

ANTECEDENTS

SLEEP/RELAXATION

IMMUNE AND  
INFLAMMATORY  
BALANCE

ENVIRONMENTAL  
INPUTS

GASTROINTESTINAL

OXIDATIVE  
STRESS, ENERGY  
PRODUCTION

EXERCISE/MOVEMENT

TRIGGERING EVENTS

NUTRITION/HYDRATION

STRUCTURAL  
INTEGRITY

DETOXIFICATION

STRESS/RESILIENCE

MEDIATORS

MIND, SPIRIT,  
EMOTIONS,  
COMMUNITY

HORMONES,  
NEUROTRANSMITTERS

RELATIONSHIPS/NETWORKS