

THE BREAKTHROUGH SEMINAR



“ You cannot transform your health and vitality without first transforming how you live. You won’t transform how you live without first transforming yourself. ”
— Gary V. Koyen, PhD

Join Gary V. Koyen, founder of The Cruxpoint Method™, and the Cruxpoint leadership team for a four-day seminar designed to deliver personal breakthroughs in health and living. Transform your mindset, uplevel your quality of life now, and lock in the habits that sustain a healthy, satisfying life.

“Normal” in America means overweight, over-stressed, under-rested, weak, soft, and sick.

70% of all Americans are overweight or obese.

1 in 3 deaths are from cardiovascular disease. (source: AHA)

87% of deaths are from non-communicable diseases. (source: CDC)

60% of adults are dealing with one or more chronic diseases. (source: CDC)

“ Chronic diseases and conditions – such as heart disease, stroke, cancer, type 2 diabetes, obesity, and arthritis – are among the most common, costly, and preventable of all health problems. ”
— Center for Disease Control

The good news for you: If we can prevent them, we can reverse them.

This seminar is for you if...

- You’re ready for a wake-up call
- You’re unhappy with the state of your health or life
- Your stress levels are out of control – or you’re chronically under-rested
- You’re tired of being caught in the medical “sickcare” system and managing symptoms
- You are ready to commit to a process of living that produces and sustains results

We’ll address head-on:

- How to prevent, stop, reverse, and eliminate most chronic diseases and conditions
- How to live so you’re physically, mentally, emotionally, and spiritually strong
- How mindfulness and intention build fulfillment and satisfaction with life
- Replacing misinformation with powerful, accurate, science-based information
- Building a personal blueprint for transforming your vitality and quality of life

Very few people will commit to and make the changes necessary to get out of these diseases, restore their vitality, and live a long and energetic life. Only about 8-10 out of every 100 who have the need to change have been able to do so.

We’re here to change that!

**Are you in that small, special group?
Are you one of the few who are ready?**

If you say “yes,” we guarantee you’ll be empowered to take responsibility for your life to achieve your most desired breakthroughs.

Your journey starts now. Register for the next Breakthrough Seminar at: www.cruxpoint.com

“ The idea is to die young as late as possible. — Ashley Montagu ”



Gary V. Koyen, PhD | Pioneer, Thought Leader, Founder, and CEO of Cruxpoint

Since 1985, Gary V. Koyen, PhD has delivered breakthrough consulting to more than 150,000 people in Fortune 500 businesses and as an international consultant. His compassionate and provocative leadership paired with his commitment to personal responsibility give him the remarkably effective ability to help people achieve their personal breakthroughs. Gary is the visionary behind The Cruxpoint Method™, a genuine solution that enables people to take personal responsibility for their health, vitality, and quality of life—and address the lifestyle choices that drive chronic disease.



Lee Rice, D.O. | CEO & Medical Director, Lifewellness Institute

Lee Rice is a premier medical expert on wellness with 30+ years of experience as a family and sports medicine physician. He has served as the team physician for the San Diego Chargers (among other teams) and the USA Olympic volleyball team. Lee is the co-founder of the Sports Medicine Association, founder & CEO of Lifewellness Institute, and leads the Cruxpoint medical advisory board..



Gerry Schmidt, PhD | Master Therapist

Gerry Schmidt is a master therapist, transformational coach, health consultant, and speaker on the subjects of resiliency, trauma, and rapid transformational change. He has been a partner with Gary Koyen in bringing intensive, high-impact change processes to corporate America and has provided breakthrough therapy to many thousands of individuals. His relaxed style and extensive experience bring depth, maturity, and leadership to the Cruxpoint team.



James Newton, founder-owner of Newton Learning

James Newton is a nationally known consultant, facilitator, and trainer with over 25 years of experience. He brings a unique blend of insight and business acumen to the topics of accountability, change, visionary thinking, and leadership. A sought-after keynote speaker, he is acknowledged by the CEO community as a highly influential and transformational executive coach and strategist.

The Breakthrough Seminar

July 23-26

The Westin Hotel, Westminster, CO

\$1,495

Will you take responsibility for the gift of your own life?

Founded by Gary V. Koyen, PhD in 2017, Cruxpoint is the master brand and team behind The Breakthrough Seminar and other life-changing programs. The Cruxpoint philosophy is rooted in the belief that you cannot transform your health without first transforming how you're living. By reframing and getting to the crux of the matter through science-based lifestyle change, the Cruxpoint team brings people to personal breakthrough in health, vitality, and quality of life.

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Chronic conditions we address:

Heart disease, hypertension, risk of stroke, metabolic syndrome, diabetes, obesity, cancer, autoimmune, rheumatoid arthritis, Crohn's, ulcerative colitis, MS, fibromyalgia, celiac, osteoarthritis, osteoporosis, frailty, dementia, asthma, eczema, allergies, GERD/reflux, constipation, brain fog, joint pain, muscle pain, headaches, fatigue, dizziness, emotional reactivity, mystery diseases (Lyme, West Nile, mold toxicity...), food sensitivities, and more.

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