

FirstLine Therapy Certification

March 2-4, 2018

Newport Beach, CA

April 27-29, 2018

Seattle, WA

May 18-20, 2018

Boston, MA

June 22-24, 2018

Atlanta, GA

Cancellation must be received five working days prior to the seminar. No refunds for "no-shows."
No registration at the door.

FirstLine Therapy® Certification

**Comprehensive Evidence-Based Operating
System for Delivering Personalized Lifestyle Medicine**

Join over 1,700
Certified Healthcare
Practitioners



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 provides a clinically designed approach for implementing physical activity-based, personalized interventions that include behavior modifications, diet, exercise, and appropriate nutritional support. These premium, practitioner-supervised programs help address the common health and wellness issues that your patients face. Patients receive a personalized plan to achieve health and wellness and help manage chronic illness.

FirstLine Therapy Advantages

- Delivers a complete operating system for optimal clinic flow and patient health outcomes
- Provides a structured system to teach patients behavior modifications for a lifetime approach to healthy living
- Provides an initial 12-week structured program for patients as well as comprehensive, ongoing clinical support for your practice
- Offers patient forms and tools and educational materials
- Offers ongoing learning opportunities with advanced seminars and webinars
- Offers clinically demonstrated, successful medical nutrition therapy for supporting the management of healthy blood sugar, dyslipidemia, and sarcopenia

Get the benefits of FirstLine Therapy Certification

Obtaining certification is a first step to successfully establishing an evidence-based lifestyle medicine practice. Please join us for one of the upcoming FirstLine Therapy Certification seminars.

You will learn:

- Effective ways to recommend and personalize a lifestyle medicine program based on medical nutrition intervention, behavior modification, exercise recommendations, and clinical algorithms/protocols
- To build personalized food plans and physical activity programs
- The key functional biomarkers and laboratory values for assessing patients
- How to conduct and read bioelectrical impedance analysis (BIA) to monitor body composition for patient tracking and motivation
- Clinical pearls through case studies

Who should attend?

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

You will receive:

- A practitioner support manual to implement a 12-week program
 - Follow-up online modules
 - Access to a practice specialist to assist with launching your program
 - Advanced FirstLine Therapy seminars
 - Tools to improve patient compliance
- Patient support materials:
 - Journey to Better Health Guidebook
 - Food & Lifestyle Journal
 - Cooking Wise Recipe Book
 - Resistance Exercise Tubing
- Listing as a FirstLine Therapy practitioner on the Metagenics website
- Access to FirstLine Therapy program tools, resources, and discounts

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.



Cory Rice, DO is the co-founder of Forney Wellness. Dr. Rice and his medical partner opened a private practice after identifying a profound need for a more directed focus on prevention and wellness as it relates to outpatient medicine. Dr. Rice utilizes the FirstLine Therapy program and puts food first in virtually all of his medical recommendations and is continually amazed at the power of nutrition as it relates to improving function in the body and ultimately restoring health to their patients.



Candice Knight, MD is the founder of Knight Integrative Medicine. As a native of south Louisiana, she is committed to serving her patients and her community with the tools and training she has received in integrative and functional medicine. Dr. Knight is certified by the American Board of Family Medicine and the American Board of Integrative Holistic Medicine. She is currently pursuing certification with the Institute for Functional Medicine and is in fellowship training for regenerative and functional medicine with the American Academy of Anti-Aging Medicine.



Elizabeth DiMeo, MS, CNS, LDN brings over 15 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, Elizabeth 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 she is involved in. As an enthusiastic participant in the Metagenics mission to help lead the movement to make personalized nutritional intervention the standard of care, Elizabeth strives to help healthcare practitioners optimize their FirstLine Therapy resources to create thriving twenty-first century clinical practices that focus on the treatment and prevention of disease and promotion of optimal health.[†]

📞 Register today to make lifestyle medicine in your practice more rewarding. [Metagenics.com/flt](https://www.metagenics.com/flt)

[†]It is highly recommended that Lifestyle Educators have a clinical designation such as: Registered Dietitian (RD), Clinical Nutrition Specialist (CNS), Physician Assistant (PA), Nurse Practitioner (NP), or Registered Nurse (RN) in addition to a background in patient coaching and nutrition education. Please review our minimum requirements for lifestyle educators at [Metagenics.com/flt](https://www.metagenics.com/flt).