

FirstLine Therapy Certification

March 22-23, 2019

Orlando, FL

May 3-4, 2019

Boston, MA

Please visit Metagenics.com/flt for additional dates and locations coming in 2019!

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 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

- 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

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 lifestyle medicine using medical nutrition therapy intervention, behavior modification, exercise recommendations, and clinical algorithms/protocols
- To build personalized food plans and physical activity plans
- 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
- How to profile a patient using a lifestyle medicine approach

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.

[†]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.

You will receive:

- Teaching Toolkit:
 - Certification workshop materials
 - Step-by-step operating guide
 - Practitioner forms and tools
 - Lifestyle educator forms and tools
 - Patient handouts
- Patient Starter Kit:
 - Journey to Better Health 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.



Cory Rice, DO is the cofounder of Modern Medicine, a network of medical practices focusing on Functional Medicine, lifestyle medicine, wellness, and prevention. He completed his internship, residency, and chief resident year in internal medicine at Methodist Medical Center of Dallas in 2009. Dr. Rice's professional interests include nutrition-based chronic disease management, autoimmune disease, thyroid health, as well as bioidentical hormone replacement therapy for men and women. Dr. Rice utilizes the FirstLine Therapy system and puts food first in virtually all of his medical recommendations and is continually amazed at the power of nutrition as it relates to restoring health to his patients. Dr. Rice is an active local and national speaker and serves on several medical advisory boards and speaker bureaus. He frequently mentors physicians from a variety of specialties looking to implement a similar treatment philosophy.



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.

📞 Register today by contacting your Metagenics representative. To learn more about our program, visit: www.metagenics.com/flt