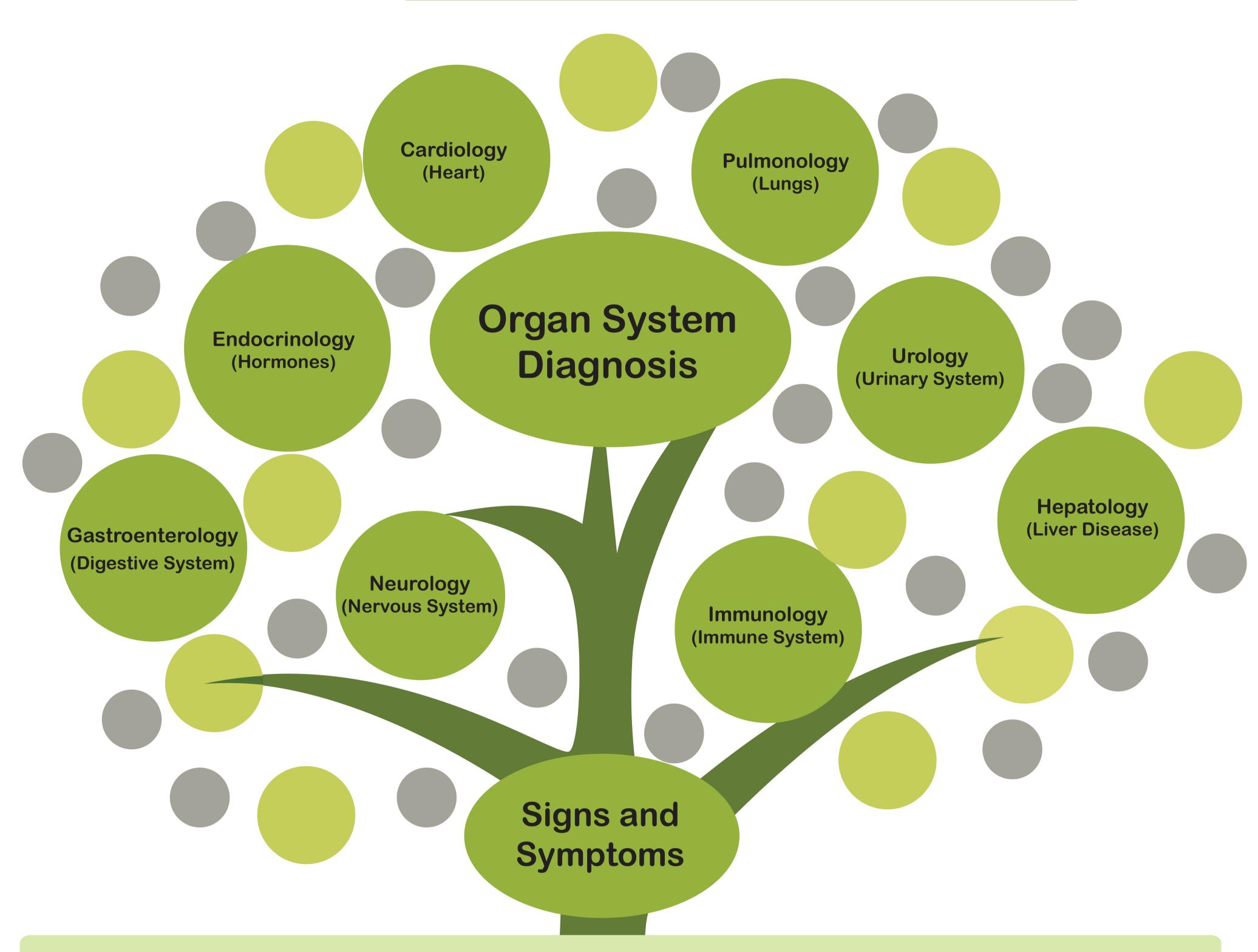
JUST BE WELL

The Functional Medicine Tree



The Fundamental Organizing Systems and Core Clinical Imbalances

AssimilationDigestion, 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

Cardivascular, Lymphatic systems

Structural Intergrity

From the subcellular membranes to the musculoskeletal system

Antecedents, Triggers, and Mediators

Mental, Emotional, Experiences, Genetic Predisposition < < > **Spiritual Influences** Attitudes, Beliefs Sleep & **Environmental** Relaxation **Pollutants** Exercise / Micro-Movement organisms Trauma Nutrition / Stress / **Hydration** Relationships / Resilience **Networks**

Personalizing Lifestyle and Environmental Factors