



What makes First Line Therapy® different? **It Works!**

There are 3 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 regular 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, diabetes, 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.