



The Fundamental Organizing Systems and Core Clinical Imbalances

Assimilation
Digestion, Absorption, Microbiota/GI, Respiration

Defense and Repair
Immune system, Inflammatory processes, Infection and microbiota

Energy
Energy regulation, Mitochondrial function

Biotransformation and Elimination
Toxicity, Detoxification

Communication
Endocrine, Neurotransmitters, Immune messengers, Cognition

Transport
Cardiovascular, Lymphatic systems

Structural Integrity
From the subcellular membranes to the musculoskeletal system

Antecedents, Triggers, and Mediators

Mental, Emotional, Spiritual Influences → **Genetic Predisposition** ← Experiences, Attitudes, Beliefs

Sleep & Relaxation
Exercise/Movement
Nutrition/Hydration
Stress/Resilience
Relationships/Networks
Trauma
Micro-organisms
Environmental Pollutants

Personalizing Lifestyle and Environmental Factors