



Research Program on Whole Person Health

National Center for Complementary and Integrative Health



The Health Continuum



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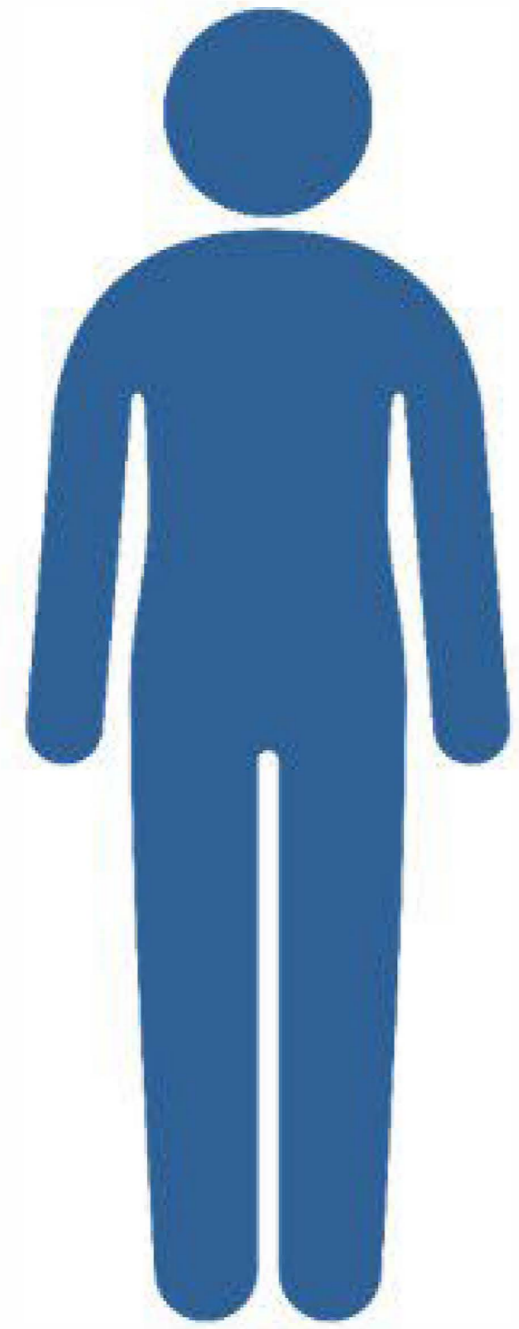
Why study health?

We can't understand health restoration unless we understand health

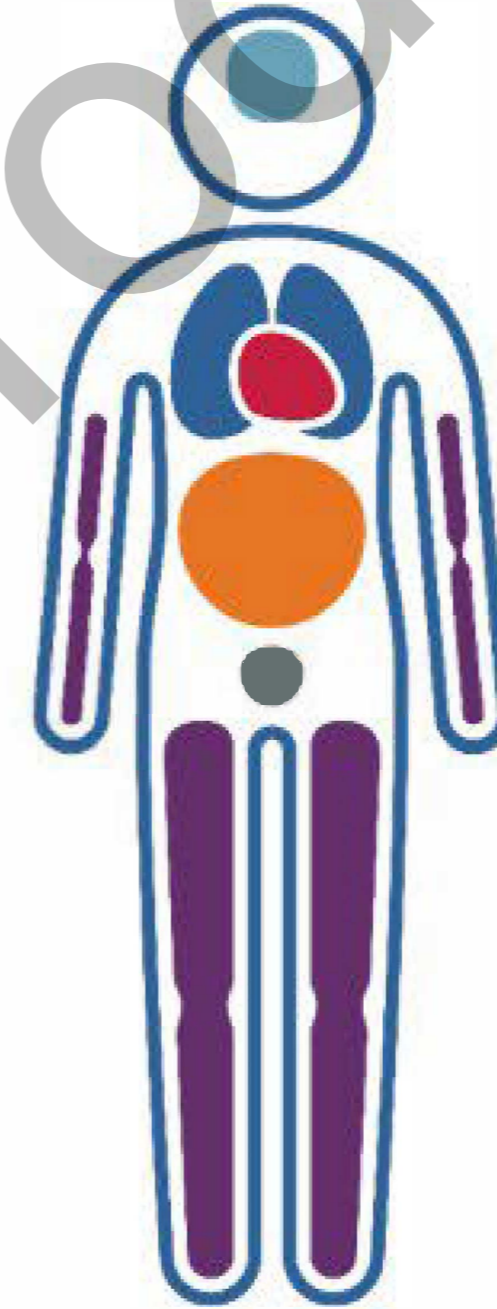
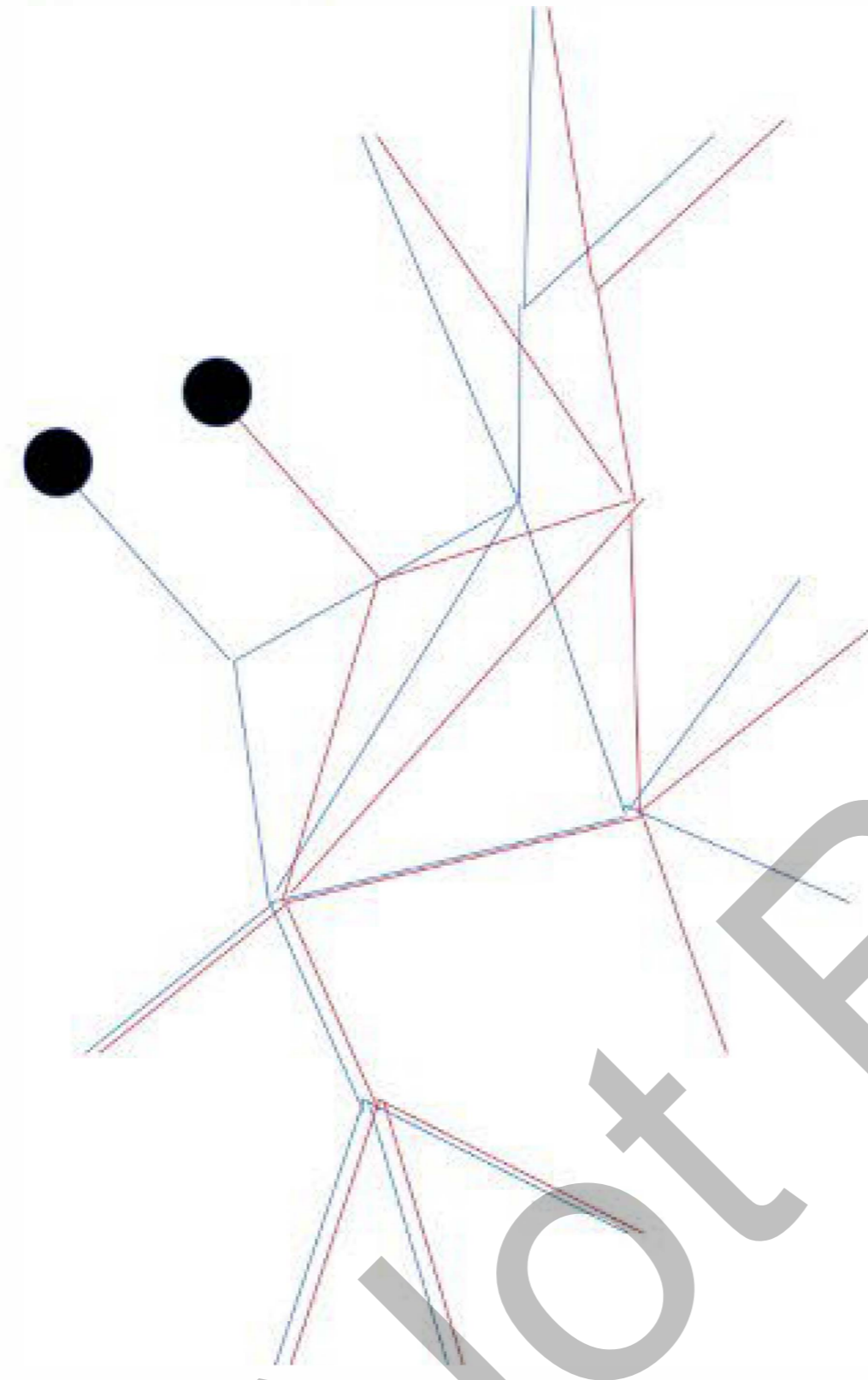
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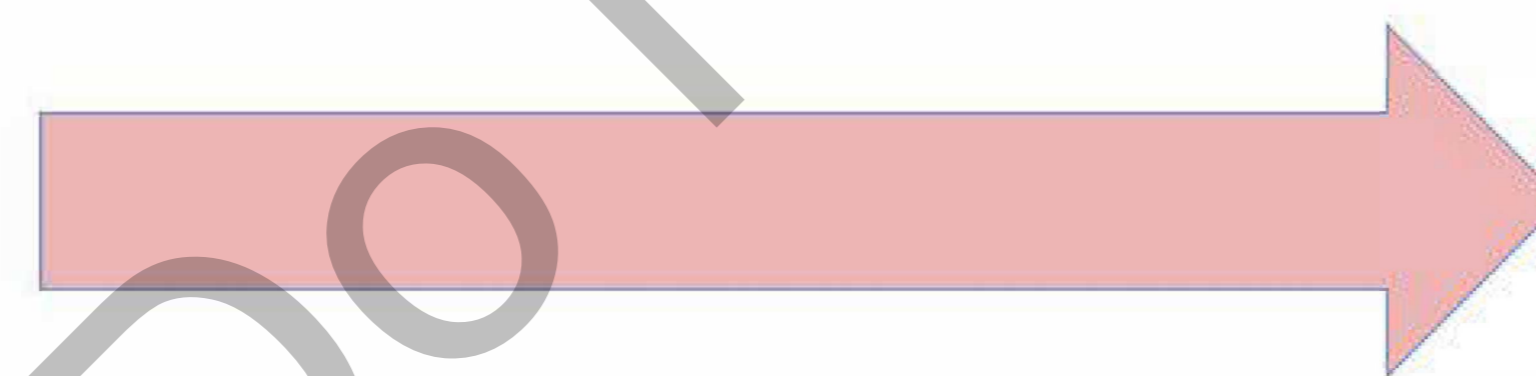
Poor diet
Sedentary lifestyle
Psychological stress



