



HEALTH CENTER

# Welcome to FirstLine Therapy

We look forward to helping you with our specialized, therapeutic lifestyle program called FirstLine Therapy (FLT). It is very different from today's common medical approach. The FLT program works to identify and overcome the cause of ill health, and then improve total body function naturally; this is achieved by nourishing, balancing and revitalizing the whole individual. It is powerful, effective, and rewards you with improved health and function that is long lasting!

## ***Get Maximum Benefit From Your Appointment***

Our consultation time with you is important! We analyze your personal and family health history, appropriate test results, current lifestyle and state of health, and clarify your health goals. We then guide you through a comprehensive, highly personalized, step-by-step program to achieve those goals. You can **get maximum benefit from the time reserved for your consultation by being prepared!**

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### ***How To Prepare***

1. Please complete the paperwork included in this packet before coming to our office, or arrive 15 minutes early to complete before your appointment.
  2. Prepare for your Bioimpedance Analysis (BIA Test) by adhering to the following guidelines:
    - a. Do not eat for 4 hours prior to testing.
    - b. Do not exercise for 2 hours prior to testing.
    - c. Do not consume alcohol for 12 hours prior to testing.
    - d. Do not drink caffeine the day of your test.
    - e. Empty bladder
    - f. **WOMEN:** Testing should occur on your 10<sup>th</sup> or 24<sup>th</sup> day after menstrual cycle (ideal)
    - g. Insure access to your right foot with removable footwear (no pantyhose).
  3. Please value the time reserved for you by being punctual to get the full benefit from your consultation.  
**IMPORTANT: There is a \$100 NO SHOW fee if cancellation is not made at least 24 hours prior to your appointment.**
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### ***Appointment Reminder***

Your appointment is scheduled for:

Date \_\_\_\_\_, \_\_\_\_/\_\_\_\_/\_\_\_\_ Time \_\_\_\_\_ AM / PM

**We look forward to helping you successfully achieve your personal health goals!**