

**ANTECEDENTS**

**IMMUNE AND INFLAMMATORY BALANCE**

- Antigen exposure supports immune function (acting as a hormetic response)

**ENVIRONMENTAL INPUTS**

- Environmental inputs, in the right "dose", can positively impact the system

**SLEEP/RELAXATION**

- Sleep disorders and blue light exposure impact melatonin (an antioxidant that protects mitochondria)
- Circadian rhythm is key!
- Sauna use is supportive!

**GASTROINTESTINAL**

**OXIDATIVE STRESS, ENERGY PRODUCTION**

- Hormesis centers around mitochondrial function (the energy generators of the cells)
- Phytochemicals act as hormetic stressors, stimulating low levels of oxidative stress for (ultimate) positive outcome

**EXERCISE/MOVEMENT**

- Working out is a metabolic stressor that, when done appropriately, supports adaptation and resilience

**TRIGGERING EVENTS**

- ACEs (adverse childhood experiences) can impact mitochondrial health and decreased resilience
- Heavy metal poisoning also reduces resilience
- Sleep disorders impacts resilience

**NUTRITION/HYDRATION**

- Dietary hormetic structures =
- intermittent fasting (in the right context)
  - phytochemicals
  - eating too much OR too little
  - Eating appropriately with exercise

**STRUCTURAL INTEGRITY**

**DETOXIFICATION**

- Excess toxins in the system (ie. impaired detox systems) will impact the body's resilience threshold
- Saunas are very supportive

**STRESS/RESILIENCE**

- Stress and resilience in the right dose can be POSITIVE
- Resilience is built through exposure to hormetic stressors (temp; hypoxia; UV exposure; intermittent fasting; phytochemicals)

**MEDIATORS**

- Hormesis is a metabolic stressor that is ultimately GOOD for the body (it's a transient stressor in the right "dose"), that helps to make us more resilient

**MIND, SPIRIT, EMOTIONS, COMMUNITY**

**HORMONES, NEUROTRANSMITTERS**

**RELATIONSHIPS/NETWORKS**