HEALTHIER
STATE



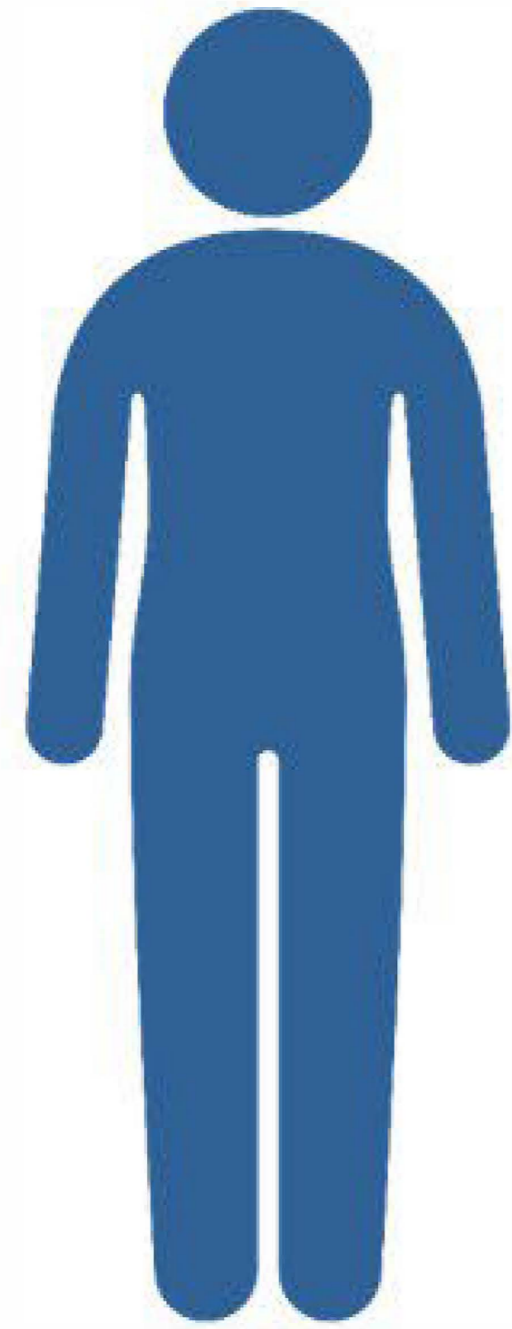
LESS HEALTHY STATE



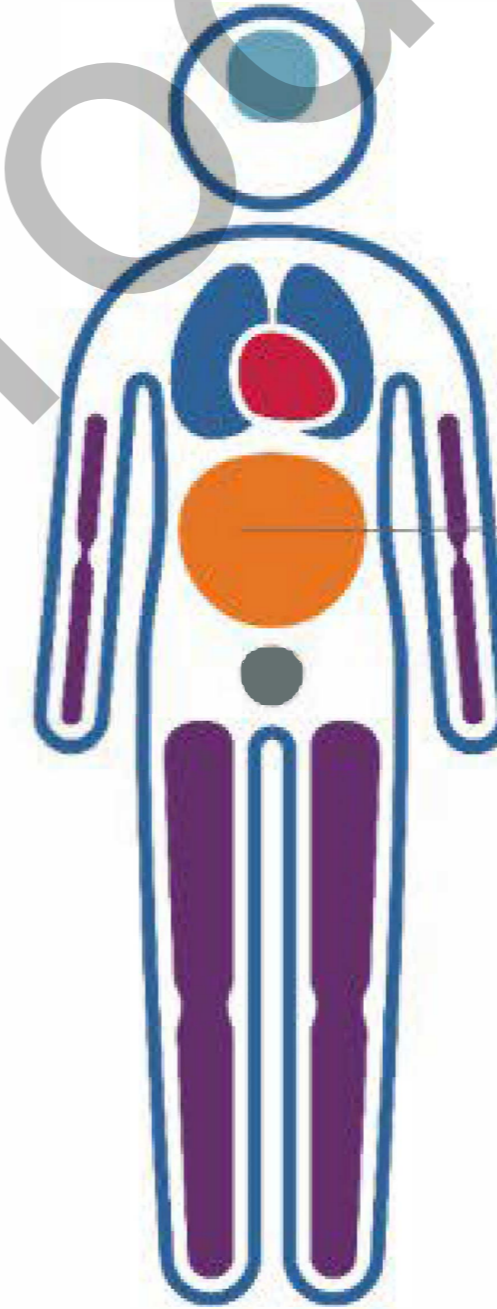
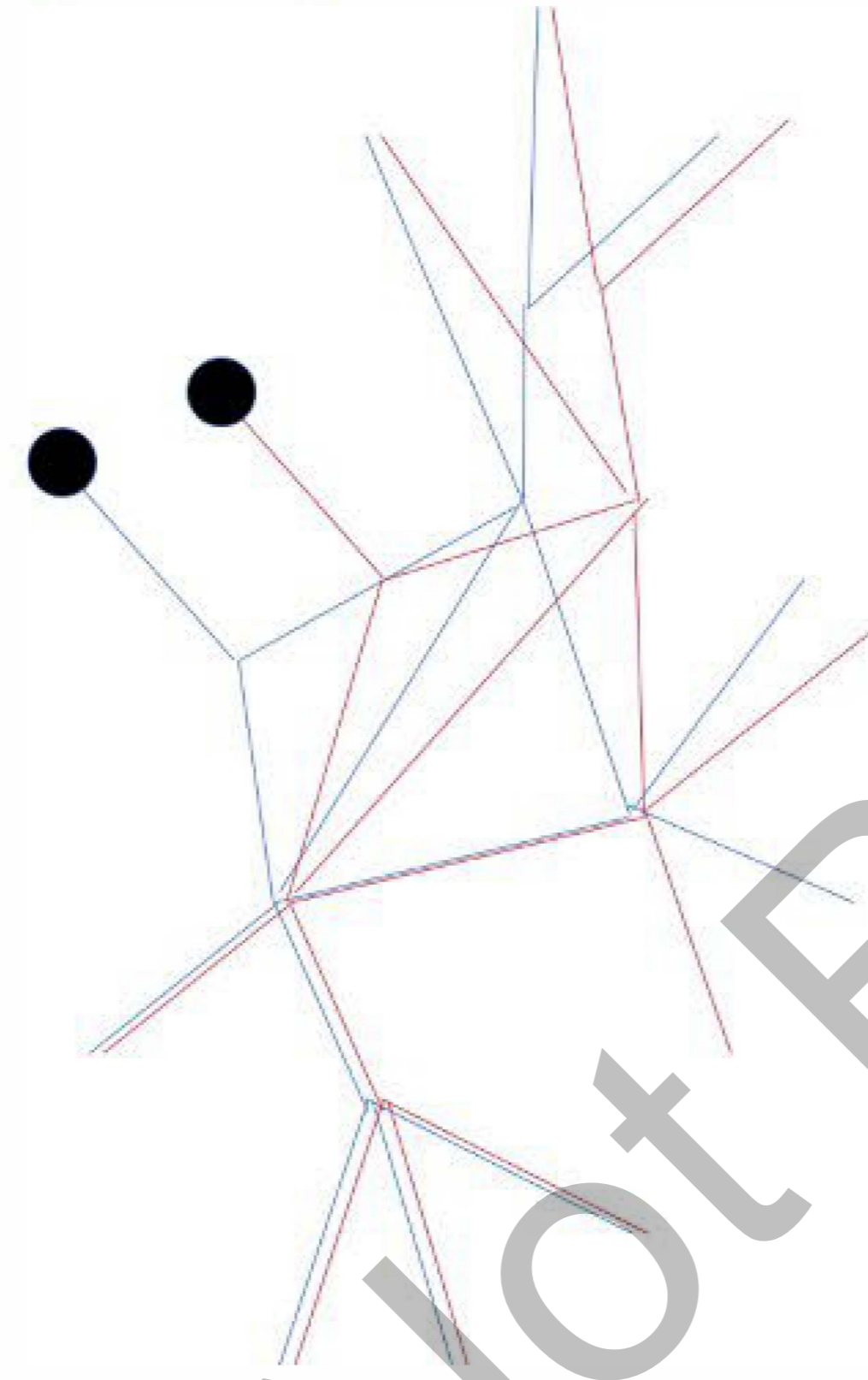
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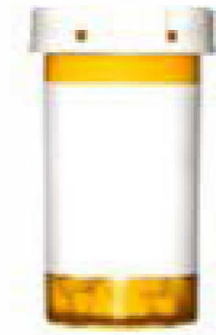
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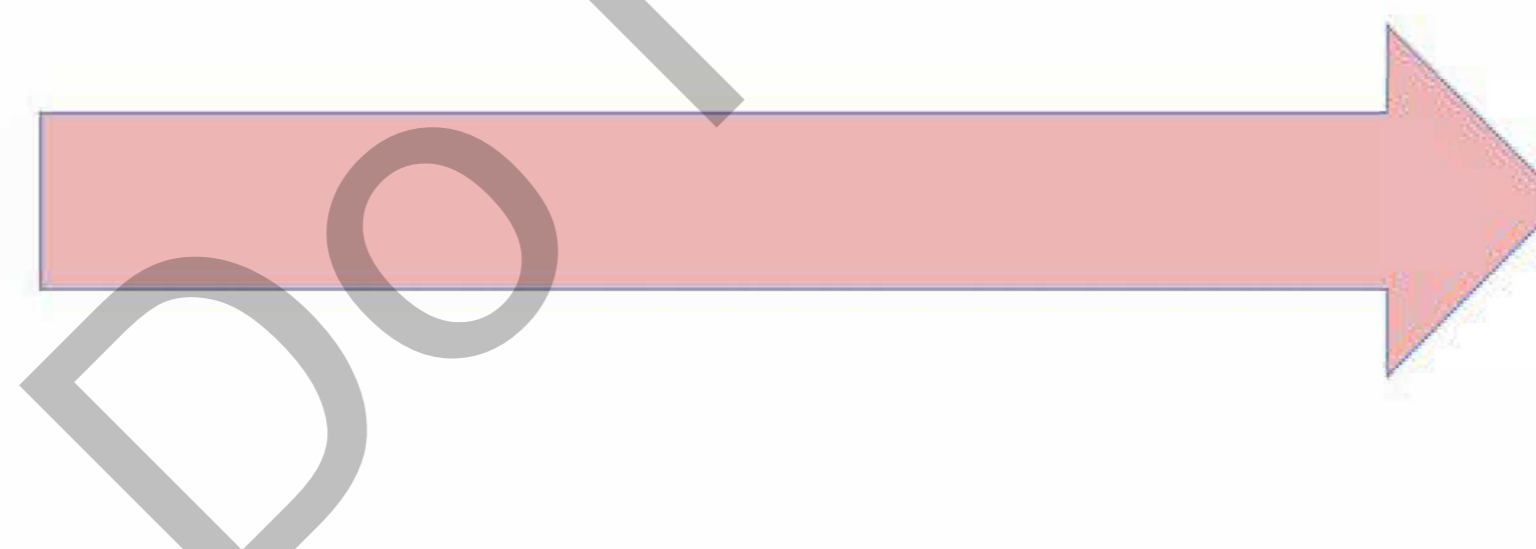
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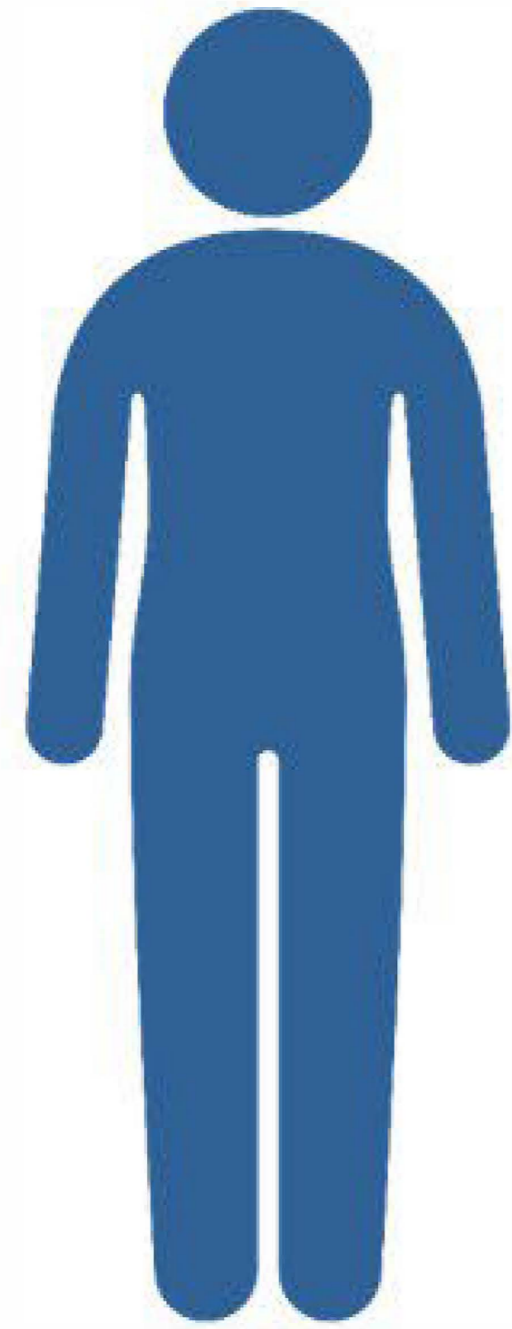
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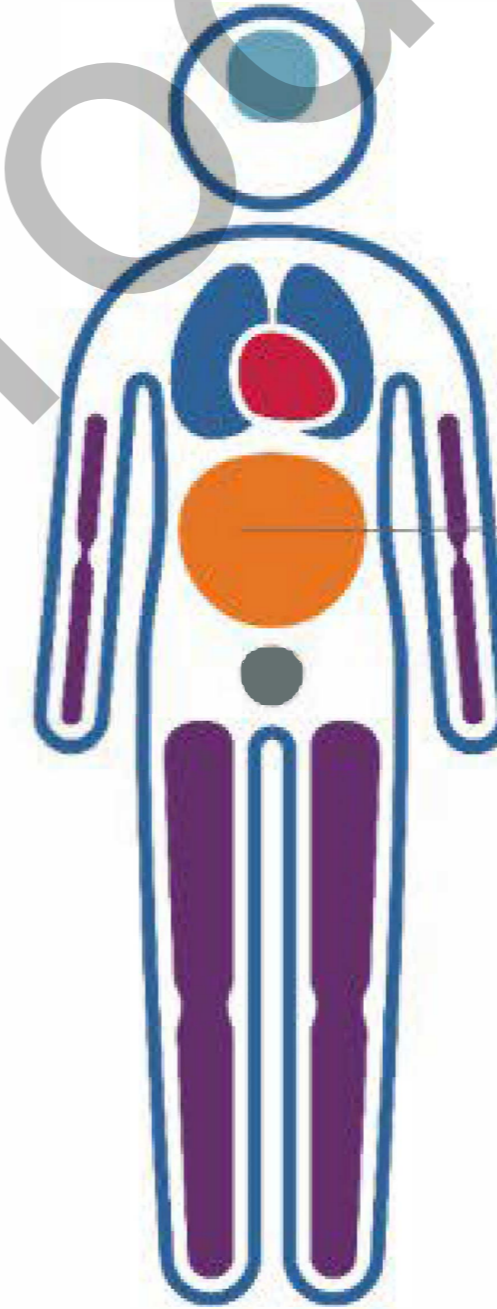
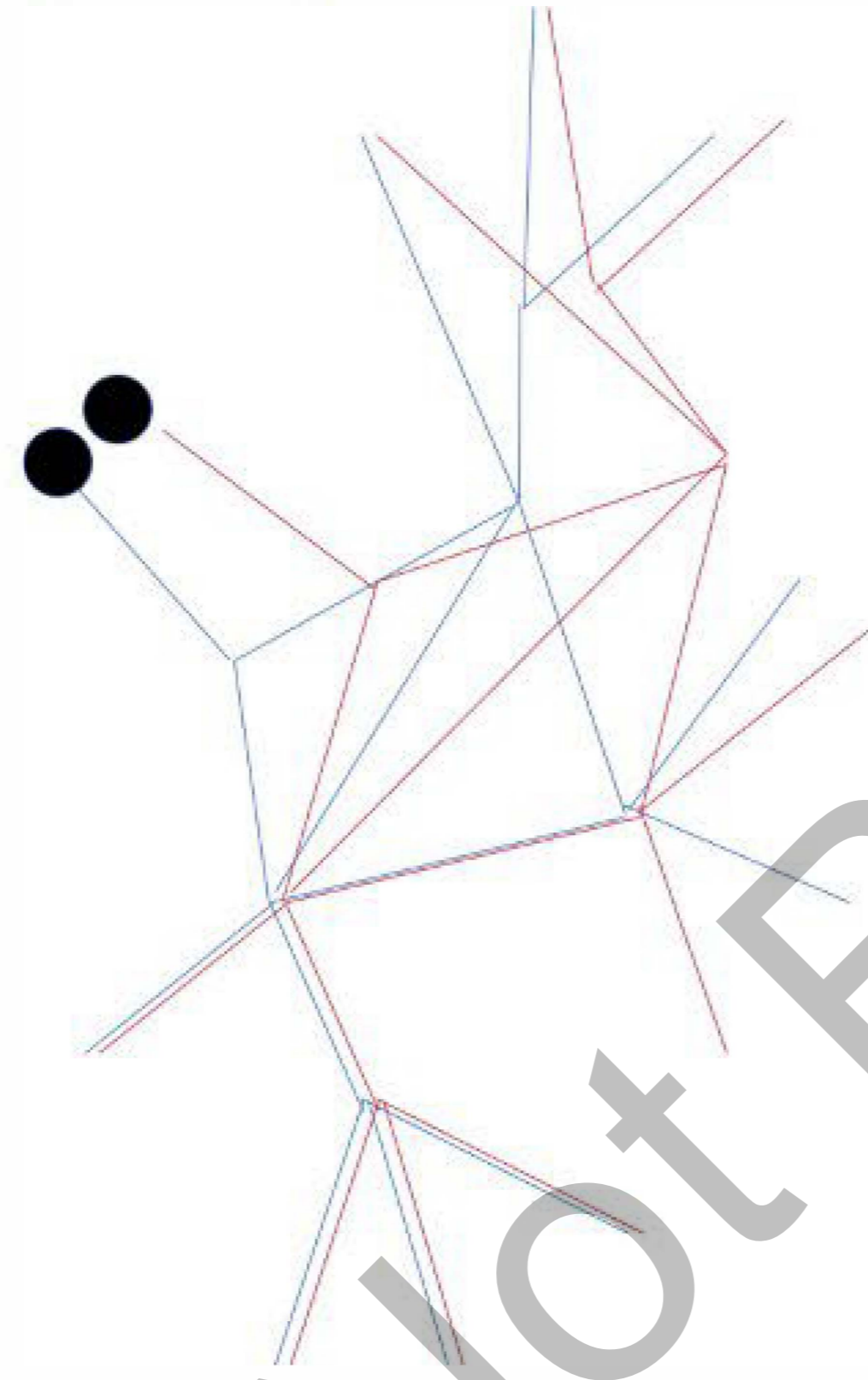
