda Guthrie, ND. "It affirms what I've always believed – that wellness and prevention help people live full and vibrant lives and should play a key role in any healthcare practice."

Major health organizations now recommend healthier diets, exercise and stress management as the first line of defense in the management and prevention of many chronic diseases. However, most healthcare practitioners aren't well equipped to advise their patients on nutrition, physical activity, and other lifestyle factors, even though studies indicate an increasing demand among patients for this kind of information.

The Scientific Evidence for Therapeutic Lifestyle Changes (TLC)

A therapeutic lifestyle is based on the premise that many chronic conditions associated with aging are not inevitable outcomes of the aging process. Rather, these conditions are largely preventable by making sound lifestyle choices. Numerous studies affirm the notion that adopting habits that are healthy can delay the onset of illness in old age and extend years of good health. For example:

- A study published in the *American Journal of Cardiology* concluded that many patients with conventional risk factors for coronary heart disease can experience lowered risk without medications within 12 weeks of starting a TLC program.²
- In a similar study published by the *Journal of the American Dietetic Association*, a lifestyle modification program was found to be an effective nutrition and physical activity intervention in the short term, and has the potential to notably decrease the risks associated with common chronic disease in the long term.³
- A randomized, single-blind, three-year study of 180 patients with metabolic syndrome concluded that a Mediterranean-style diet (emphasizing vegetables, fruit, fish and whole grains) can be effective in reducing the prevalence of the metabolic syndrome and its associated cardiovascular disease risk.⁴

About Dr. Amanda Guthrie, ND

Dr. Guthrie practices with a patient-focused approach where listening to and understanding her patients are her top priorities. Always striving to treat the root cause of illness, she blends scientific research with holistic healing methods and maintains a strong focus on the mind-body connection. Dr. Guthrie offers guidance in adopting a healthier lifestyle and prescribes natural therapies to both treat and prevent illness.

1. www.who.int/chp/chronic_disease_report/en/
2. Am J Cardiol. 2004;94(12):1558-1561.
3. J Am Diet Assoc. 2005;105(3):371-381.
4. JAMA. 2004;292:1440-1446.