

ANTECEDENTS

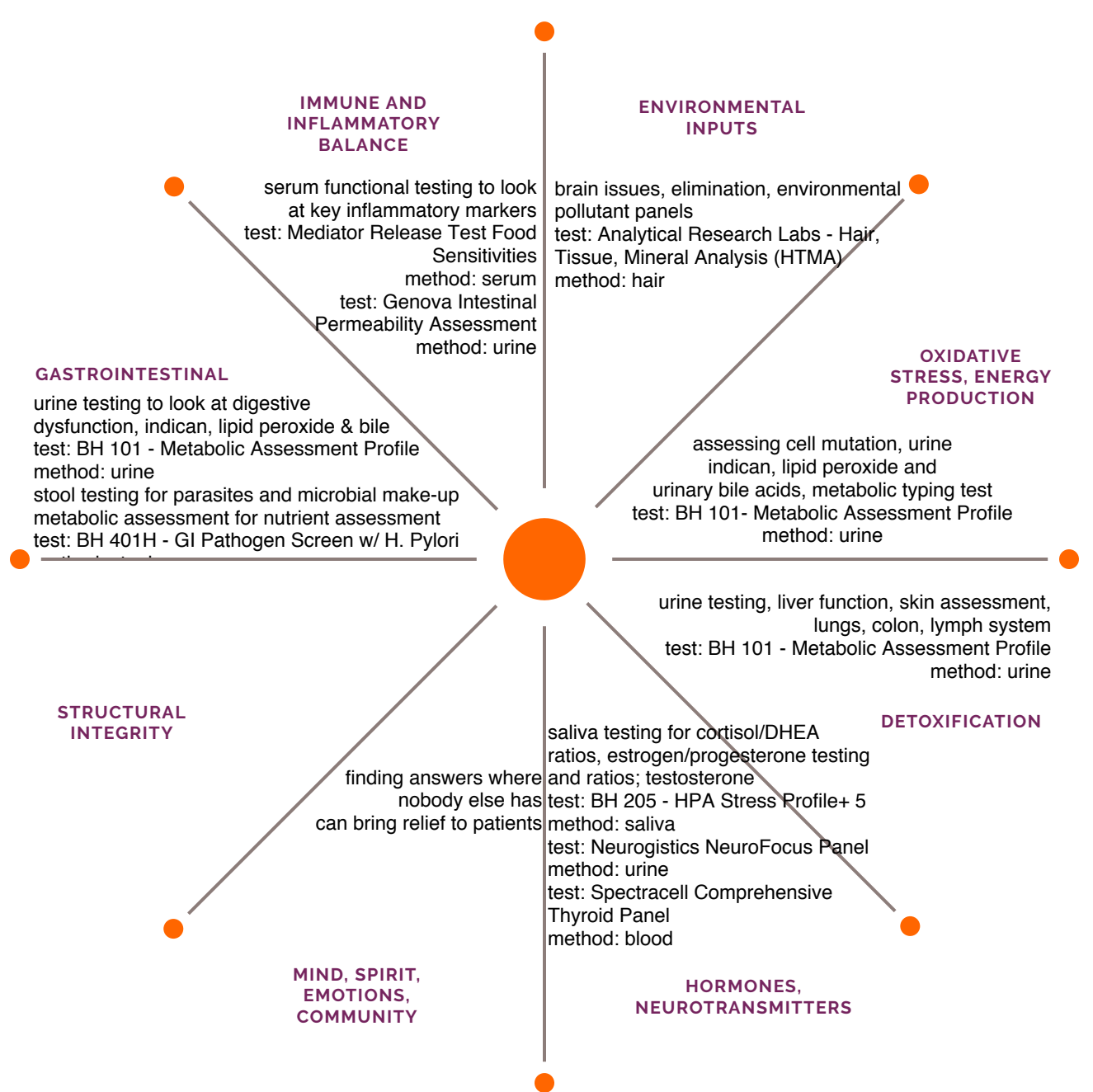
we now know that epigenetics are more therapeutically relevant than addressing any particular genomic factor (ie. SNPs)

TRIGGERING EVENTS

many - including contaminant exposure (dependent on where one lives among other factors); SAD

MEDIATORS

DRESS Model:
diet
rest
exercise
supplements
stress reduction



SLEEP/RELAXATION

DRESS Model
(see Mediators)

EXERCISE/MOVEMENT

DRESS Model
(see Mediators)

NUTRITION/HYDRATION

Metabolic Assessment for looking at ratios of macronutrients, amino acids, essential fatty acids, antioxidants, supplements, eliminate cravings

STRESS/RESILIENCE

DRESS Model
(see Mediators)

RELATIONSHIPS/NETWORKS