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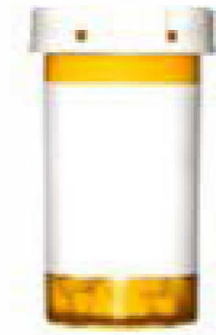
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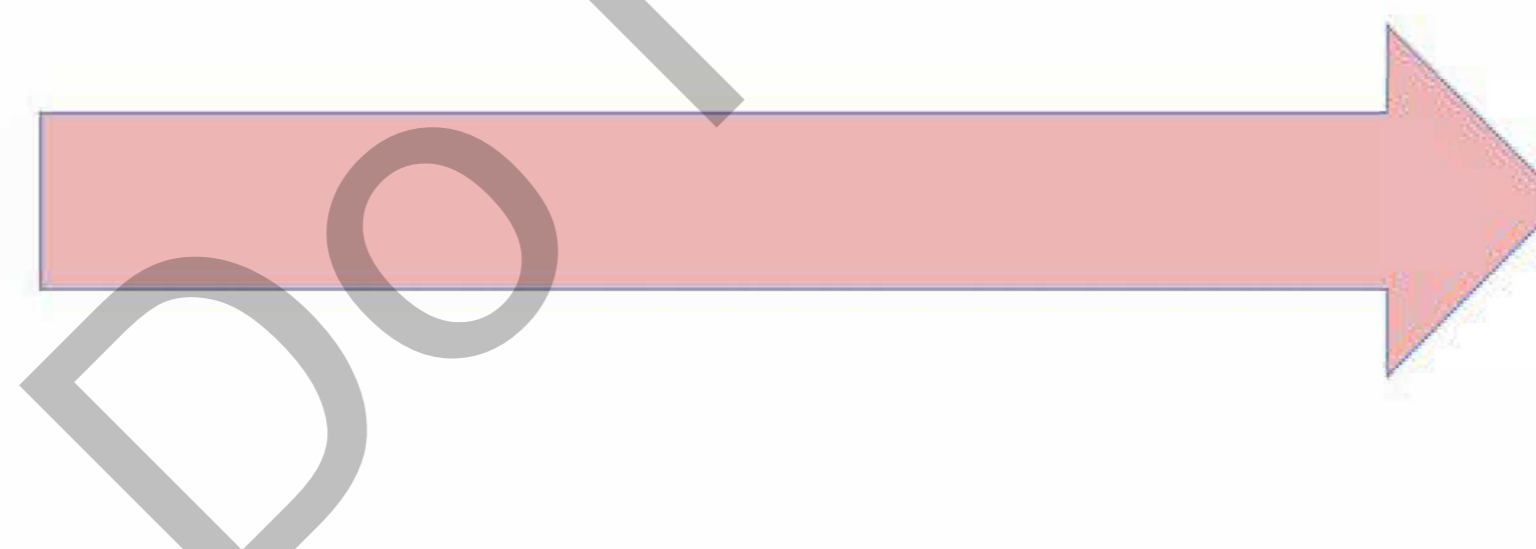
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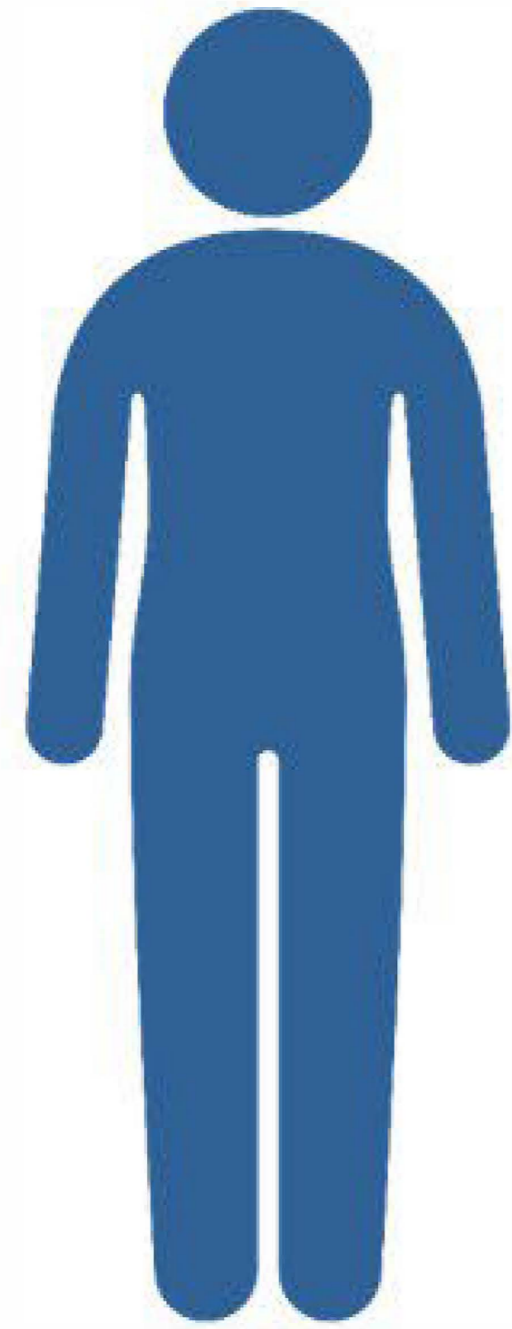
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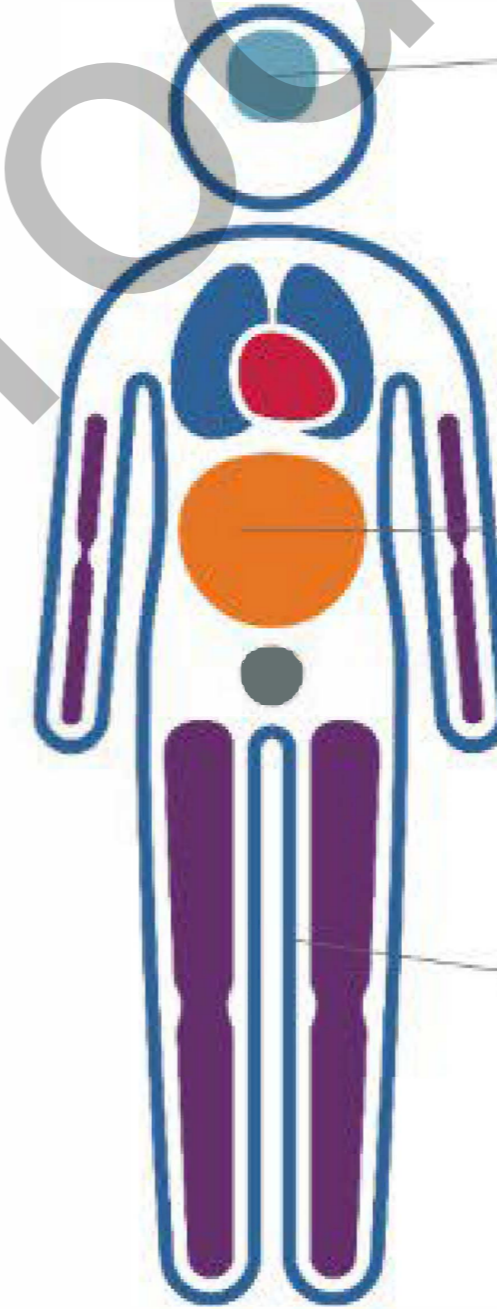
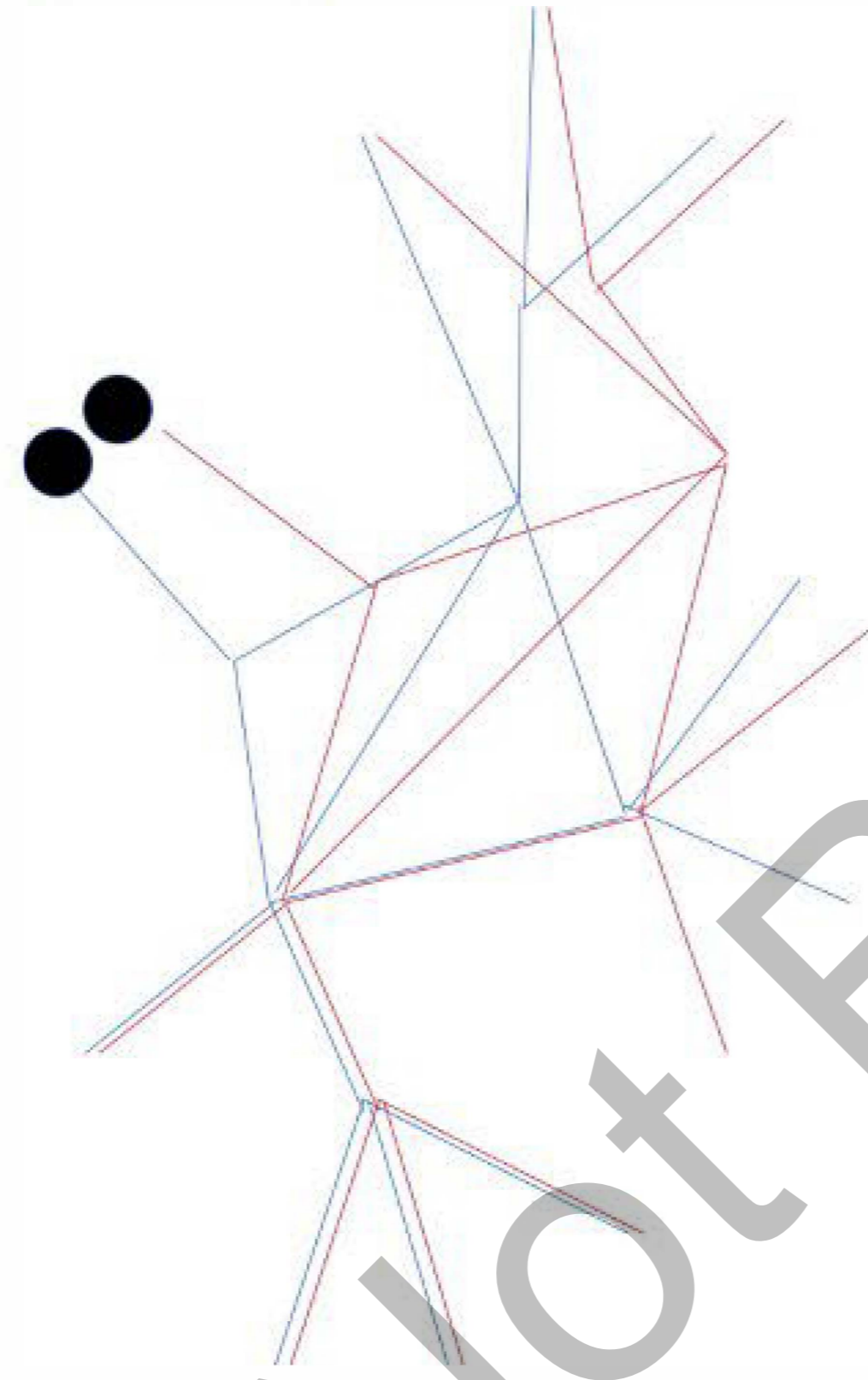
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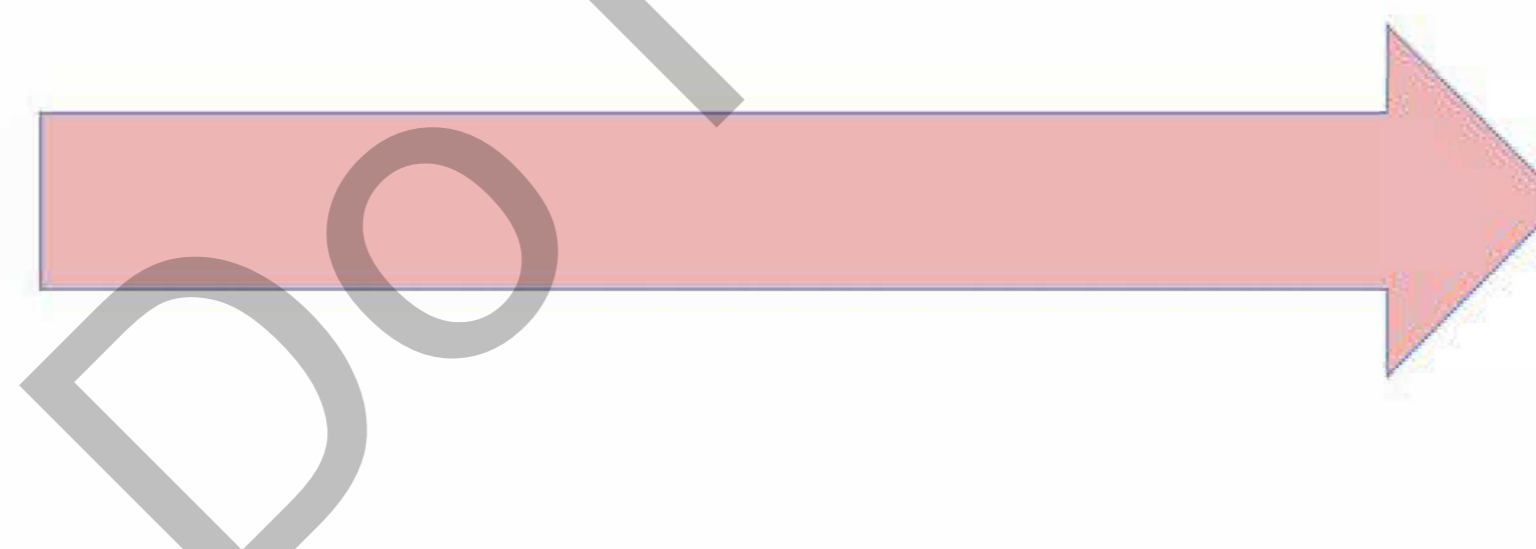
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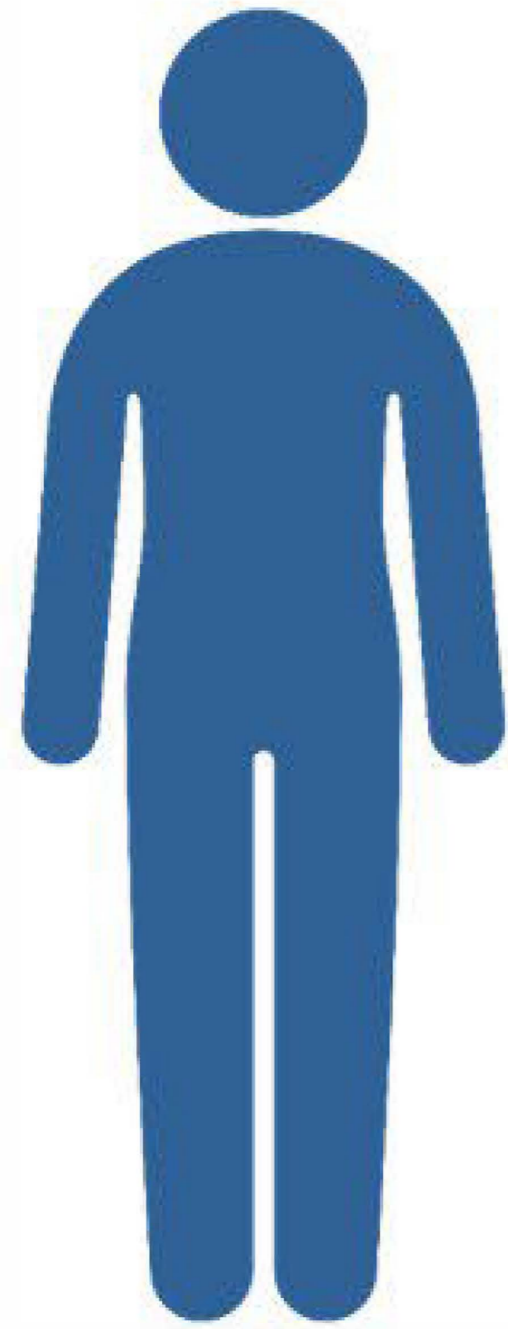
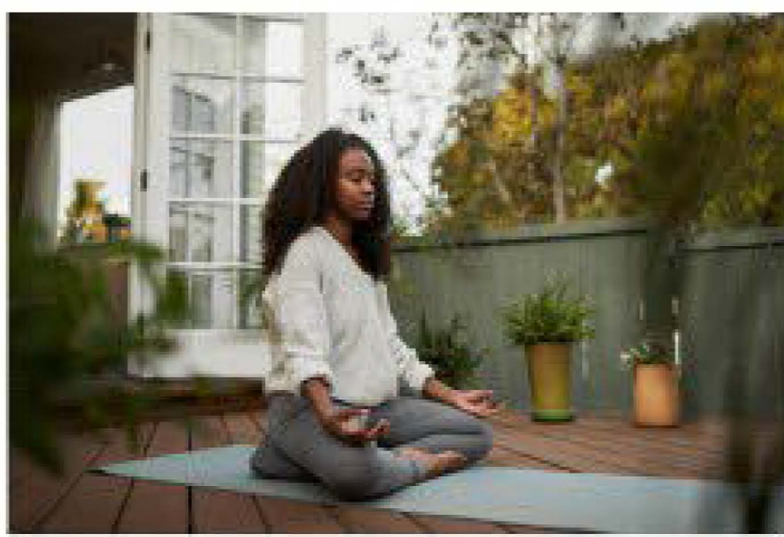


