

INTERNAL PREDISPOSING AND PRECIPITATING FACTORS TO A DISEASE STATE

Loss of homeostasis – the body becomes out of balance

Physical: shows where you are physically vulnerable; systems that need extra support.

Could be weaknesses that are either genetically inherited, or have developed in early childhood

Immune system type:

- Immune dysfunction
- Immune system may have been exposed to excessive stressors, e.g. bacterial & viral infections. Exacerbated by heavy use of antibiotics

Toxicity overload type:

- From pre-existing genetic or constitutional weakness -the body struggles to get rid of toxins
- From exposure to toxins e.g. pesticides, mold

Digestive type:

- Weakened digestive system
- Possibly through gastrointestinal infections, e.g. campylobacter, gastroenteritis

Structural type:

- May have been born with, or developed (perhaps as a result of an accident) e.g. a spinal imbalance; leads to poor lymph drainage; leads to back-up of toxins in the body.

Psychological: long-standing patterns of operating in the world; conditioning from childhood may help set the scene for ME/CFS/FM.

Trauma traits:

- Trauma can be either a major event, e.g. natural disaster, or some kind of physical, mental, emotional, sexual abuse over time.
- Could be 'developmental trauma' – no single event, but, can affect someone who has grown up feeling 'unheld'/unsupported.
- Could also be intergenerational trauma – where the effects of major trauma are passed down from the generation who experienced it, to subsequent generations via DNA (epigenetics).

Anxiety traits:

- Having an internal sense of fear, danger; that the world is not a safe place

Helper traits:

- Constantly placing the needs and wants of others above their own
- Value themselves by helping and supporting others

Achiever traits:

- Constantly pushing themselves to do and be more
- Perfectionism / Type A, driven personality

Note: operating from these patterns over extended periods of time may predispose a person to weaknesses and imbalances in the physical body systems. Remember, everything is connected!!