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FirstLine Therapy and Pediatrics: The Path to Optimal Health and Wellness Starts with our Children

FirstLine Therapy is a therapeutic lifestyle program that emphasizes optimal nutrition, various forms of exercise, proper sleep hygiene, and personalized methods of stress management to achieve optimal health and wellness. This holistic approach to health has been used with children, adolescents, adults, and the elderly, to prevent chronic disease, and to promote health and vitality. While FirstLine Therapy is indicated and effective for all age groups, some of the most rewarding results have been noticed in children and adolescents.

The FirstLine Therapy meal plan is based on the Mediterranean diet which emphasizes a variety of lean proteins, legumes, numerous fresh vegetables and fruits, whole grains, natural oils, and unsaturated fats. This meal plan focuses on eating whole foods which support balanced blood sugar levels, optimal body composition, and prevent the occurrence of cardiovascular disease, diabetes, obesity, as well as inflammatory disorders.

The American Obesity Association estimates that over 30% of American children are classified as overweight. Such a distinction is made when a child's body mass index is in or above the 85th percentile for their age. Furthermore, 1 in every 6 American children is obese. With such statistics, it's time to incorporate a nutritious and balanced meal plan into our children's routine. By incorporating whole foods and eliminating foods with preservatives, additives, and allergens, the FirstLine Therapy meal plan can be used to address the following health challenges:

Childhood Obesity
Diabetes and Metabolic disorders
Chronic Ear Infections
Eczema
Rhinitis

Allergy Responsive Asthma
Chronic Headaches
Inflammatory Bowel Disease
Joint/Muscle Pain
ADHD/Autism

With the start of the new school year comes the beginning of healthy eating habits and lifestyle changes. By implementing a combination of whole foods, exercise, adequate sleep, and stress management, the FirstLine Therapy program will enhance your child's energy levels, concentration and focus, and sense of well being. By teaching healthy habits at an early age, children become actively involved in their path to health. I look forward to working with you and your children.