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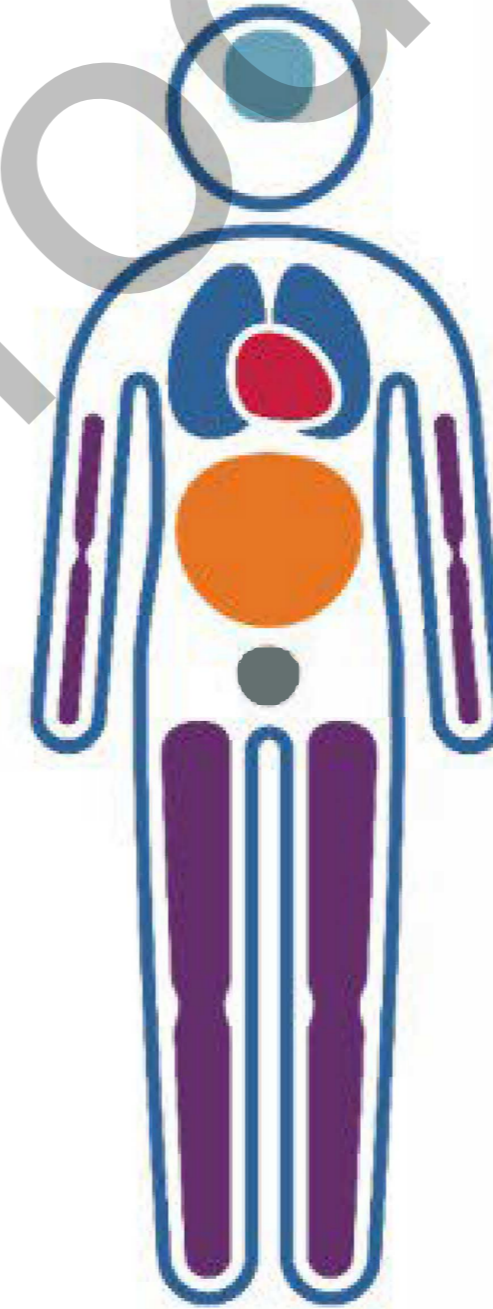
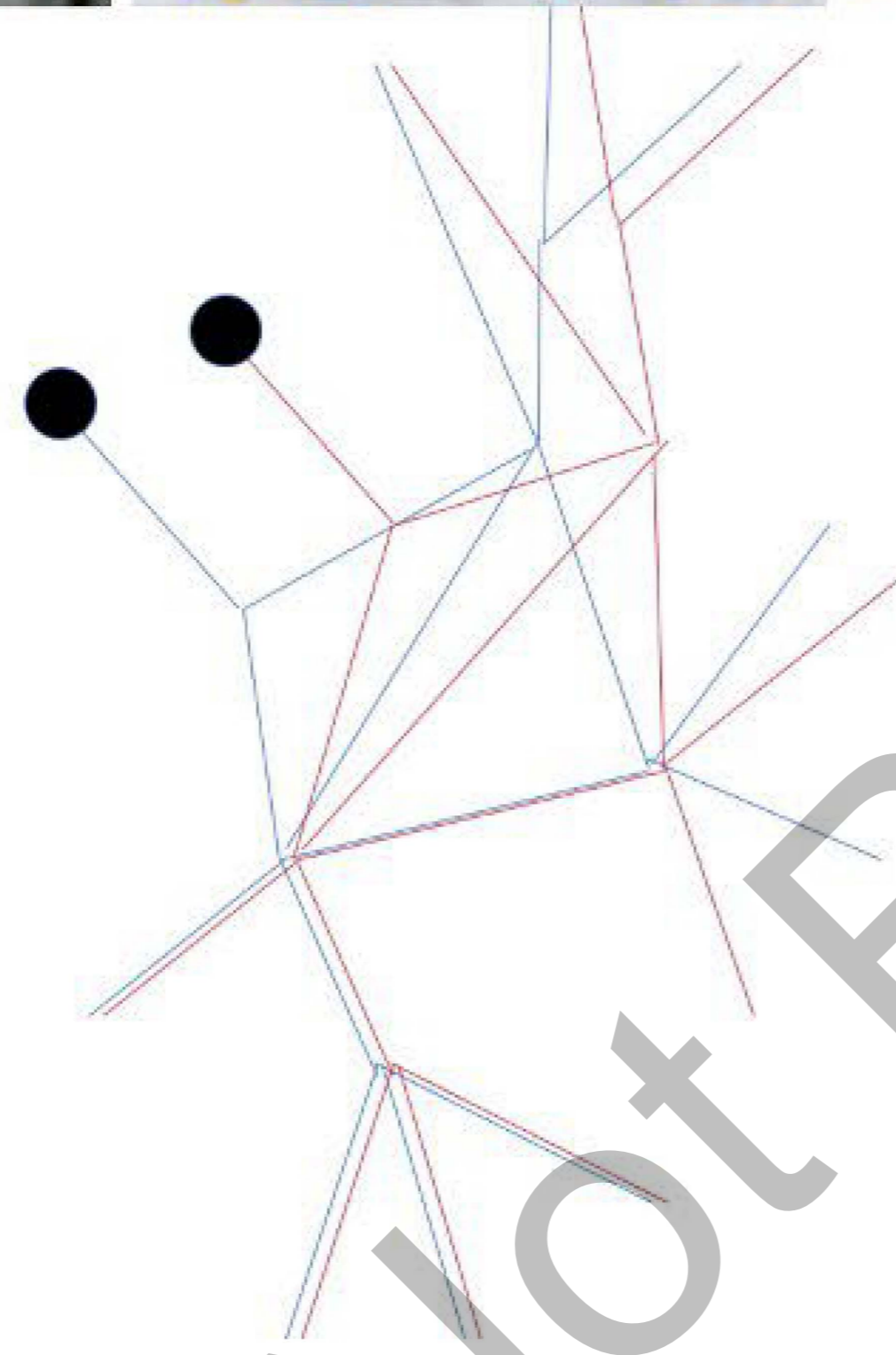


