

**Figure 1: NATUROPATHIC DETERMINANTS OF A PERSON'S HEALTH**  
OPTIMUM THRIVING AND WELLBEING REQUIRES VIEWING ONE'S HEALTH FROM MANY PERSPECTIVES

**WHAT THE PERSON DOES WITH WHAT IS GIVEN**  
INDIVIDUAL SUBJECTIVE DETERMINANTS

**PERSONAL OPTIONS THAT INFLUENCE HEALTH** PHYSICAL, EMOTIONAL, MENTAL, SPIRITUAL • Lifestyle • Optimal diet • Exercise • Rest and sleep  
• Engagement with natural systems • Addictions and habits • Psychospiritual  
• Engagement with medical choices - holistic or conventional • Epigenetic expression

**CONSCIOUSNESS AND SELF-AWARENESS** • Capacity for self-reflection, transpersonal thinking • Cultivation of healing intention • Moral capacity  
• Shadow work • etc.

**SPIRITUAL LIFE** • Relationship to the universe (god, higher order beyond individual self) • Acknowledgement and cultivation of • Personal practice

**PERSONAL BELIEFS** • Personal philosophy • Worldview • Meaning • Values  
• Beliefs about oneself • Trust • Purpose and calling • Intention • etc.

**PERSONAL COMMUNICATION SKILLS** • Interpersonal • Expressive  
• Creative, artistic • etc.

**IT** **WHAT THE PERSON IS GIVEN**  
INDIVIDUAL OBJECTIVE DETERMINANTS

**INBORN DETERMINANTS** • Constitutional susceptibility • Genetic makeup  
• Congenital factors • Maternal/gestational conditions • etc.

**THE HEALING POWER OF NATURE** The innate natural healing *potential* for a person; **THE VITAL FORCE** The person's unique *temporal capacity* to heal

**PATHOBIOGRAPHY** POSTNATAL DETERMINANTS • Breastfeeding • Nurture, etc. **HEALTH HISTORY** • Personal and family medical and behavioral history • Educational opportunities • Meaningful work [or lack of] • Epigenetics • Nutrigenomics

**INDIVIDUAL ACCESS TO NATURAL SYSTEMS** • Clean air, water, natural light • Healthy natural physical environments • Healthy food • etc.

**STRESSORS** • Trauma • Toxic exposure • Lifestyle stressors • Familial, cultural and/or social disturbances [or supports] • Environmental and ecosystem disturbances  
• Financial/economic constraints • Opportunity for rest, sleep • Other disturbances

**STRUCTURAL INTEGRITY** Functionality of all body parts and systems

**HEALTHCARE AVAILABLE TO THE PERSON** HOLISTIC, CONVENTIONAL



**WE** **THE PERSON'S INTERACTION WITH OTHERS**  
COLLECTIVE INTERSUBJECTIVE DETERMINANTS

**SHARED CULTURAL VALUES & BELIEFS** THAT EFFECT HEALTH • Existential framing • Wellness consciousness • Judgements • Acceptance of differences • Fears around illness • Family dynamics and values • Options acceptable to the culture • etc.

**CULTURAL AND COMMUNITY SUPPORT** Consciousness of body, mind, psychospiritual • Spiritual support • Etc. [availability or absence of]

**CONNECTION WITH OTHERS** • Physical • Emotional • Spiritual • Intellectual  
• Cultural • Intimacy and Loving • Loving environments, etc.

**HOLISTIC MEDICAL CARE** NATUROPATHIC or OTHER • Whole systems- and health-based diagnosis and treatment • Structural • Biochemical • Energetic, • Mental/emotional therapies • Psychospiritual

**CONVENTIONAL MEDICAL CARE** • Symptom- and disease-based diagnosis and treatment • Body-centered • Surgery • Drugs • Emergency care • etc.

**HEALER / HEALEE INTERACTIONS** Potential for mutual exchange

**ITS** **WHAT THE WORLD OFFERS**  
COLLECTIVE OBJECTIVE DETERMINANTS

**STRUCTURES OF SOCIETY** Availability, access, absence and relevance

**SOCIAL, GOVERNMENTAL & ECONOMIC POLICIES AND REGULATIONS**

**PUBLIC HEALTH POLICIES:** • Framing and execution • Health insurance • etc.

**CORPORATE POLICIES AND INFLUENCE ON:** • Health - individual & collective  
• Economy • Culture • Ecology • Society • Values and morality • Medico-economics

**ENVIRONMENT** Quality of and access to healthy spaces: • Home • Work  
• Neighborhood • Social • Ecologic health of natural systems and nature • etc.

**HEALTH CARE** CONVENTIONAL OR HOLISTIC Availability, quality and access

**EDUCATIONAL SYSTEMS** Availability, quality, expectations and access:  
• Intellectual • Moral • Physical - nutrition, exercise • Psychospiritual • etc.

**POLICIES ALLOWING ACCESS TO NATURAL FACTORS** • Clean air, water, natural light • Nutritious food • Healthful agricultural policies and practices • etc.