

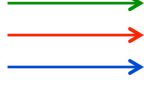


**Fig. 6.** Outcomes of obesity treatments using single or combination approaches. Because compensatory mechanisms are engaged by either decreased energy intake or increased energy expenditure, and because redundant pathways control both entities, single treatment approaches typically produce only small beneficial effects. Also, if combination treatments act on the same pathway, only moderately greater effectiveness can be expected. In contrast, combination treatments that act on more than one pathway are the most promising approaches.

Model	Treatment	Mechanism	Effect
Single treatment	A		Small
Combination (with saturation or occlusion)	A B C		Small to medium
Combination (additive or synergistic)	A B C		Large