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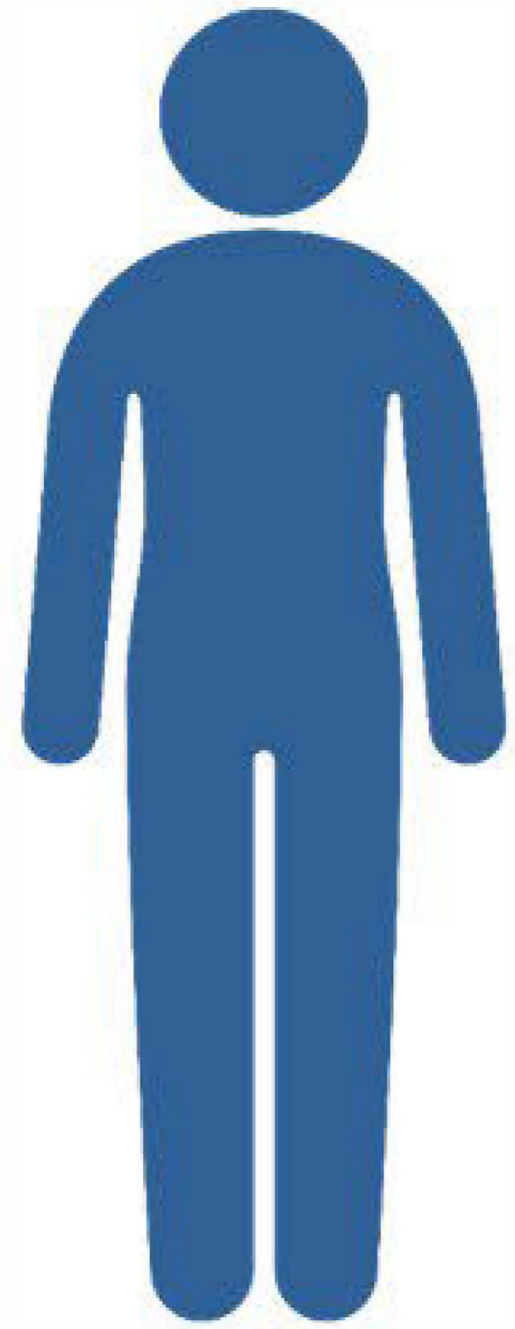


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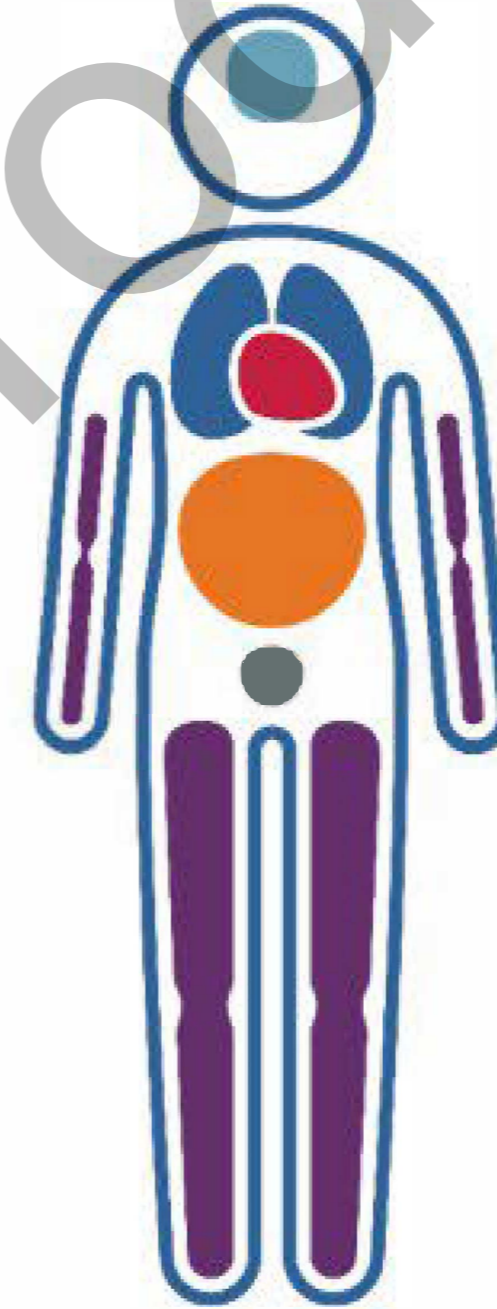
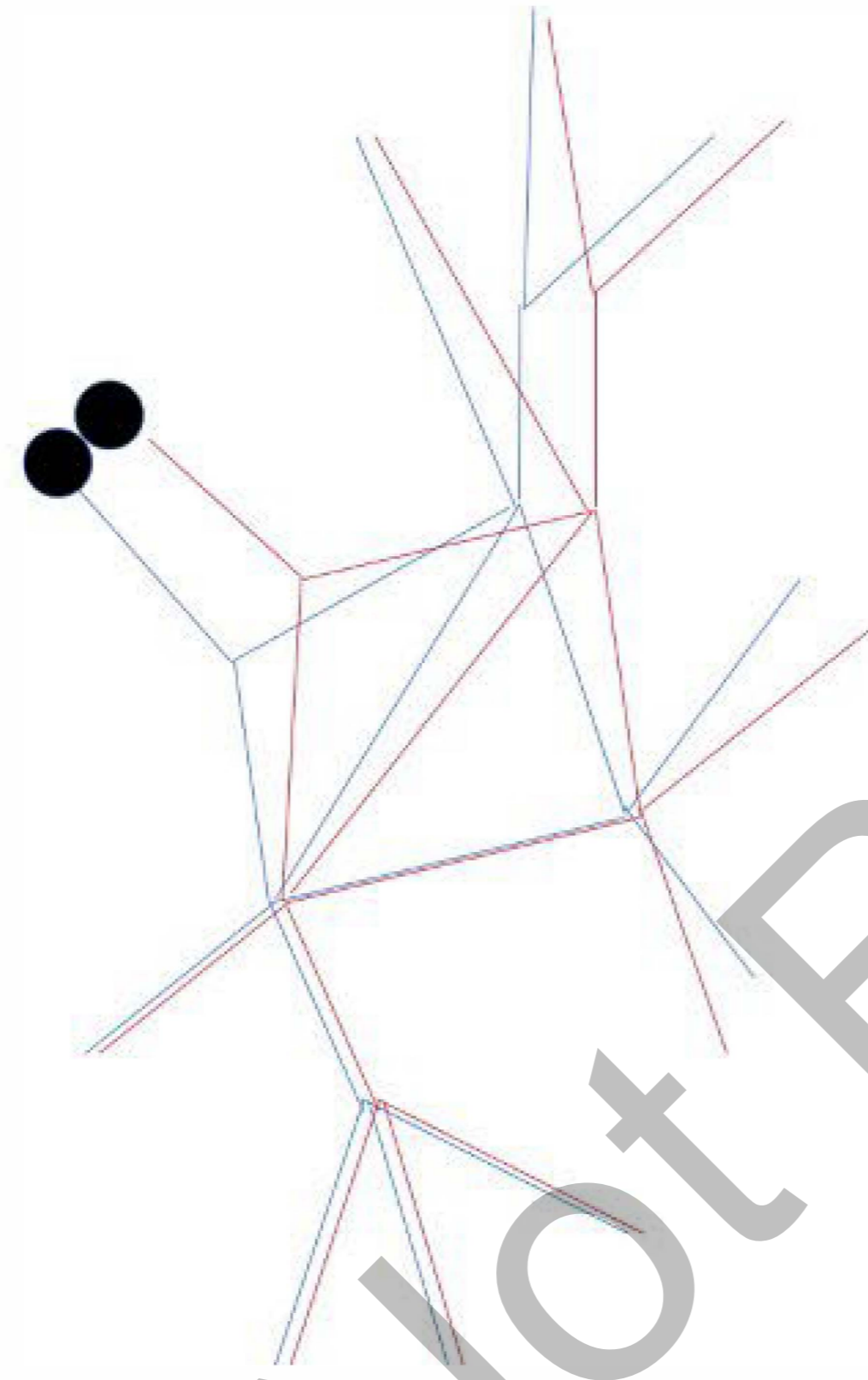
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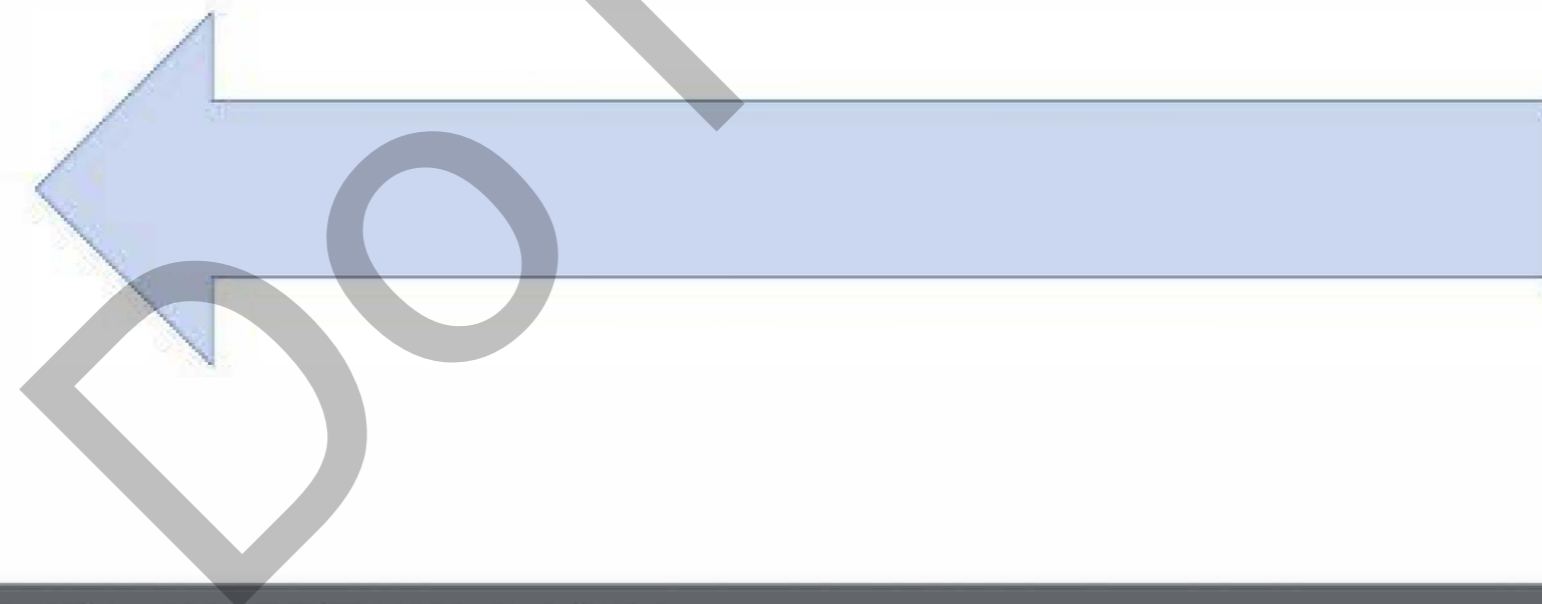
Self care
Non-drug interventions

