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Timeline



The primary drivers of disease are the complex daily interactions among an individual's genetics, environment, and lifestyle choices. These factors lead to imbalances & form a pattern of dysfunction. The recognition of these patterns is the 1st step in solving chronic, complex disease.

Examples of factors that need to be included, along with approx. dates:

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|---|------------------------|
| ~ Physical Trauma and/or Emotional Trauma | ~ Stressors |
| ~ Toxins (work or home exposure) | ~ Surgeries |
| ~ Drug Use (prescribed and/or recreational) | ~ Infections |
| ~ Dietary Habits | ~ Memories |
| ~ Diagnosed Diseases | ~ Symptoms Experienced |

