

EVO introduces The FirstLine Therapy, which we believe is a system that works.

1. FLT is about more than just weight loss

- FLT can help you lose unhealthy fat while retaining healthy, lean muscle.
- FLT integrates body composition testing (fat & lean tissue rations) – because being thin doesn't necessarily mean you're healthy.
- An imbalance in body composition (gaining too much fat or losing too much muscle) can lead to serious health problems such as high blood pressure, altered cholesterol levels, etc.
- Loss of muscle results in loss of ability to burn calories, which makes it much more difficult to maintain weight loss over time.
- FLT focuses on lifestyle factors that are the underlying cause of many health problems.

2. The FLT eating plan is different.

- Most diets focus on NOT eating-not eating fat. Not eating carbs, or just plain not eating much of anything. With most diets, success is based primarily on will power.
- The FLT eating plan emphasizes the need to eat, and to eat frequently.
- The focus is on eating THE RIGHT KIND OF FOODS-the right kind of fat, the right kind of carbohydrates, and the right kind of protein-all in the right portion size.
- FLT incorporates a low-glycemic-index eating plan based on the latest scientific research that will help you maintain stable blood sugar and energy levels.
- According to recent studies, low-glycemic diets are more effective than low fat diets in treating obesity, insulin resistance, dyslipidemia, cardiovascular disease, and type 2 diabetes.
- People report less hunger and more energy, making it much easier to stick with the program.

3. FLT incorporates medical foods and dietary supplements.

*Using appropriate medical foods and dietary supplements as part of this program can improve the effectiveness of the program for you and help you achieve your health goals.

*Medical foods are designed to address the unique nutritional needs of patients with specific health concerns.

*Dietary supplements provide targeted nutritional support for specific functions, such as healthy blood cholesterol or blood sugar levels, joint function and mobility, or healthy hormones metabolism.

Personalizing Therapeutic Lifestyle Changes

Your counselor may personalize your FirstLine Therapy (FLT) program or other lifestyle program based on your individual health concerns. Your counselor may also recommend a medical food program to address one or more of the following specific concerns:

- Inflammatory conditions
- Blood sugar deregulation
- Altered body composition (high fat-to-lean tissue ratio)
- Hormone imbalances
- Liver toxicity, environmental sensitivities or
- Gastrointestinal restoration.

Each program includes a specific, clinically designed dietary plan to maximize effectiveness of the nutritional support and is designed to fit the way you live: tasty recipes, portable and delicious nutritional support, simple exercise, and reliable outcomes.

Ask your counselor how you can get on the road to better health with a little lifestyle guidance.

Medical foods are intended for the specific dietary management of a disease or condition and deliver a scientifically formulated combination of macronutrients –such as protein and select fats –as well as micronutrients, herbs, and phytonutrients. Delivering macronutrients in combination with other nutritional factors can provide support for conditions, as well as a convenient and easy way to modify one’s diet.

Medical foods are to be consumed under the supervision of a physician or other licensed healthcare practitioner who can determine if a specific medical food is right for individual patients and monitor its use.

6-week program includes:

- BIA (Bioelectrical Impedance Analysis) testing to assess body composition
- Safe and natural supplements that boost metabolism
- Low glycemic diet counseling
- Weekly group check in and support
- Ear acupuncture for cravings and appetite control
- Healthy meal replacement powder/medical food to support detoxification
- Infra-red sauna (6 –once a week)

Counselor Bios:

Neka Pasquale L.Ac. and certified FLT practitioner. Neka is a California state-licensed acupuncturist and herbalist, as well as a certified nutritional consultant she practices

acupuncture and Chinese medicine, combined with cutting-edge nutrition and lifestyle modification, to heal, balance and create optimal health.

“I truly believe food is medicine, and you can change your life by changing your diet. As a student of nutrition, I study the nutritional value, taste, temperature, and medicinal qualities of common foods. By incorporating this knowledge into my wellness practice, I have opened a new world of utilizing food as therapy for my clients.”

Neka holds a Master’s degree in Traditional Chinese Medicine from The American College of Traditional Chinese Medicines in San Francisco. She also holds a certificate in nutrition from Yo San University and is certified First Line therapy practitioner

Tiffany Welter is a certified nutritional consultant with life coaching training. While strongly believing in a holistic approach to weight loss, she recognizes each person has individual needs and customizes plans accordingly. With a passion for wellness, Tiffany is committed to learning about and sharing how to live a healthy lifestyle with others.