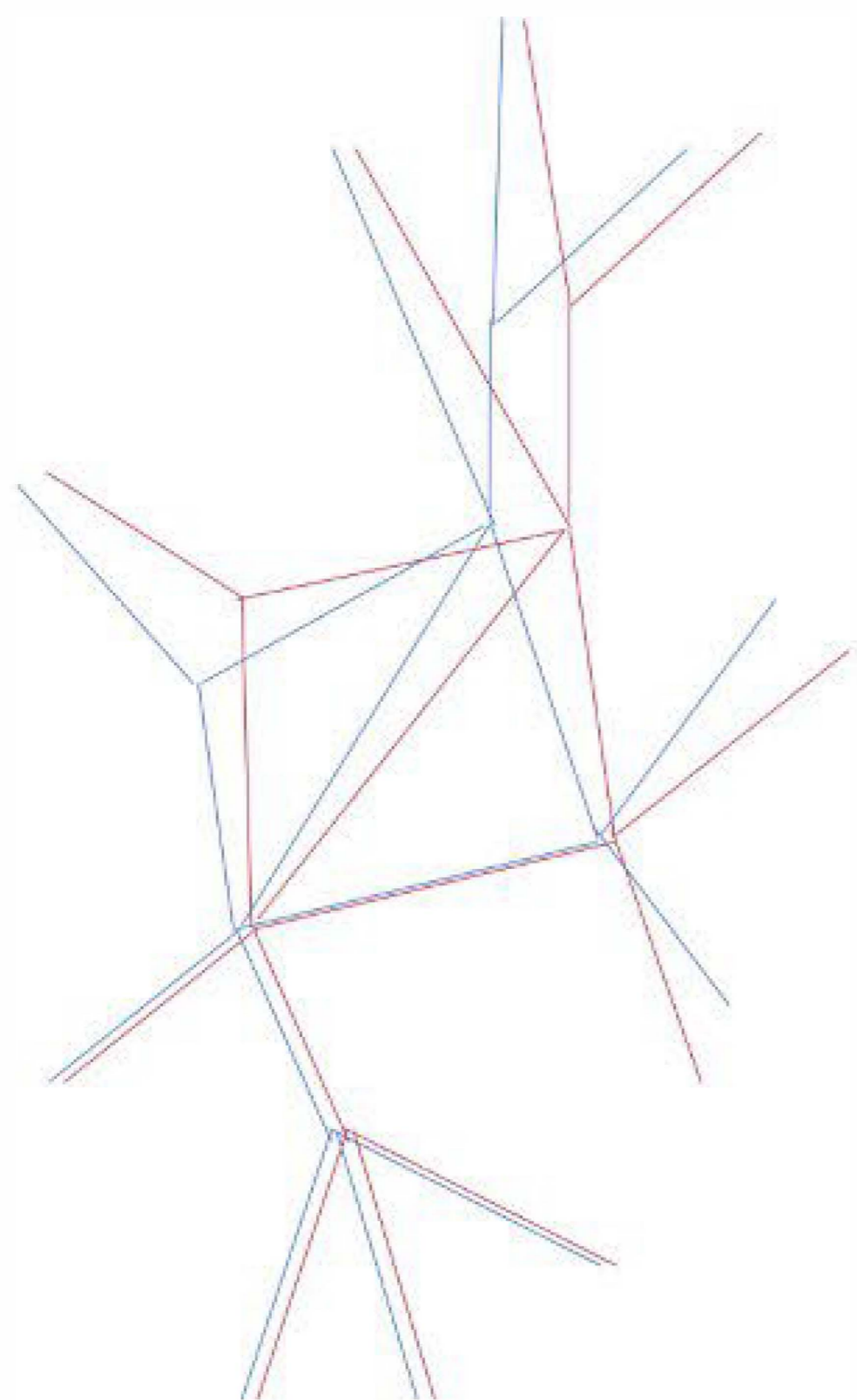


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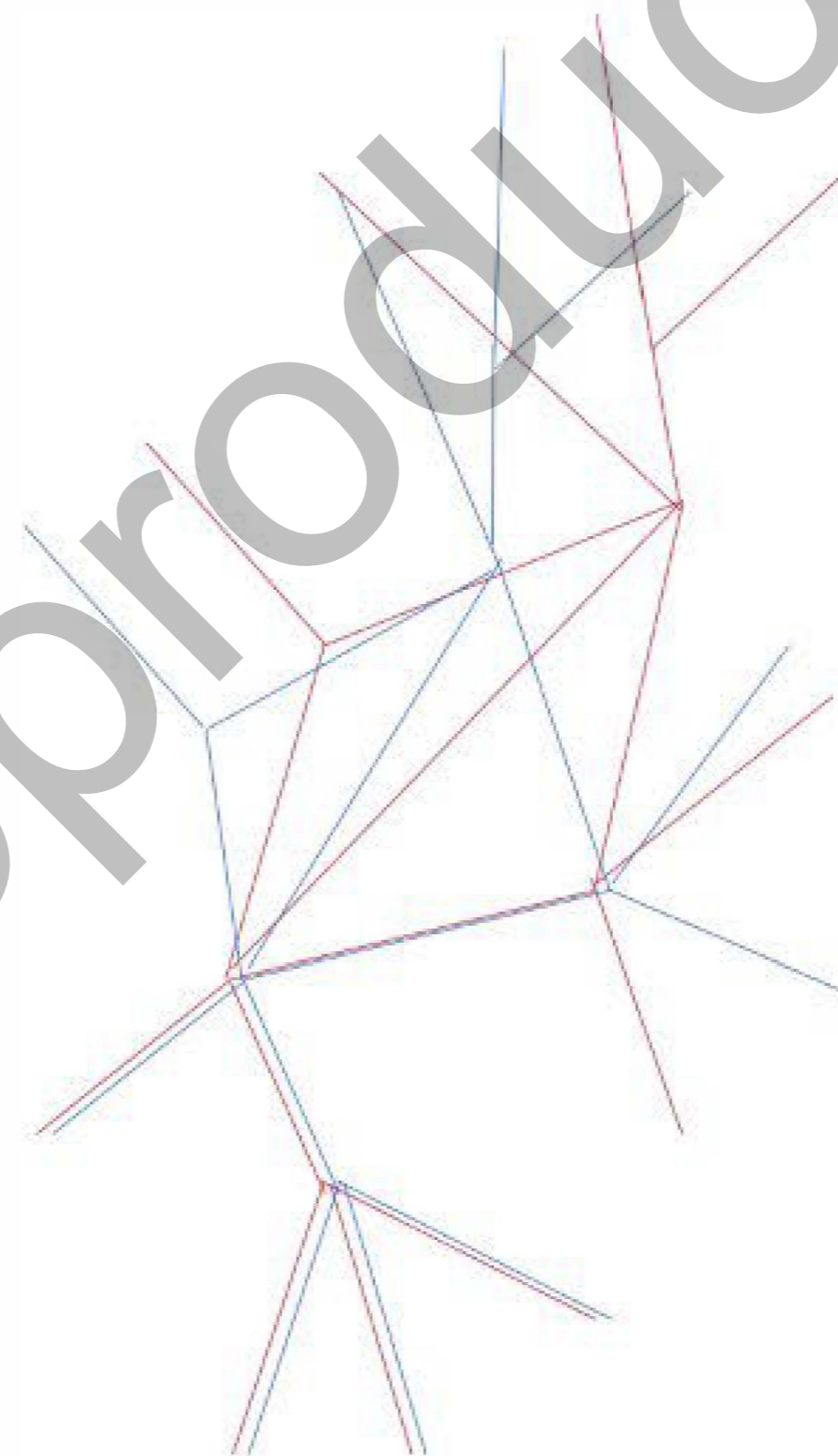
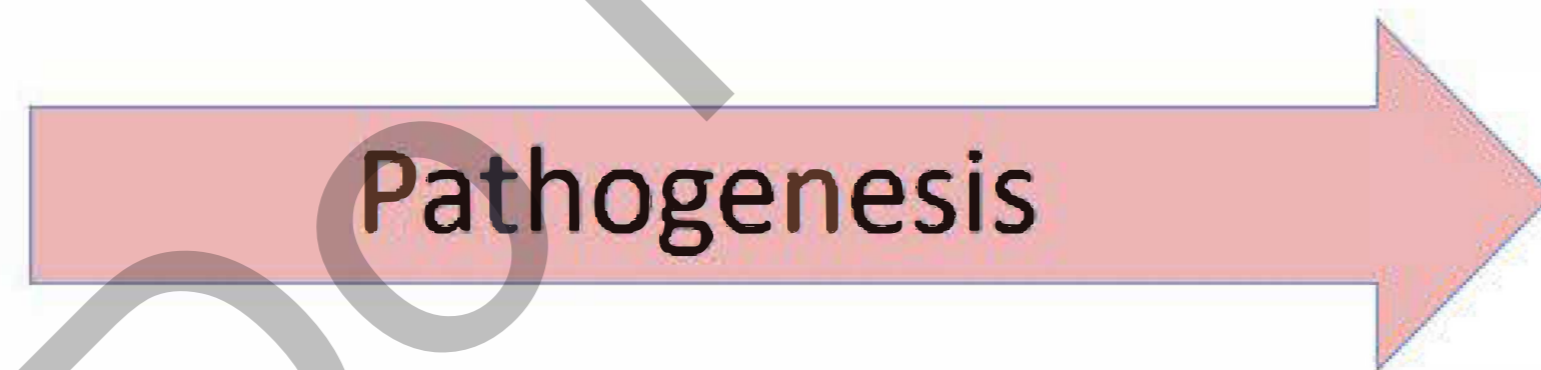


