Streams of Naturopathic Care

Upstream — factors that influence health and disease

Cause · context · responsive · adaptive change · honor constitution and stage of life

- **Personal essence** — Spirituality, values & beliefs
- **Genetics & Gestational** — Epigenetic, constitution
- **Diet & nutrition** — Food quality, quantity
- **Health behaviours** — Sleep, movement, habits
- **Social factors** — Relationships, stress, mind chatter
- **Environmental** — Toxins, pollutants, flying
- **Medical interventions** — Drugs, procedures, history

flow of causation

Midstream — physiological disruption

Emerging imbalances and symptoms before overt disease

- **Terrain dysregulation** — Microbiome, pH
- **Emunctory imbalances** — Bowels, kidneys, skin, lung
- **Inflammation** — Systemic, low-grade
- **Structural changes** — Posture, gait, stance
- **Accumulation of toxins** — Endogenous and exogenous
- **Membrane permeability** — Strength of cells and filters
- **Mood & Hormone shifts** — Behavioural and hormonal changes
- **Functional shifts** — Organ, tissue or fluid imbalances

untreated, progresses

Downstream — manifestation of disease

Symptom · content · reactive · technical approach · overt diagnosis

- **Acute** — Infections, injury, crisis
- **Chronic** — NCDs, mental health
- **Disease Progression** — Deepening of disease pattern
- **Palliative** — Destruction of overall function
- **Reactive conditions** — Infections, allergies, intolerances
- **Metabolic disease** — HTN, T2DM, CAD
- **Mental health** — Range of mental health disorders
- **Autoimmune / Cancer** — Immune-driven pathology

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