

**ANTECEDENTS**

Life is a system; to create health, you have to address the system

System medicine recognizes that ALL of reality is connected

+ Everyone comes from a place of biologic and social roots (Invitation for the patient to have permission to accept their story and that healing will take time)

**TRIGGERING EVENTS**

(Note: Triggers and mediators can be blurred between the lines)

Many triggers and mediators are both; recognize their relationship is between or an interaction with our environment, genome, connectdome, the wired brain and how symptoms and metabolism perpetuate on

**MEDIATORS**

Mediators go right back into the matrix itself!

Get curious

Curiosity heals the human

**SLEEP/RELAXATION**

**EXERCISE/MOVEMENT**

**NUTRITION/HYDRATION**

**STRESS/RESILIENCE**

Patients in pain are open to thinking differently

**RELATIONSHIPS/NETWORKS**

The crisis in our thinking (in healthcare) allow for the possibilities for change

Seek to understand  
Ask questions