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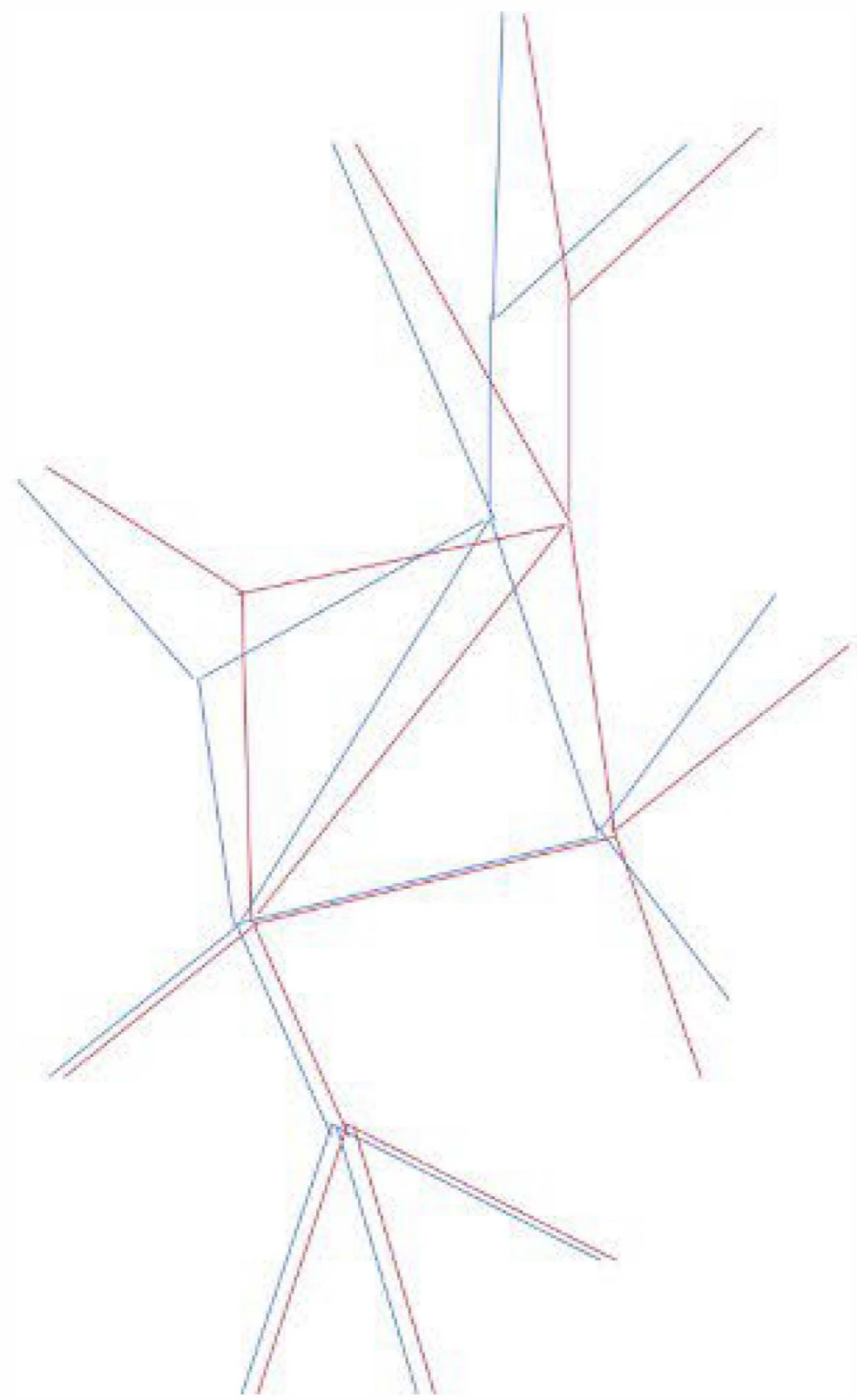
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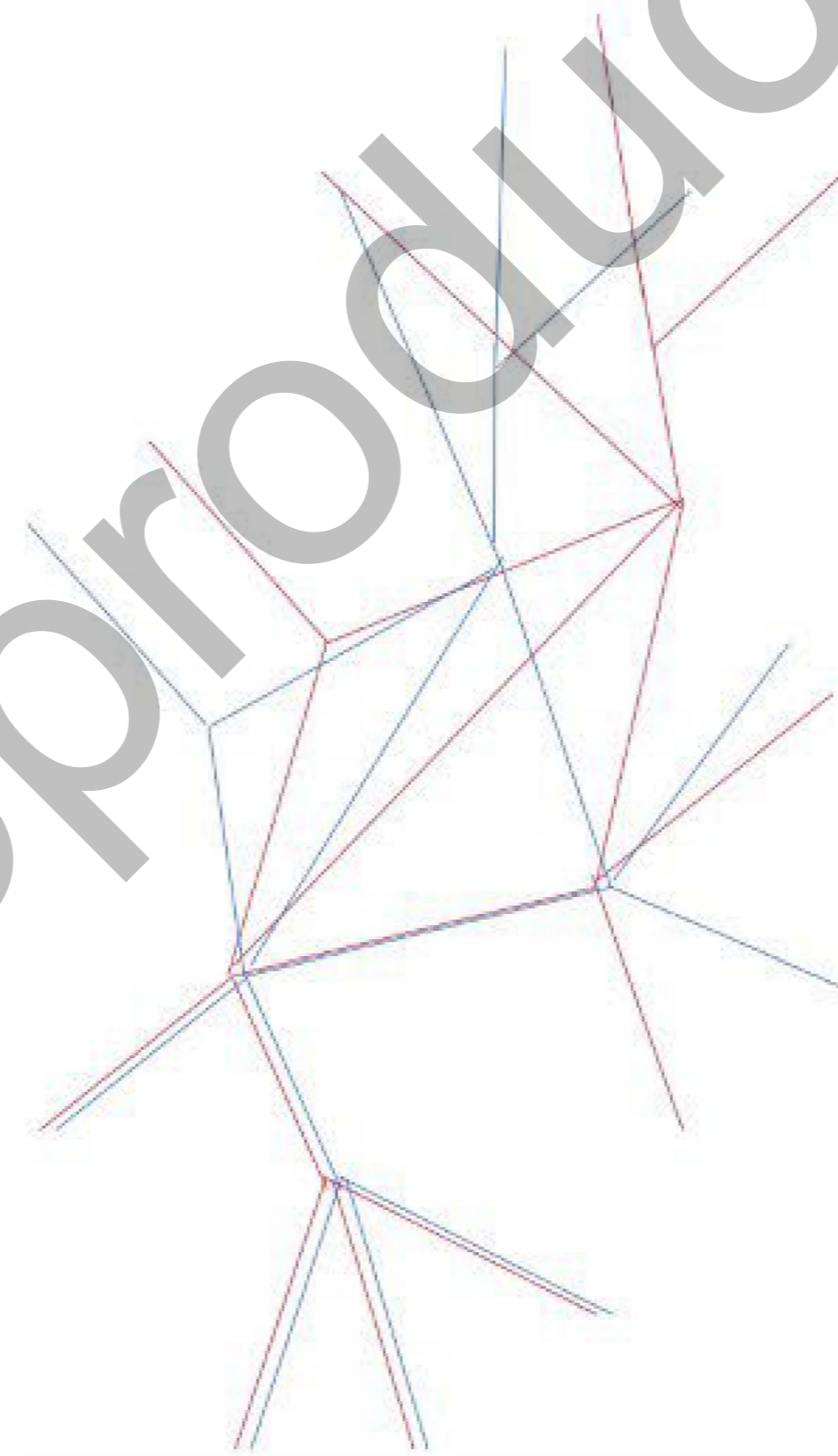
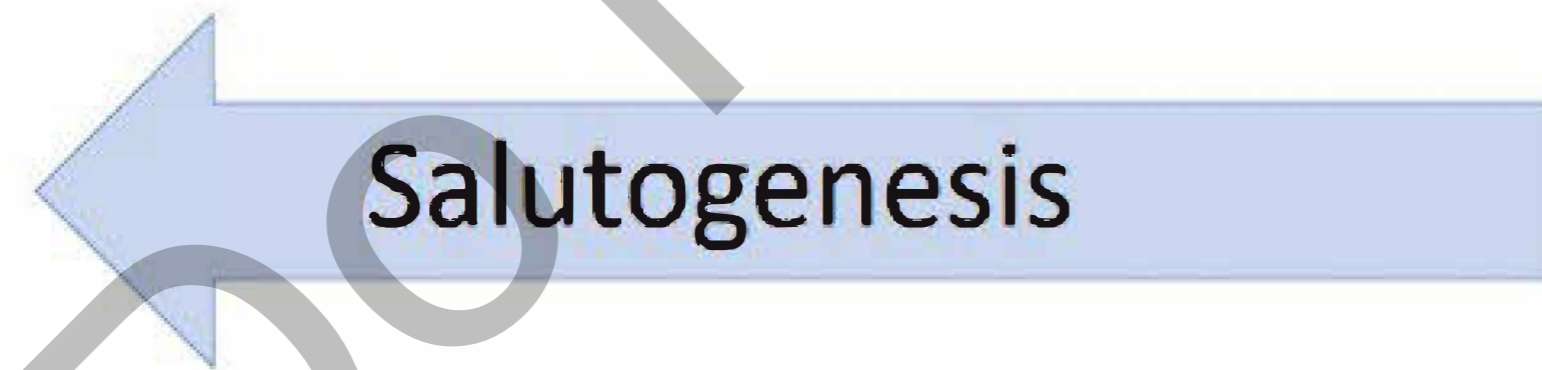
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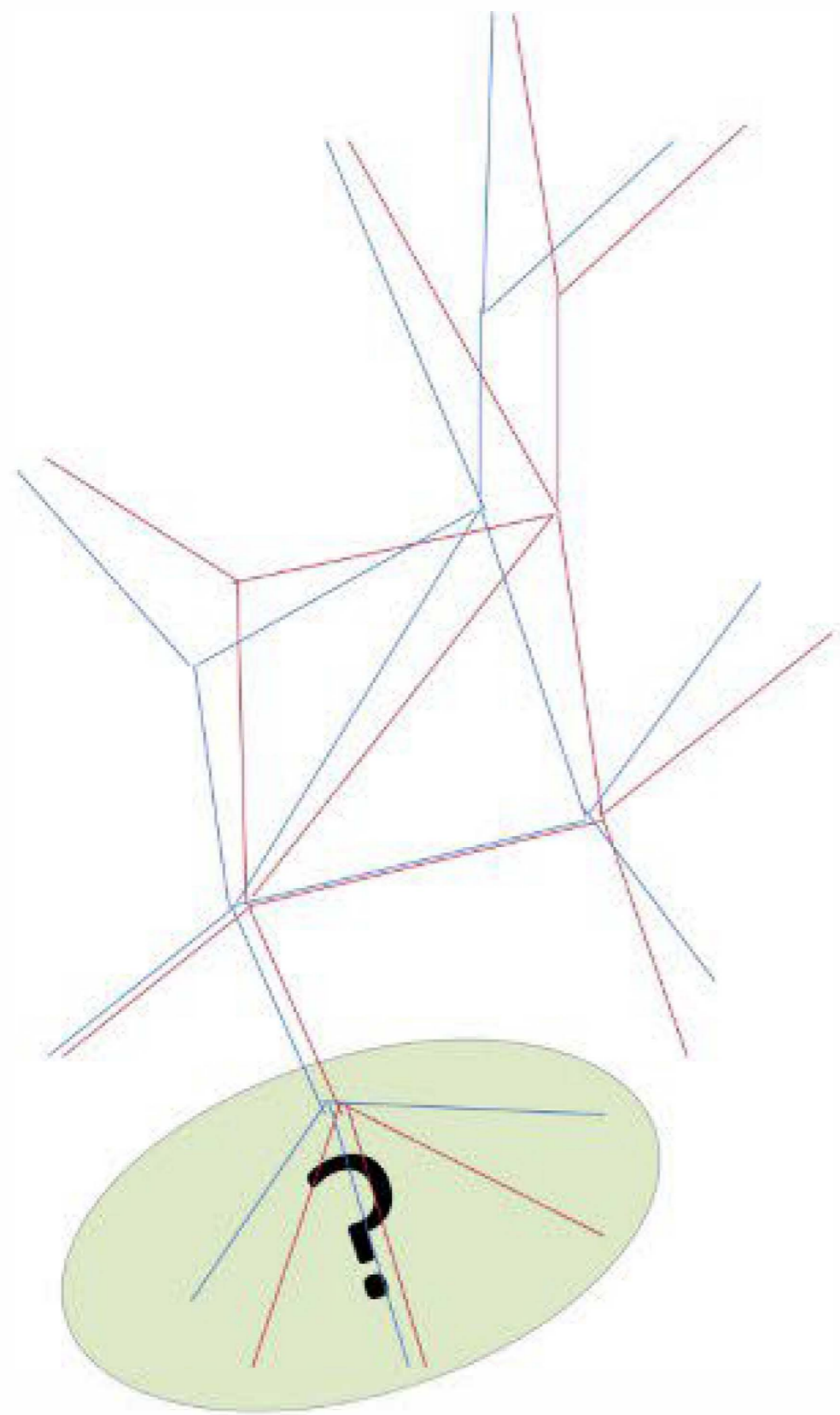
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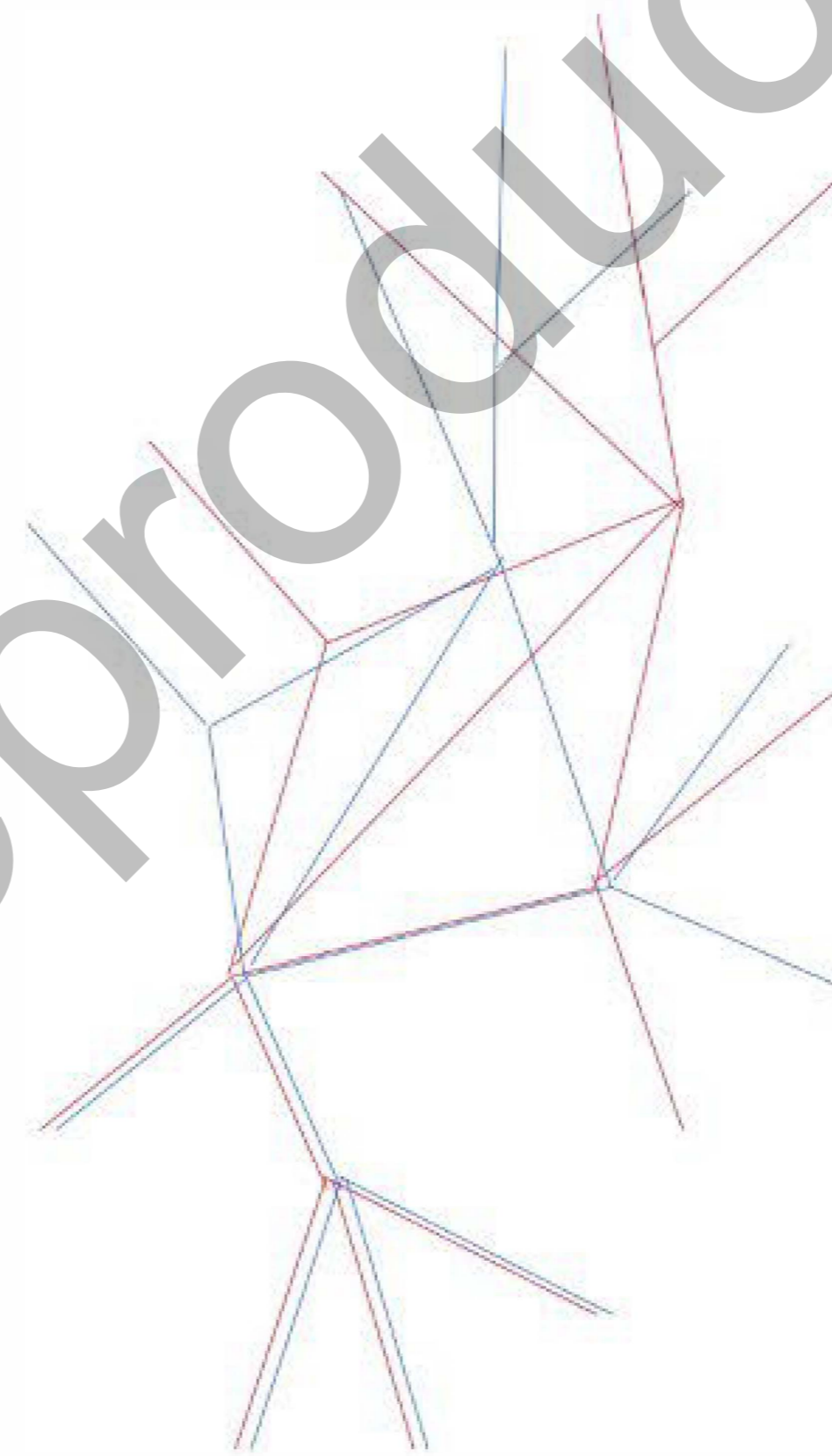
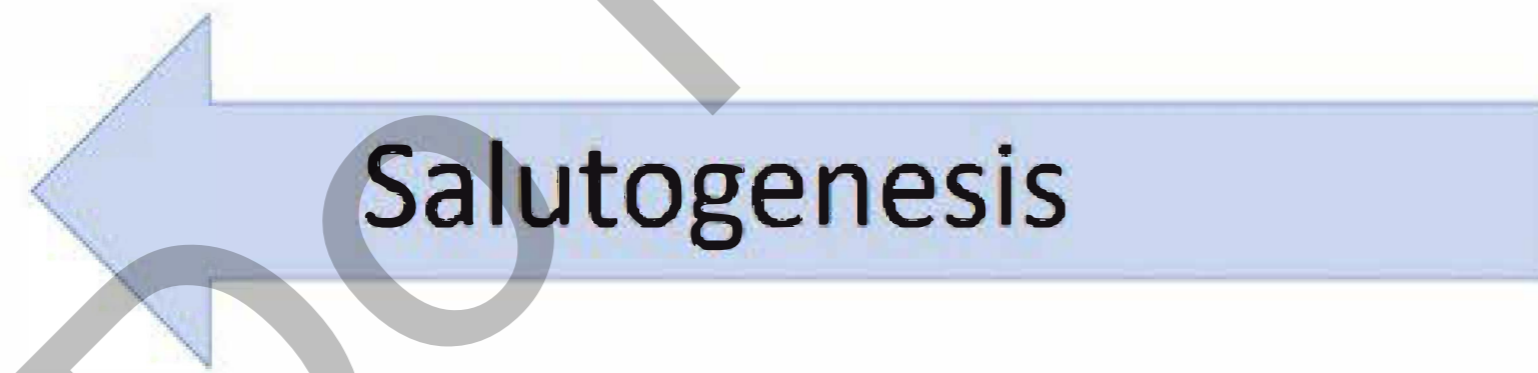
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STATE



