

FIRSTLINE THERAPY THERAPEUTIC LIFESTYLE PROGRAM

By Dr. Cathy

A therapeutic lifestyle is possible for everyone, but to achieve it you need to know which choices are good for you. There is a lot of misinformation about what is healthy and what is unhealthy. The *FirstLine Therapy (FLT)* program will provide you with the knowledge you need to make healthy lifestyle choices each day with food, proper supplementation, movement or exercise, rest, sleep, recreation, and stress reduction. Giving ourselves what we really need to be healthy by understanding what our bodies require to function properly. When we work with the body we are connecting the mind (function) and the soul (choice) in a fundamentally constructive way.

Helping patients adopt a therapeutic lifestyle is the first and possibly the most important therapy doctors can use to treat many chronic health problems. Consider a few facts:

- 91% of type 2 diabetes cases could be prevented by the adoption of healthy habits and lifestyle choices.
- The National Institutes of Health (NIH) recommends lifestyle changes as the most important and cost-effective way to lower cholesterol.
- Lifestyle changes are now recommended as “the first line therapy” for the major chronic diseases in our society: Heart disease, stroke, Diabetes, Cancer, Arthritis, Osteoporosis, Alzheimer’s Disease.

Lifestyle choices are also the key to many symptoms that are not classified as diseases:

- Fatigue
- Hormone imbalances
- Stress-related symptoms
- Prostrate Problems
- Premenstrual Syndrome

As you know in Zone Healing Chiropractic, we are aware of the “functional disease” causes and cures and how important our knowledge is in understanding human consciousness – our consciousness in our own lives. A healthy lifestyle is foundational in working with the Laws of the Body, Mind and Soul. Our choices are creational in the conditions of health or dis-ease.

FirstLine Therapy is a 21st century version of the Laws of the Body, Mind and Soul and improves the level of understanding of the Laws of the Body (nourishment, movement, recuperation, and sanitation) that we teach at Absolute Health Chiropractic. It’s not just about preventing disease; it’s also about living life to the fullest. It’s about waking up and wanting to get going in the morning; having the energy to do the things you want to do all day long; performing at your best; aging healthfully. It is designed along with all the principles I teach to help you achieve better health now, and maintain good health for a lifetime.

Designed by health care professionals, *FirstLine Therapy* has been shown to be remarkably successful in helping individuals return to a path of extended health. If you are interested in the program, please call us at 404-257-0188.



ABSOLUTE HEALTH CHIROPRACTIC

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