

Structuring a Treatment

When addressing any pathology, there is a hierarchy of importance for which factors to address. As a basic rule, the first thing addressed should be the most likely to produce the greatest results for the greatest number of people.

1. **Exposome:** Always start with diet, lifestyle, and the environment.
 - This might be all you need to do in some cases (up to 30-40 percent).
2. **Nutrient imbalance, gut, & HPA-axis:** Two reasons for addressing these next:
 - First, these factors are often at the root of, or strong contributors, of other pathologies such as hormone imbalance, cellular dysfunction, and immune dysregulation.
 - Second, even if there are other pathologies, this will lead to significant clinical improvements. This is vital, since it makes it more likely that patients will stay long enough to get to deeper underlying issues.
 - Addressing these can take care of the next 30-40 percent of patients.

By just mastering these two steps, a clinician can dramatically help up to 80 percent of patients, a very high success rate.

3. **Cellular dysfunction, toxic burden, and hormone imbalance:**
 - Issues such as: methylation, heavy metals, mold/biotoxins, impaired detoxification, and thyroid, sex, and metabolic hormones.
 - These often improve by addressing steps #1 and #2, but in some cases direct attention is needed.
4. **Chronic infection and immune dysregulation:**
 - Some patients have infections (Lyme, co-infections) or immune issues from the beginning that will need a more specialized approach.
5. **Signs & symptoms of disease:**
 - Not all pathologies can be fixed 100 percent of the time.
 - A specific intervention may be needed for some very patient specific issues.