



©Gary V Koyen, Ph.D.
Cruxpoint Health Breakthrough, Inc.

How To Achieve Long-Term Body Composition

What will it take to create long term success in overcoming obesity and establishing an optimal body composition?

An approach that only involves basic dietary counseling, plus exercise program, plus one of the new incretin hormone drugs, will not result in lasting success. Consider all of the following ways to correct drivers of weight gain:

- Pause all alcohol until you achieve your target weight
- Eat low net-carb, high-fiber, high-nutrient fruits & vegetables
- Eat more high-quality proteins & fats
- Consume a wide variety of fermented foods
- Remove toxic inputs (inflammatory foods and ingredients)
- Increase the nutrient value of all your calories
- Avoid all empty calories
- Lengthen your fasting periods
- Eat whole foods & eliminate ultra-processed foods
- Avoid trash food and beverages (processed fake foods)
- Create calorie deficits: Eat to 80% fullness, not complete satiety
- Learn to be active during the day and increase your NEAT energy burn
- Eliminate obesogenic chemicals from your environment
- Intensively strength-train your muscles
- Walk, bike, swim, hike, or similar exercise every day
- Improve your sleep quality and quantity to awaken rested
- Lower your chronic stress and/or manage your stress response
- Stay fully hydrated
- Maintain electrolytes
- Expose yourself to temperature variations (heat shock and cold shock)
- Engage in lifestyle adjustments that affect basal metabolism & raise body temperature
- Resolve all causes of emotional eating