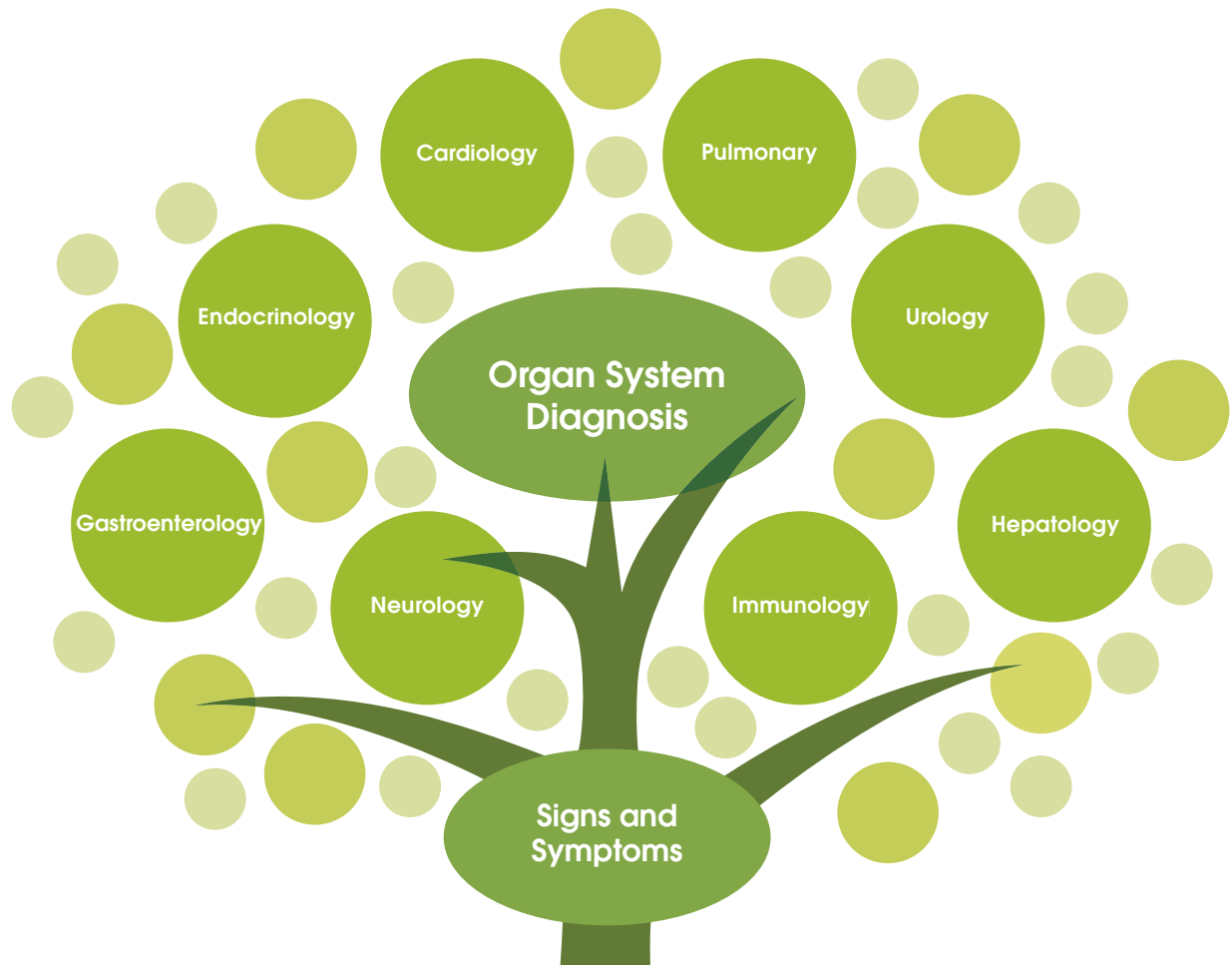




The Functional Medicine Tree



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

Stress

Relationships

Personalizing Lifestyle and Environmental Factors