

The *Take Charge*<sup>®</sup>  
Healthy Lifestyle  
Program for Acid  
Reflux (GERD) Includes  
Everything You Need to  
Create a Stronger,  
Healthier You!

- Weekly educational meetings with your Take Charge health professional
- Complete computerized body fat analysis
- Personalized Lifestyle IQ Health Risk Assessment
- Lifestyle IQ Patient Education Manuals
- Functional food “tools” to help assure results
- Ongoing support to assist you in reaching your goals



The Time is *NOW*  
to *TAKE*  
*CHARGE*<sup>®</sup>!

This Professional Education  
and Healthy Lifestyles  
Strategies System for Acid  
Reflux (GERD) is based on  
your Take Charge<sup>®</sup>

Pharmacist teaching you  
how to live a healthier life  
through proper education,  
nutrition, and fitness!

Whether you are newly  
diagnosed or have been  
living with acid reflux for  
years, Take Charge<sup>®</sup> is the  
answer to helping you live a  
longer, healthier life!

Lifestyle  
Change for  
Acid Reflux  
(GERD)



Introducing  
**TAKE**  
**CHARGE**<sup>®</sup>

Lifestyle IQ  
Health & Nutrition  
Education

## Your Pharmacist is Your Coach!



**Take Charge**® is a 26 week, one-to-one Intense Behavioral Therapy (IBT) System of personalized Medical Nutrition Education administered by Pharmacists to help patients suffering from acid reflux (GERD). Your **Take Charge**® pharmacist serves as educator, motivator, monitor and guide as you, through trial and error, learn to implement permanent lifestyle changes that improve your health and well being.

GERD is not only uncomfortable but it is expensive! The fact is that the medications used to treat acid reflux sometimes make the condition worse over the long run by changing the environment in your intestinal tract. Losing weight and learning how to eat is both safe and effective.

## Diets DON'T Work...WE DO!!



### Facts about acid reflux (GERD):

1. The vast majority of acid reflux cases are not inherited! They are caused by our own poor dietary and lifestyle choices.
2. Losing just 5% of current body weight can lessen and begin to reverse acid reflux.
3. Lifestyle changes can be as effective as medication in treating acid reflux **with less risk!**
4. It is never too late to make changes to reverse or lessen the consequences of this disease.
5. Lifestyle change is the **ONLY** proven, long-term strategy to alleviate acid reflux (GERD)

### We F.E.E.D. You!

**F. Functional Foods:** Foods with a purpose over & beyond the nutrient content. Take Charge® foods are “tools” to use while you learn to eat on your own. Utilizing our foods enables you to get immediate results while learning to eat nutritionally sound food prepared yourself. Unlike other “programs” our foods are NOT the reason you will get ultimate results! They simply allow you to get results while you learn.

**E. Education:** The cornerstone of the Take Charge® Program is education! You will receive an educational booklet each week for 26 weeks that will teach different aspects of how foods work in your body. Your Take Charge® Pharmacist and Coach will use their skills to enhance this knowledge during your meetings.

**E. Encouragement:** Your Take Charge® Pharmacist will help you set realistic goals you can be excited about! Their job is to prepare you in advance for any stumbling blocks you may encounter as you begin the process of changing lifestyle habits. It has to be fun for you to succeed!

**D. Direction:** The 26 week Take Charge® Program was created with you in mind. Your Pharmacist already provides you with guidance & direction concerning your medications and they are trained to provide the same instruction concerning your lifestyle habits. Your Pharmacist will provide a custom, individualized blueprint to build your new lifestyle!