FirstLine Therapy Certification

October 25-26, 2019
Chicago, IL

Cancellation must be received five working days prior to the seminar. No refunds for "no-shows."
No registration at the door.
FirstLine Therapy is an evidence-based, clinically designed operating system for implementing personalized lifestyle medicine. You have options when it comes to promoting health and managing chronic illness in your practice. FirstLine Therapy is a food-first approach using personalized lifestyle medicine interventions that include healthy eating, healthy living, and physical activity, helping to support a patient's journey to better health.

FirstLine Therapy advantages for the practice and patient

- Delivers a complete operating system for optimal clinic flow
- Provides a structured 12-week system to teach patients behavior modifications for a lifetime approach to healthy living
- Offers patient forms, tools, and educational materials
- Offers ongoing learning opportunities with advanced seminars and webinars
- Offers clinically demonstrated, successful medical nutrition therapy for supporting the patient

FirstLine Therapy benefits for the practice and patient

- A structured system with interactive forms, tools, and patient Starter Kit
- Practitioner visits and lifestyle educator sessions regularly scheduled for an initial 12 weeks, followed by next-step strategies for ongoing support
- Lifestyle educators who use proven coaching techniques to support patients by cocreating meal plans and SMARTER goals for a lifetime approach to healthy living
- Advanced protocols that provide the practitioner with options to support clinical intervention in the areas of metabolic detoxification, ketogenic meal planning, intermittent fasting, and SR GI restoration program (individual and group options)

Who should attend?
The FirstLine Therapy operating system is designed to be delivered by healthcare practitioners, lifestyle educators, and their clinical support team. Therefore, it is required that they attend the certification together. The system is not intended for implementation as a solo practitioner.

You will receive:

- **Resource Guide:**
  - Step-by-step operating guide
  - Practitioner forms and tools
  - Lifestyle educator forms and tools
  - Patient handouts

- **Patient Starter Kit:**
  - Your Journey to Better Health Patient Guidebook
  - Food & Lifestyle Journal
  - Cooking Wise cookbook
  - Resistance exercise tubing and attachment
  - Dining Guide
  - Stress ball
  - Shaker cup

Meet the team of experienced FirstLine Therapy clinicians and practice specialists:

Tricia Paulson, ND is the founder of and primary physician at True Health Naturopathic Medicine. As an educator and speaker for the Wisconsin Chiropractic Association and Nutrition Dynamics, she has developed and implemented curricula in clinical nutrition, detoxification, and gut restoration. FirstLine Therapy is the cornerstone of her Functional Medicine practice, which specializes in the treatment of chronic diseases through a patient-centered approach.

Elizabeth DiMeo, MS, CNS, LDN brings nearly 20 years of experience as a Functional Medicine nutritionist to her role as a FirstLine Therapy Practice Specialist at Metagenics. Through her work at Canyon Ranch and in private practice, DiMeo has helped countless patients integrate lifestyle medicine into their own lives. Her FirstLine Therapy experience is applied throughout the nutritional protocols and lifestyle medicine, business, and marketing development in which she is involved. As an enthusiastic participant in the Metagenics mission to help lead the movement to make personalized nutritional intervention the standard of care, DiMeo strives to help healthcare practitioners optimize their FirstLine Therapy resources to create thriving twenty-first century clinical practices that focus on the management of disease and promotion of optimal health.

Trisha Howell, MSH, RD, LDN, IFMCP is a certified Functional Medicine nutritionist and the founding dietitian of the Cleveland Clinic Center for Functional Medicine. She has over 20 years of experience delivering personalized medicine in wellness, disease prevention, and health promotion, which aligns well with the Practice Specialist role. Howell’s passion is to be part of a team whose mission is to change the way we do healthcare by empowering the physician and lifestyle educator and their patients with connection, education, and a deeper understanding of implementing FirstLine Therapy for successful transformational health outcomes.

Kristi Tuck, Director, Practice Systems and Innovations, FirstLine Therapy Consultant brings over 30 years of experience delivering personalized health and wellness programs to individuals with a variety of chronic health conditions. Professionally trained as an exercise physiologist and wellness coach, Tuck thrives at helping people become their best self through targeted lifestyle modification. Tuck and her team of Practice Specialists are skilled at helping healthcare practitioners deliver innovative, financially successful patient care programs by supporting them every step of the way.

Register today by contacting your Metagenics representative. To learn more about our program, visit: [www.metagenics.com/flt](http://www.metagenics.com/flt)

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1It is highly recommended that Lifestyle Educators have a clinical designation such as: Registered Dietitian (RD), Clinical Nutrition Specialist (CNS), Physician Assistant (PA), or Registered Nurse (RN) in addition to a background in patient coaching and nutrition.