

FirstLine Therapy Program Schedule

Week 1

- First therapy health screen
- Initial consultation to review test results, determine your health goals and establish your course of lifestyle therapy
- You'll receive a guidebook, instructions, and advice about nutritional supplements
- Begin your program

Week 2 - 5

- Weekly visits for lifestyle counseling

Week 6

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

Week 7 - 11

- Weekly visits for lifestyle counseling

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

Blending traditional pharmacy with complimentary remedies to create

YOUR HUB OF HEALTH

Other programs we provide:

- Medication Compounding
- Bio-Identical Hormone Replacement Therapy
- Bone Density Testing
- Customized Dosing
- Pain Management
- Pediatric Medication
- Sports Medicine
- Veterinary Compounding
- Homeopathic Remedies & Herbal Tinctures

DRAMATICALLY REDUCE YOUR RISK OF CHRONIC DISEASE

Pure Pharmacy

has 7 Locations to Serve You
on the Lower Mainland

Oak Street

3750 Oak Street, Vancouver, BC, V6H 2M3
t: 604-731-8535

Robson

238 Robson Street, Vancouver, BC, V6B 6A1
t: 604-681-8190

Kitsilano

3533 West 4th Avenue, Vancouver BC, V6R 1N9
t: 604-733-7211

Broadway

2685 West Broadway, Vancouver, BC, V6K 2G2
t: 604-568-8844

Dunbar

4198 Dunbar Street, Vancouver, BC, V6S 2E7
t: 604-732-3010

White Rock

111 - 15388 24th Avenue, South Surrey, BC, V4A 2J2
t: 604-542-7780

West Vancouver

117 - 1760 Marine Drive, West Vancouver, BC, V7V 1J4
t: 604-281-3393



with
FirstLine Therapy[®]
a proven lifestyle medicine program
available at

Pure 
INTEGRATIVE
PHARMACY

GOOD HEALTH

Isn't that what everybody wants? High energy, mental clarity, full function, and absence of disease well into old age. If that's what you want, the FirstLine Therapy® program can help.

The FirstLine Therapy Program Includes:

- Initial testing and follow-up testing
- Individual consultations
- Your personal FirstLine Therapy guidebook
- Weekly follow-up sessions
- Nutritional supplements



By committing to this program, you are taking the first step toward better health!

WHAT IS FIRSTLINE THERAPY?

FirstLine Therapy is a “therapeutic lifestyle program.” Which means that this program will help you live your life in a way that improves your health. A “therapeutic lifestyle” means making choices every day that will enhance your health and help prevent disease, enabling you to achieve a full, healthy life.

Many of the chronic diseases associated with aging are largely caused by lifestyle choices. These diseases include:

- Heart disease
- High blood pressure
- Stroke
- Osteoarthritis
- Cancer
- Diabetes

- High cholesterol
- Metabolic syndrome
- Osteoporosis
- Alzheimers disease

A lifestyle program is now recommended as the “first line of therapy” for individuals with many of the conditions listed above, as well as those with other health problems such as:

- HeartStress-related disorders
- PMS
- Menopause
- Other hormone-related symptoms
- PCOS
- Fatigue
- Conditions related to overweight/obesity

FirstLine Therapy®
is available at your local

Pure 

INTEGRATIVE
PHARMACY

www.purepharmacy.com