



## Factors that Influence Health

**Personal Essence** – sense of purpose, alignment of life with one’s beliefs and desires, passion, spiritual life, joy in life, intention for healthy life and overall vitality.

<b>Lifestyle Factors</b>	<b>Social Factors</b>	<b>Environmental Factors</b>	<b>External Factors</b>	<b>Medical Interventions</b>
✓ Food and eating regimen	✓ Positive social network	✓ Nature’s rhythms	✓ Accidents / Injuries	✓ Medical treatments
✓ Water	✓ Family dynamics	✓ Time spent in nature	✓ Life events	✓ Past surgeries
✓ Posture & alignment	✓ School dynamics	✓ Exposure to sunlight	✓ Computers, cells phones, PDAs and wireless networks	✓ History of antibiotics and other medications
✓ Rest	✓ Work dynamics	✓ Weather	✓ Chemicals in personal care products	✓ Current medications
✓ Sleep	✓ Community dynamics	✓ Air	✓ Chemicals in household products	✓ Adverse reactions to medication
✓ Breathing	✓ Relationships	✓ Water	✓ Chemicals in gardening supplies	✓ Dental work / procedures
✓ Personal hygiene	✓ Friends – presence, absence, dynamics	✓ Soil	✓ Chemicals in hobby products, toys, etc	✓ Supplements, herbs and other natural health products
✓ Exercise & movement	✓ Religious, spiritual, community presence and dynamics	✓ Pollution	✓ Chemicals in hobby products, toys, etc	✓ Fillers and additives in medications and supplements
✓ Clothing	✓ Physical / emotional traumas	✓ Chemicals	✓ Cooking and storage equipment and utensils	✓ Cosmetic treatments
✓ Mental health	✓ Economy / poverty	✓ Heavy metals	✓ Tattoos, body piercing	
✓ Alkaline lifestyle	✓ Psychological strength	✓ Environmental toxins	✓ Flying	
	✓ Communication / social skills	✓ Nature versus Concrete	✓ Ergonomics, carrying load (purses, backpacks)	
<b>Gestational / Developmental Factors</b>	✓ Ability and freedom of expression	✓ Pathogens <ul style="list-style-type: none"><li>➤ Virus</li><li>➤ Bacteria</li><li>➤ Mold</li><li>➤ Fungi</li></ul>		
✓ Genetics	✓ Ability to handle social conflict and change			
✓ Prenatal exposure				
✓ Intrauterine influences				
✓ Birth trauma				
✓ Vaccinations				
✓ Karmic patterns				

**Physiology** – ability to eliminate toxins and waste products, respect for the natural bodily urges and progression of disease especially as it relates to chronic diseases.