



### 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*

**Bi transformation 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

Stress

Relationships

### Personalizing Lifestyle and Environmental Factors