

THE **WAKE UP & TAKE CHARGE** EVENT



A ONE DAY LIFE-CHANGING EXPERIENCE

Become informed and take charge of your health,
vitality, and long-term quality of life



Presented by Gary V Koyen, Ph.D.
Founder/CEO Of Cruxpoint Health Breakthrough, Inc.

We are in a full-blown crisis of unnecessary chronic disease and disability. Chances are, you are already part of this crisis. The medical system is not the solution.

It's time to **Wake Up & Take Charge** — become informed, make the right decisions, and take action.

The most important part of this one day event is the “Wake-Up” part. More than 80% of Americans are living in a way that produces the three Ds: premature disease, disability, and death.

**WE JUST DON'T KNOW
WHAT WE DON'T KNOW**

Most people believe they're informed, but in our experience they're not informed enough to be awake, make great decisions, and take charge of their health, vitality, and long-term quality of life.

**PARENTS, DO YOU KNOW
WHAT YOU'RE DOING TO
YOUR CHILDREN?**

Learn how to give knowledge and control to your kids. Most parents — even in health-conscious parts of the country — are raising their children in a way that induces premature, serious disease.

NEXT DATES:

September 21, 9:00AM–5:00PM
October 12, 9:00AM–5:00PM
Price: \$95/person

LOCATION:

3825 Iris Ave, Suite 100,
Boulder, CO

We will cover the following:

1

What are the big drivers of virtually the entire span of chronic diseases and disabilities? How do those factors drive heart disease, diabetes, autoimmune diseases, obesity, GI conditions, high blood pressure, dementias, allergies, asthma, mental/emotional disorders, cancers, and a host of troubling health conditions?

2

How can I protect myself and my family from these health traumas? If I have any of these conditions, what can I do to halt or even reverse them? How can I keep from making my children vulnerable?

3

Diet Wars: The silliness of the diet wars. We will simplify the whole matter in a way that will make complete sense to you.

4

“ You can’t transform your health unless you transform how you live. You will not transform how you live unless you transform yourself. ”

Dr. Koyen explains why he places so much emphasis on this theme.

5

QUICK DIVE—Cardiovascular Disease & High Blood Pressure: How do we create heart disease and hypertension? How can I measure my heart health? What can I do to halt it, and perhaps reverse it? How can I normalize my blood pressure?

6

QUICK DIVE—Autoimmune Diseases: Crohn’s, colitis, RA, MS, Type 1 diabetes, Hashimoto’s thyroiditis, etc. What happens to trigger an autoimmune disease? What is the Perfect Storm of causal factors? What can I do to halt and even reverse my autoimmune disease?

7

QUICK DIVE—Type 2 Diabetes & Metabolic Syndrome: How do we become diabetic? What can I do to normalize my sugar regulation and reverse diabetes?

8

QUICK DIVE—Obesity: This is the single most dangerous and misunderstood health condition today. It is rare to meet anyone who truly understands why we’re in an obesity epidemic, why losing weight has such a high failure rate, and how to successfully achieve a desired body composition—and maintain it for life. This section of the day is worth the price of admission, all by itself.

9

QUICK DIVE—Dementias: How do we make ourselves vulnerable to the dementias, such as Alzheimer’s? What can I do to prevent this fate?

Register online at [eventbrite.com](https://www.eventbrite.com). In the “Looking For” search window, type in “Wake Up & Take Charge.” Then select the day you want to register for.

www.cruxpoint.com | info@cruxpoint.com
www.facebook.com/CruxpointHealth