

Would You Like to:

- Have more energy?
- Be thinner?
- Have more sex drive?
- Be stronger?
- Think more clearly?
- Remember things better?
- Be less moody?
- Be more motivated?
- Sleep better?
- Get rid of your cravings for sweets?
- Lower your cholesterol or blood pressure?
- Reduce your risk of heart disease and diabetes?
- Stay healthy and active as you age?

Patients have achieved all of the above and more with the new “therapeutic lifestyle program” called FirstLine Therapy.

Chances are you can too!

The FirstLine Therapy program is available at Dr. Del Rosso’s office. It is a cost-effective program that may be partly covered by your insurance. If you have health goals you would like to achieve, ask about FirstLine Therapy today.

Sample Program Schedule:

Week 1

- Comprehensive clinical tests
- Initial consultation to review test results, determine your health goals, and establish your course of lifestyle therapy
- You’ll receive a guidebook, instructions, and appropriate nutritional supplements
- Begin your program

Weeks 2-5

- Weekly visits for lifestyle counseling: including group lectures and support.

Week 6

- Re-testing to evaluate your progress and identify any needed program adjustments

Weeks 7-11

- Weekly visits for lifestyle counseling: including group lectures and support

Week 12

- Re-testing to evaluate your progress
- If your goals have been achieved, a maintenance program may be prescribed to ensure that your health improvements are maintained
- Or, you may decide to continue your program if all of your goals have not been achieved

Clifton Park Chiropractic & Wellness Center

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Dr. Lorraine Del Rosso
Board Certified Nutritionist,
Clinical Nutrition Specialist

achieve
better health
now and
for a lifetime

FirstLineTherapy™

A Therapeutic
Lifestyle Program

Therapeutic Lifestyle

A therapeutic lifestyle means living life in a way that enhances physical, emotional and spiritual well being. It means making wise choices every day that will increase your vitality, thereby enabling you to achieve optimal health, full physical function, and an absence of disease well into old age.

The belief in the benefits of a therapeutic lifestyle is based on the scientifically proven principle that many chronic diseases of aging, such as hypertension, cardiovascular disease, diabetes, osteoarthritis and even certain cancers are not inevitable but are preventable simply by making wise lifestyle choices. A therapeutic lifestyle is possible for everyone, but in order to achieve it the first step is to know which choices will increase health and which ones will diminish health. Dr. Del Rosso is pleased to offer a new program, the FirstLine Therapy program, which will provide you with the knowledge and support you need to make healthy, wise choices. You will be given the most up to date research on nutrition, supplements, exercise, and mind-body therapies. We will help you create and implement an individualized plan.

One of the most powerful lifestyle changes you can make to reduce your risk of chronic disease as you age is to improve your body composition. Body Composition is a measure of the amount of fat tissue relative to lean muscle mass.

Muscle is the body's biologically active tissue and needs a far greater amount of caloric fuel to maintain itself than body fat. Therefore, a high ratio of muscle to fat increases your metabolism, helping

Lorraine Del Rosso, D.C., M.S.

As a Chiropractor and Nutritionist, Dr. Del Rosso is constantly working towards helping all her patients understand what they can do to stay healthy in today's fast paced, poor nutrition world. For this reason, she offers FirstLine Therapy classes to teach you what you need to feel your best.

Dr. Lorraine Del Rosso also has a Masters in Clinical Nutrition and is a Board Certified Nutritionist. She is a certified FirstLine Therapy Practitioner who is trained in utilizing BIA for accurate measurement of body composition. She has been serving the Capital District for over twenty years.

Dr. Del Rosso feels that health is not a matter of chance but a result of making wise informed choices. She looks forward to assisting you on your journey towards optimal health through the FirstLine Therapy program.

the body burn more fat. Scientific research has shown that the most powerful tool in controlling the aging process and restoring vitality is to improve the muscle to fat ratio. We will calculate your individual ratio of muscle to fat and assist you with a plan to improve your body composition.

The FirstLine Therapy Program uses state of the art assessment tools to determine your optimal caloric intake as well as an individualized exercise program tailored to your level of physical conditioning. Then, using a combination of a medical food, supplements, and proper dietary choices, your ideal caloric intake can be achieved in an easy, convenient and healthful manner.

Contact Dr. Del Rosso at
(518) 383-3700
for more information today!

Bioelectric Impedance Analysis (BIA)

BIA is the most reliable and scientifically proven way method for assessing your "body composition" - the measurement of body fat in relation to lean body mass. Research has shown that body composition is directly related to health. BIA fosters early detection of an improper balance in your body composition, which allows for earlier intervention and prevention. It is the most accurate and safe way to monitor weight loss programs, making sure you are losing fat and not muscle.