

FirstLineTherapy[®]



YELLOWSTONE NATUROPATHIC CLINIC

720 N. 30th St. Billings, MT 59101 406-259-5096 FAX 406-248-5655

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FirstLine Therapy Arrives at the Yellowstone Naturopathic Clinic!

The *FirstLine Therapy* program is a comprehensive, 12 week diet and lifestyle enhancement program designed to jumpstart your progress forward on the path to optimal health.

This program will help you make the improvements to your diet and lifestyle that have proven beneficial to total health and optimal wellness. These therapeutic lifestyle enhancements are now considered “*first line therapy*” in the treatment and prevention of many of the most common diseases today. Over the course of 12 weeks, you will gain the tools, knowledge, and motivation to create vibrant health for 2008 and lasting wellness for the years to come.

Many people benefit from a Therapeutic Lifestyle Change (TLC) program such as *FirstLine Therapy*. If you have risk factors for cardiovascular disease such as hypertension, obesity, smoking, Type II diabetes, physical inactivity, high LDL cholesterol, low HDL cholesterol, and family history of heart disease you will benefit from the program. If you have arthritis, chronic pain, cardiovascular disease, chronic fatigue, high stress lifestyle, hormone imbalance, mood imbalance, osteoporosis, osteopenia, overweight, or an interest in healthy aging you should also consider the program.

The *FirstLine Therapy* Program utilizes state-of-the-art Bioelectrical Impedance Analysis (BIA) technology to assess your body composition throughout the 12 week program. The results of the BIA scan allow for a sophisticated analysis of your risk for chronic disease as well as a means of individualizing your treatment and tracking your progress over time.

Here's what the *FirstLine Therapy* program includes at the Yellowstone Naturopathic Clinic:

- Initial BIA testing and interpretation
- Individual consultation and health evaluation with a physician
- Your personal *FirstLine Therapy* guidebook, Stress Management CD, and Pedometer
- Wellness Education Classes (Individually or with a Group)
- Semi-weekly follow-up testing and evaluation
- Personalized recommendations for nutritional supplementation
- Additional services from our *Oasis Health Spa* are available at a discounted rate during the program (these may be recommended by your provider)

To enroll in the program or to schedule a free 15 minute physician consultation to find out if the FirstLine Therapy Program is right for you, contact the Yellowstone Naturopathic Clinic.

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Is this Program for Me?

Conditions that will benefit from the Program:

Heart Disease

Diabetes

High Blood Pressure

High Cholesterol

Obesity / Overweight

Metabolic Syndrome

Osteoarthritis

Osteoporosis

Cancer

Alzheimer's Disease

Fatigue

Chronic Pain

The *FirstLine Therapy Program*, What to Expect:

Increased Energy

Decreased Triglycerides

Decreased Body Fat

Blood Sugar Control

Weight Control

Decreased Blood Pressure

Decreased Cholesterol

Improved Mood

Results and Maintenance: After completion of the *FirstLine Therapy Program*, we will work with you to develop an effective maintenance program.



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Comprehensive Health Assessment Labs

**Current Labs are *Required* for Program Enrollment
These Labs will be Ordered for You at the First Visit**

****UNLESS THEY HAVE BEEN PERFORMED IN THE LAST YEAR****

CBC with differential and platelets

***Comprehensive Metabolic Panel with GGT, Uric Acid,
Phosphorous, LDH, Iron (serum), Bilirubin (direct)***

Lipid Panel (Cholesterol, LDL, HDL, Triglycerides)

ESR

TSH

Urinalysis with Microscopy, reflex culture and sensitivity

Glucose / Insulin Response Profile

Hemoglobin _{A1c}

HS-CRP

Vitamin D, 25 Hydroxy Vitamin D₃



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The FirstLine Therapy Program at YNC:

12 Week Program Schedule

Weeks 1 and 2

- **Initial Consultation**
- **Comprehensive Evaluation**
- **Your Program Materials Issued**
- **Establishment of Health Goals**
- **Health Assessment Labs Reviewed**

Week 2 – 11

- **Bimonthly Progress Analysis**
- **Bimonthly *BIA* Testing**
- **Bimonthly Physician Consultations**
- **Bimonthly Health Education (group format or one-on-one/individual)**

Week 12

- **Review of Achievements**
- **Graphical Achievement Report**
- **Review of 2nd Health Assessment Labs (Retesting Week 11)**
- **Maintenance Planning**



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Yellowstone Naturopathic Clinic FLT Program Patient Cost Analysis

