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Introducing First-Line Therapy

Do you have 12 weeks to change your life? Do you want to feel better? Do you want learn what a good diet is and what good nutrition really means? Give us the next 12 weeks to partner with you as you:

- Lose weight
- Increase muscle tissue
- Increase mental alertness and calmness
- Lower your blood pressure and cholesterol
- Reduce your risk of diabetes, high blood pressure, heart disease, and other chronic illnesses
- Decrease your joint pains
- Decrease your panic attacks
- Decrease your emotional breakdowns

A joint scientific statement in 2004 from the American Cancer Society, the American Diabetes Association and the American Heart Association asserted that: *Cardiovascular disease, cancer and diabetes account for nearly two of every three deaths in the United States.* These are largely diseases of diet. These organizations all state boldly that the **first line of therapy is diet and exercise**. Yet neither these organizations nor the medical establishment have been able to provide people with a successful means to treat the cause of their health problems or incorporate good health practices in their lifestyle.

Our **FirstLineTherapy™** does both. It really works. It's like a lifeline with supportive people helping you get on board. And it actually addresses the underlying causes of chronic disease. **FirstLineTherapy™** is based on scientific research. It was created from the desire to prevent disease, rather than "manage the disease," with drugs and expensive medical procedures.

This is not a diet. We will show you how to embrace a lifestyle modification so you feel better now and have a higher quality of life in the future. Give us 12 weeks and we will:

- Show you how to make healthy choices when you go to restaurants and to friends' houses (that one is a little trickier).
- Show you a social structure for nutritional and lifestyle change, so that it is easier to stay "on the wagon" of health.
- Improve your body composition by reducing the total fat and increasing the total amount of muscle in your body, so that your shape changes – you lose the spare tire, the abdominal fat, and gain shapeliness.
- Address symptoms of chronic inflammation:
- Allergy symptoms typically improve or disappear
- High blood sugar and high insulin levels typically become normalized
- Joint pain lessens
- Help you get started on an exercise program.

The average time frame for successful modification of a habit occurs at about 45 days. Between weeks 3 and 6 people will struggle with change. Our bodies seem to release toxicity in a 21-day cycle, which coincides with the times of struggle. Once you get as far as the 7th or 8th week, you will do well, because your habits will be modified. The first six weeks are crucial times for forming new habits of lifestyle. That's why it takes teamwork to be successful.

So, how does **FirstLineTherapy™** work and what do you do?

Week 1:

- Comprehensive Clinical Tests
- Initial consultation to review test results, determine your health goals and establish your course of lifestyle therapy
- You'll receive a guidebook, instructions, and advice about nutritional supplements
- Begin your program

Weeks 2-5

- Weekly visits for lifestyle counseling

Week 6

- Re-testing to evaluate your progress and identify any needed program adjustments

Weeks 7-11

- Bi-weekly visits for lifestyle counseling

Week 12

- Re-testing to evaluate your progress
- If your goals have been achieved, a maintenance program may be prescribed to ensure that your health improvements are maintained

During the comprehensive clinical tests which include medical history we also perform a bioimpedance analysis (BIA). This measures body composition, including both percentage of body fat and lean body mass. This test allows us to track your progress over time because it gives us a reading on many aspects of your body including your lean body mass, phase angle (which indicates health on a cellular level), body cell mass and intracellular water (which measure the water inside your cells), extracellular cell mass (to measure amount of water found outside your cells) fat mass, basal metabolic rate and body capacitance (the ability of nutrients to move into the cell and waste to move out).

We will work with you to balance your blood sugar levels. As you feast on sugary foods, your blood sugar zooms up. Alarms go off. Your body releases a hormone called insulin to bring your blood sugar back into the acceptable range. Insulin then stores excess calories as fat in the event of a future famine. And high levels of insulin suppress two other important hormones – glucagon and growth hormone – that burn fat and promote muscle development.

Insulin is the key to the vast majority of chronic illness. Fortunately, insulin is most easily influenced by diet and exercise. In fact, some diabetics are able to avoid medication with a steady exercise regimen.

With **FirstLineTherapy™** we are able to decrease insulin stimulation through dietary changes, and to increase the responsiveness of the cells to insulin through specific supplements.

With **FirstLineTherapy™**, our nutrition and lifestyle educator Patrick Martin, Jr., will work one-on-one with you, as your coach. Patrick will monitor your cholesterol and BIA frequently to monitor progress.

He'll show you what to eat for breakfast, lunch, and dinner, and snacks in between.

He'll meet with you every week so you can really, truly, reach for your goals and obtain them.

Let us do what we do best so you can be your best.

Introducing, Patrick Martin, Jr., our Lifestyle Educator.

Patrick Martin, Jr. was born and raised in the Pacific Northwest by a family oriented in health care. Over time, Patrick developed a profound interest in health and wellness; more specifically nutrition and clinical counseling. In 2008 Patrick Completed the Holistic Health Counselor Certification program at the Institute for Integrative Nutrition / Teachers College Columbia University in Manhattan, New York, the largest and most comprehensive school of Integrative Nutrition. Patrick is certified as a Lifestyle Educator for Metagenics First Line Therapy program. Patrick is recognized as an expert in his field and continues to assist people in achieving optimal health and overall wellbeing.

When Patrick is not consulting, he works on continuing education, works with homeless and/or displaced youth, and enjoys the outdoors, cooking, and spending time with family and friends. Patrick has a sincere interest in personal fitness and is continually working toward his goal of improved flexibility & strength.

Call (206) 623- 2225 or see the front desk for a sign up sheet to reserve your complimentary consultation; a \$25.00 value.