



<b>Assimilation</b> Digestion, Absorption, Microbiota / GI, Respiration	<b>Energy</b> Energy regulation, Mitochondrial function	<b>Transport</b> Cardiovascular, Lymphatic systems
<b>Defense and Repair</b> Immune System, Inflammatory processes, Infection and Microbiota	<b>Biotransformation and Elimination</b> Toxicity, Detoxification	<b>Structural Integrity</b> From the subcellular membranes to the musculoskeletal system
<b>Communication</b> Endocrine, Neurotransmitters, Immune messengers, Cognition		

Antecedents, Triggers, and Mediators

Mental, Emotional, Spiritual Influences ▶ Genetic Predisposition ◀ Experiences, Attitudes, Beliefs