Program	Program Fee	Product Charges	Total Fees**
New Patient			
Individual Education	\$1,356	\$660-1060*	\$2,016 - \$2,416
Group Education	\$1,256	\$660-1060*	\$1,916 - \$2,316
Existing Patient			
Individual Education	\$1,162	\$660-1060*	\$1,822 - \$2,222
Group Education	\$1,062	\$660-1060*	\$1,722 - \$2,122

Additional Services*** (Optional, add to the above fees)	Additional Fees
Enhanced Detoxification Package	\$350 - \$500
Beauty Package	\$500 - \$1500

* *Product charges vary according to individual patient needs*

***Total Fees do not include lab work. Current lab work required (from within the last year)*

****Additional services recommended based on patient need*

Payment: First ½ of Program Fees are due Week 1, final ½ of fees due Week 5

Updated 1/8/2007



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ENHANCED DETOXIFICATION TREATMENT PACKAGE

\$350 - 500

The following options may be selected in consultation with your physician. Prices are at a special, FLT Rate:

Chiropractic Care: *Initial visit and 3 follow up visits (X-Ray cost not included)* **\$ 250**

Acupuncture: *Initial visit and 3 follow up visits* **\$ 284**

Massage **\$ 50**

Therapeutic body treatments from AMTA certified practitioners, to soothe sore and tired muscles, aid in relaxation and increase elimination

YNC is proud to feature the following choices in our Oasis Health Spa:

Hydrotherapy - *the application of water, in various forms, in the treatment of disease and the maintenance of health*

Colonic (series of 3-6 recommended; price listed is for one treatment) **\$50**
Irrigation of the large intestine with purified water and probiotic replacement.

Vichy Shower **\$ 50**
An invigorating full body skin treatment with Ancient Sea Salts blended with aromatherapy oils to facilitate detoxification and nourish your skin and soul.

Seaweed or Botanical Mud Body Wrap & Vichy Rinse Treatment **\$ 50**
Full body wrap with pure micronized seaweed or ancient botanical peat to hydrate, tone and firm the skin and stimulate circulation. A glorious experience to aid in detoxification!

Herbal Body Wrap **\$ 50**
A combination of herbs and heat to aid the body's elimination process. Linens soaked in special herbal blends and thermal blankets wrap you for warmth and comfort. This treatment increases surface circulation, inducing perspiration and elimination of toxins.

Botanical Peat Bath **\$ 50**
A full submersion bath with European peat that increases and stimulates the body's natural cycle of recuperation and healing. Used for detoxifying, arthritis and chronic inflammatory conditions

Sauna/cold plunge (series of 6) **\$ 50**
Wet steam sauna, alternating with cool plunge to stimulate the skin and lymphatic system.

Constitutional treatments (series of 2) **\$ 50**
Alternating applications of hot and cold over the trunk of the body to enhance the immune system, improve nutrition, promote detoxification and restore vitality.

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BEAUTY PACKAGE

\$500 - 1500

The following options may be selected. Prices are at a special, FLT Rate:

Facial (2 hrs) by Paula Larsen: Initial (regularly \$75)	\$ 65
<i>Custom tailored for both women and men, using organically grown ingredients rich in bioflavonoids, phytoestrogens, and vitamins to give your skin the most results oriented treatments possible.</i>	
3 Treatments: (regularly \$ 225)	\$ 200
6 Treatments (regularly \$ 450)	\$ 375
Facial Line Smoothing Treatment: Initial visit	\$ 225
<i>Hyaluronic acid naturally plumps lines and wrinkles by holding 1000 times its weight in water. By injecting small amounts, creases and lines can be smoothed. A series of 4 treatments is recommended with results lasting up to 4 months.</i>	
3 Additional Treatments (\$75 ea)	\$ 225
Constitutional Facial Acupuncture: Includes initial visit and 12 treatments	\$1000
<i>Herbal masks, poultices, moisturizers, and other tools are used to increase circulation and cool the face. Sound vibrations or microcurrent and very thin needles are placed in the face and neck to stimulate muscle motor points, restore muscle tone, lift the face, and improve color and vitality. Twelve treatments are necessary for satisfactory and long-lasting results.</i>	
Cellulite treatment: Includes initial visit and 10 treatments	\$ 1250
<i>Cellulite is a problem of fibrosis forming within adipose tissue. Stage 1 and 2 cellulite can be permanently resolved with mesotherapy using hyaluronidase, an enzyme that breaks down fibrous tissue formation. A series of 10 treatments is usually needed to produce best results. A complementary evaluation is available to determine cellulite staging</i>	

Additional treatments also available at FLT rate, 20% off regular price!



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