

What is *FirstLine Therapy*?

FirstLine Therapy* can help you make lasting lifestyle changes to improve your overall health and wellness, achieve your health goals, and reduce your health risks.** Developing a healthier lifestyle means looking better, feeling better and having more of the energy you need to live a full life! Lifestyle changes are also now recommended as the initial therapies for treating common health problems and chronic illness, as well as reducing the risk of developing serious health conditions. ***FirstLine Therapy will teach you how to take control of your personal health by refining your diet, taking the right blend of nutritional supplements, maintaining an optimal exercise schedule, and incorporating stress reduction techniques into your daily life.

What Conditions Can *FirstLine Therapy* Help to Address?

FirstLine Therapy is indicated for conditions including, but not limited to:

- Alzheimer's disease
- Arthritis
- Cancer care/prevention
- Diabetes
- Fatigue
- Heart disease
- High blood pressure
- High blood sugar
- High cholesterol
- Hormone imbalance
- Low sex drive
- Osteoporosis
- Overweight/obesity
- Poor memory or lack of mental clarity
- Stress-related symptoms
- Stroke

Many of these health problems can be reversed or even treated by adopting a healthy lifestyle. A healthy lifestyle starts with the knowledge to make informed decisions that impact your health every day. ***FirstLine Therapy*** is designed to give participants this knowledge about themselves, and provides them with the tools and support they need to start making changes right away!

The ***FirstLine Therapy*** program is a 12-week intensive lifestyle change program, with office visits every two weeks for the first month. During each office visit, you will have your body fat, water content, and muscle mass analyzed via a Bio-Impedance Analysis (BIA) machine. This information is better than simply assessing weight, as it is body composition that is truly indicative of one's current state of well-being. With this program you'll also receive easy ways to track your progress, tips for success, reminders, and other support that will help you achieve your goals. The tenants of this program are based on the most current scientific research, and have been tested in controlled clinical studies.

Throughout the duration of the ***FirstLine Therapy*** program, we will guide you through the creation of your own health and wellness plan, and support you to make healthy lifestyle changes. By the end of 12 weeks, you will be living your life in a way that improves your health, now and for many years to come.

The program lasts 12 weeks; the changes last a lifetime!

Program Fees:

FirstLine Therapy program fees: **\$650***

Package includes:

Initial **FirstLine Therapy** office visit (includes BIA**)

Four follow-up visits (includes BIA**)

Two additional BIA**

* Cost does not include nutritional supplements, which are estimated at \$450.

** Bio-Impedance Analysis

Schedule:

	Week 1	Week 2	Week 4	Week 6	Week 8	Week 10	Week 12
Initial Consult	✓						
Follow-up Consult		✓	✓		✓		✓
BIA	✓	✓	✓	✓	✓	✓	✓

How Can I Find Out More?

To find out more about **FirstLine Therapy** at the Raby Institute for Integrative Medicine, or to [schedule an appointment](#) with one of our **FirstLine Therapy** certified practitioners, contact the Raby Institute at 312-276-1212 or info@rabyinstitute.com.