

Cardiovascular & Chronic Disease:

Preventing & Reversing Without Drugs & Surgery

FREE TEST: Find out what your numbers and risk factors are with this test that you won't find at your MD's office. Test includes:

- **Body Composition:** Are you experiencing “muscle poverty” and don't even know it?
- **Basil Metabolic Rate:** Are you body's needs to perform basic life-sustaining functions being met?
- **Cellular Health:** Are you in proper balance to sustain these levels critical for good health?

Who Should Attend? This class is for you if you or someone you know suffers from:

High Blood Pressure
Obese/Overweight
Shortness of Breath

High Cholesterol
Metabolic Syndrome (Pre-diabetes)
Chest Pain

Diabetes
Aging Issues

Chronic diseases- such as heart disease and diabetes- remain the leading cause of death and disability. A plethora of drugs are available to “treat” these problems, yet they continue to take their toll. A growing body of evidence indicates that paramount in preventing and reversing these health problems is making lifestyle changes instead. In fact, lifestyle changes are now recommended as a first course of treatment- so why aren't we hearing more about it? Come and learn:

♥ The 2 most important factors **most people don't know about** that are the primary causes.

♥ The scientific evidence can no longer be ignored...**what the American Cancer Society, the American Diabetes Association and the American Heart Association are now saying** about diet and lifestyle factors that may surprise you.

♥ **What the big pharmaceutical companies hope you never find out** about how to PREVENT AND REVERSE these diseases; get off the medicine merry-go-round and get healthier!

♥ Why therapeutic lifestyle programs like Firstline Therapy® are now being recommended as the fundamental course of treatment: **prevent & reverse cardiovascular and other chronic diseases & create lifetime habits for wellness!**

♥ **Have your test done and learn how to interpret your results!**

- **Free Class – View Our Calendar:** www.teamhealthcareclinic.com/calendar •

6:15 pm BIA TESTING BEGINS

7:00 pm CLASS & DISCUSSION

Call or register online:

763-323-1492 www.teamhealthcareclinic.com/signup