Includes **complementary** therapies and practices that use dietary, physical and psychological approaches
DIETARY
- Vitamins
- Probiotics
- Food
- Botanicals
- Herbal formulas
- Supplements

PSYCHOLOGICAL
- Art
- Music
- MBSR
- Spiritual practices
- Meditation
- CBT
- Psychotherapy
- Mindful eating

PHYSICAL
- Exercise
- Spinal manipulation
- Massage
- Yoga
- Tai Chi
- Acupuncture

PHARMACEUTICAL DRUGS

DEVICES

SURGERY
Supports integrative research on whole person health
ANALYSIS

SYNTHESIS

INTEGRATION
Disease model
Pharmacological treatment
Drug-related pathology
Addresses health promotion and restoration, disease prevention and symptom management
HEALTH

DISEASE
Health 

Healthy diet

Environmental/Behavioral Dysfunction

Poor diet

Pre-Disease

Weight gain
Pre-diabetes
Hyperlipidemia

Disease

Obesity
Diabetes
Cardiovascular disease
HEALTH

Healthy diet
Active lifestyle

ENVIRONMENTAL/BEHAVIORAL DYSFUNCTION

Poor diet
Sedentary lifestyle
Poor posture

PRE-DISEASE

Weight gain
Pre-diabetes
Hyperlipidemia

DISEASE

 Obesity
Diabetes
Cardiovascular disease

Chronic musculoskeletal pain
Degenerative joint/disc disease
HEALTH

- Healthy diet
- Active lifestyle
- Restorative sleep

ENVIRONMENTAL/BEHAVIORAL DYSFUNCTION

- Poor diet
- Sedentary lifestyle
- Poor posture
- Psychological stress
- Poor sleep habits

PRE-DISEASE

- Weight gain
- Pre-diabetes
- Hyperlipidemia
- Chronic musculoskeletal pain
- Chronic sympathetic activation
- Insomnia

DISEASE

- Obesity
- Diabetes
- Cardiovascular disease
- Degenerative joint/disc disease
- Cognitive decline
- Depression
HEALTH

Healthy diet
Active lifestyle
Restorative sleep

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POSITIVE OUTCOMES
Physical and emotional wellbeing, resilience, stamina

NEGATIVE OUTCOMES
Emotional distress, pain, fatigue, functional impairment, disability

HEALTH
ENVIRONMENTAL/ BEHAVIORAL DYSFUNCTION
PRE-DISEASE
DISEASE

SOCIAL / ENVIRONMENTAL HEALTH PROMOTION
SELF CARE / WELLNESS PRACTICES
BEHAVIORAL INTERVENTIONS
Health restoration  Disease prevention  Symptom management
POSITIVE OUTCOMES
Physical and emotional wellbeing, resilience, stamina

NEGATIVE OUTCOMES
Emotional distress, pain, fatigue, functional impairment, disability

HEALTH

ENVIRONMENTAL/BEHAVIORAL DYSFUNCTION

PRE-DISEASE

DISEASE

SOCIETAL / ENVIRONMENTAL HEALTH PROMOTION

SELF CARE / WELLNESS PRACTICES

BEHAVIORAL INTERVENTIONS

Health restoration  Disease prevention  Symptom management

POSITIVE MECHANISMS
Repair, resolution, recovery, regeneration, restructuring, growth

NEGATIVE MECHANISMS
Inflammation, dysregulation, degeneration, fibrosis, thrombosis, neoplasia
Includes complementary therapies and practices that use dietary, physical and psychological approaches.

Addresses health promotion and restoration, disease prevention and symptom management.

Supports integrative research on whole person health.