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The Health Continuum

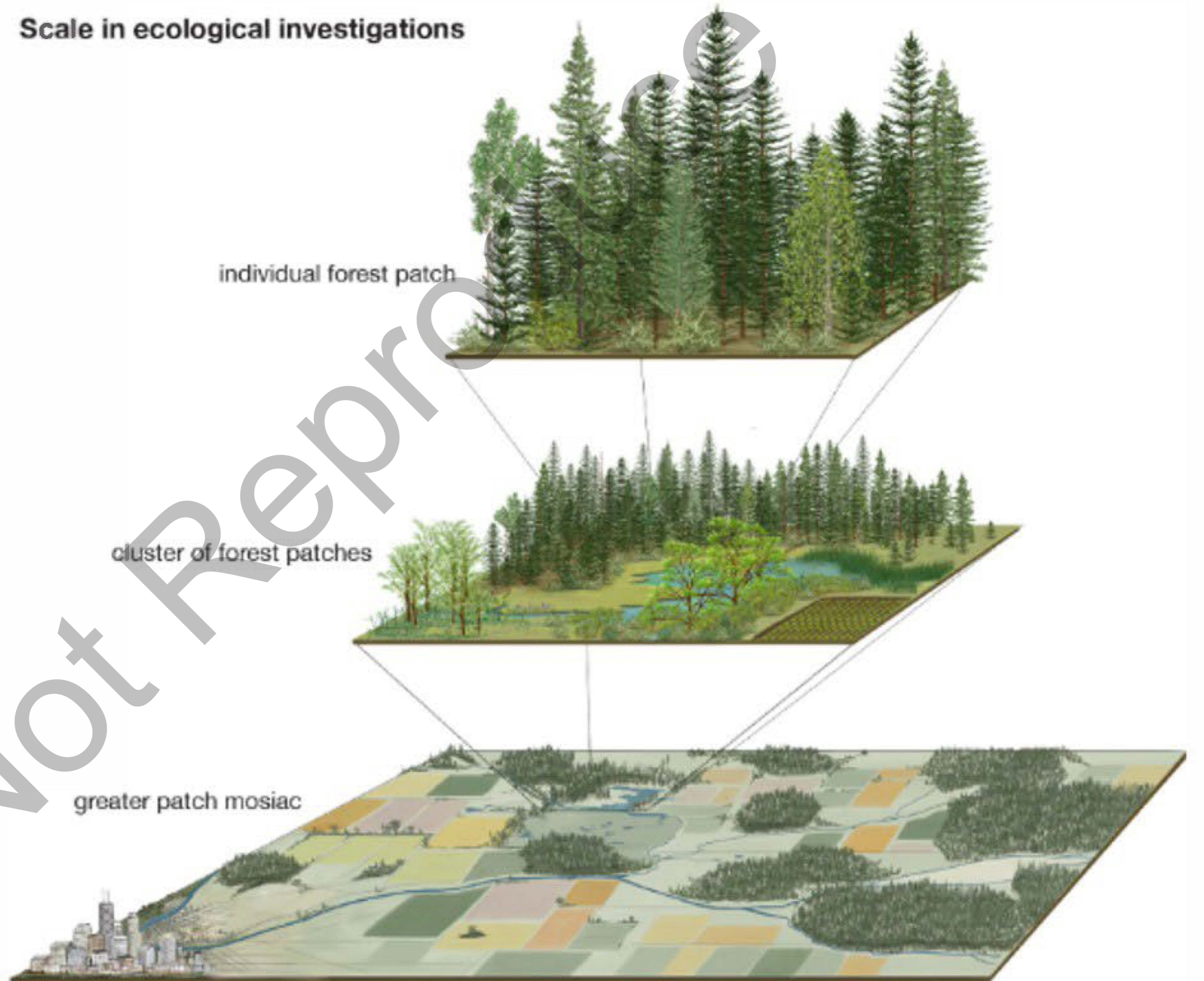


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The Whole Influences Every Part and Every Part Influences the Whole

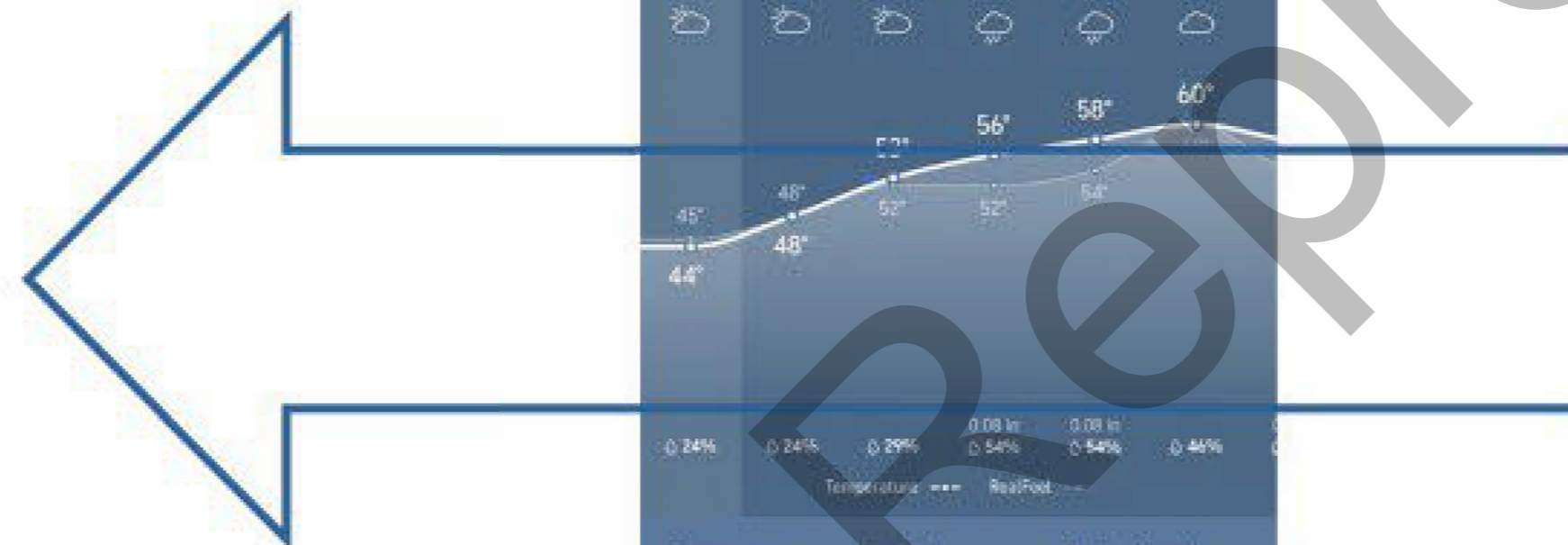
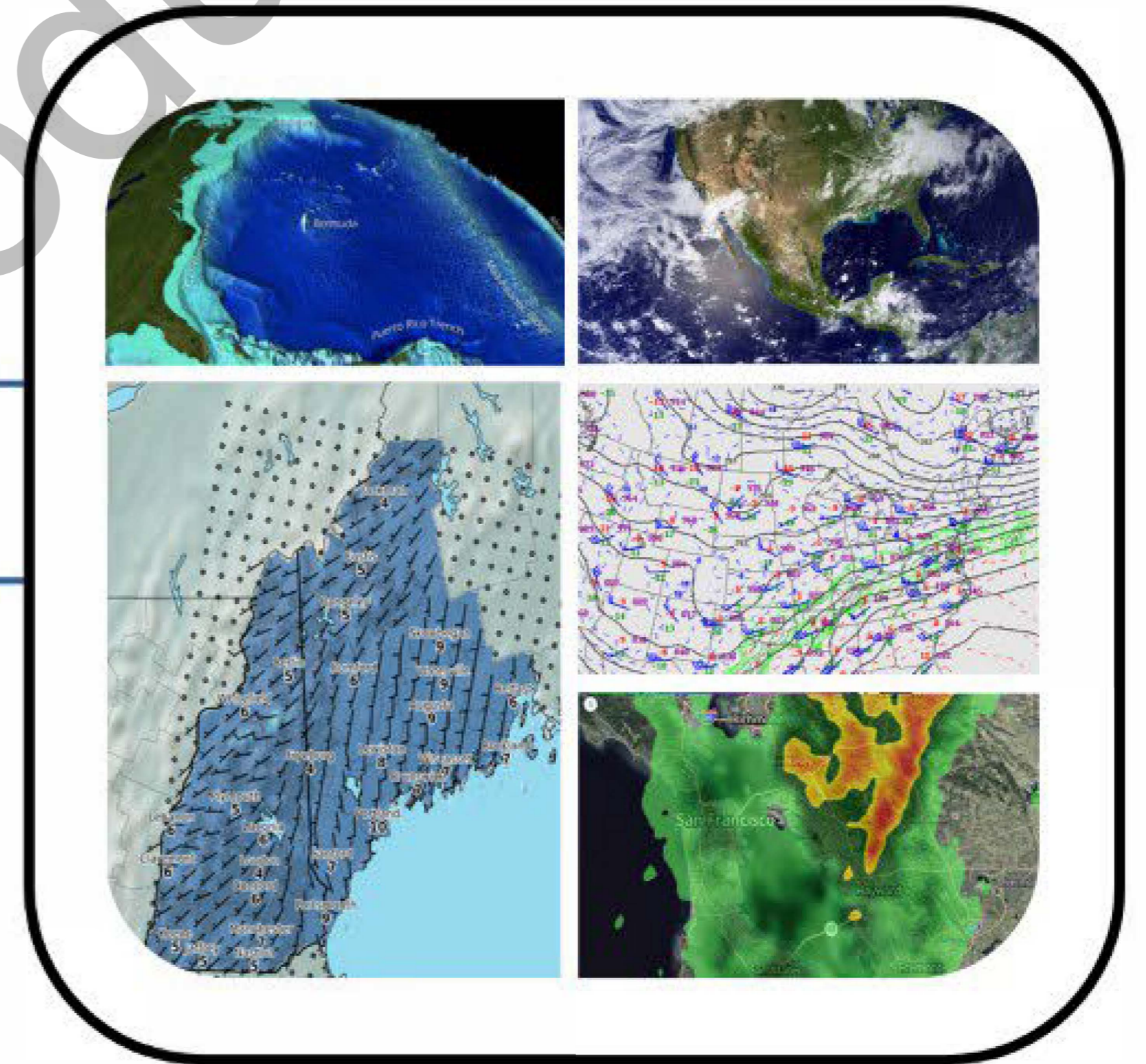
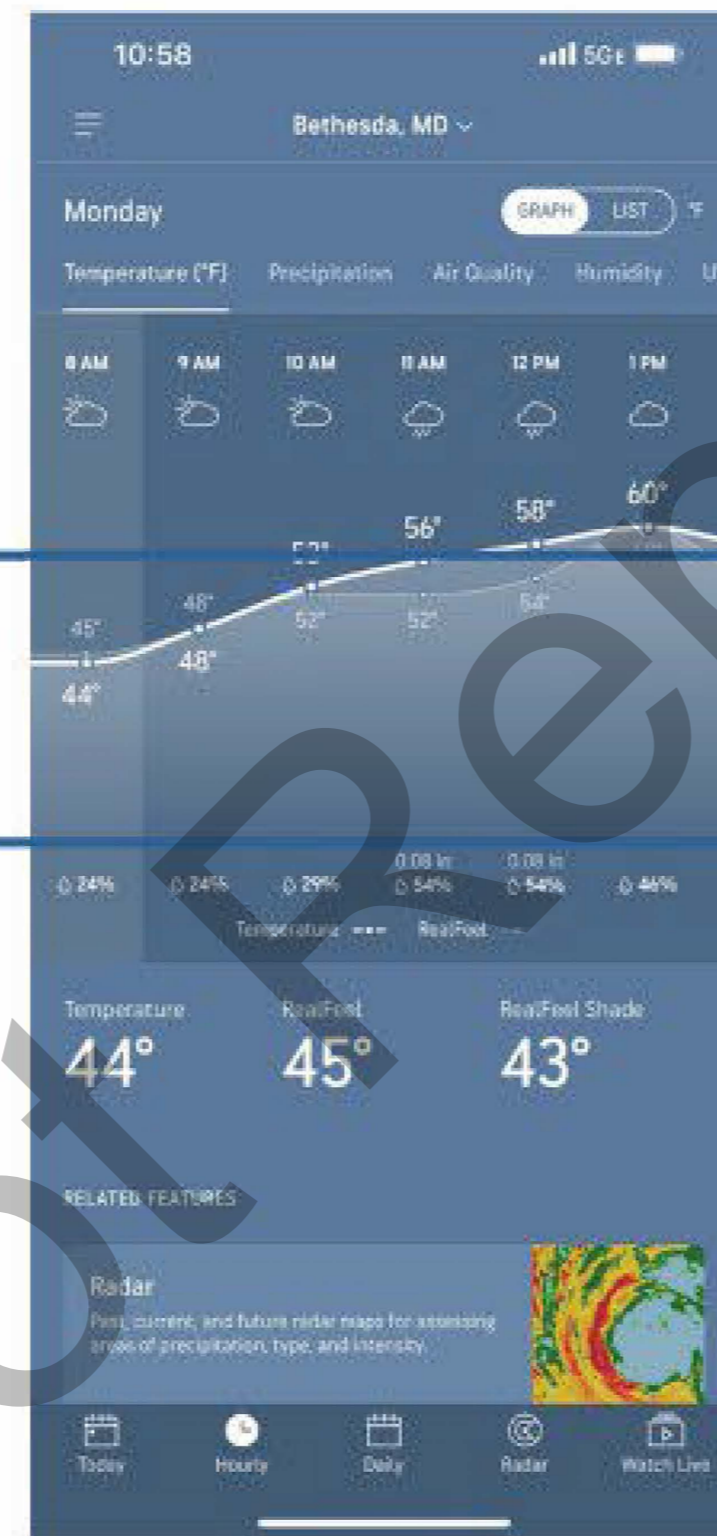
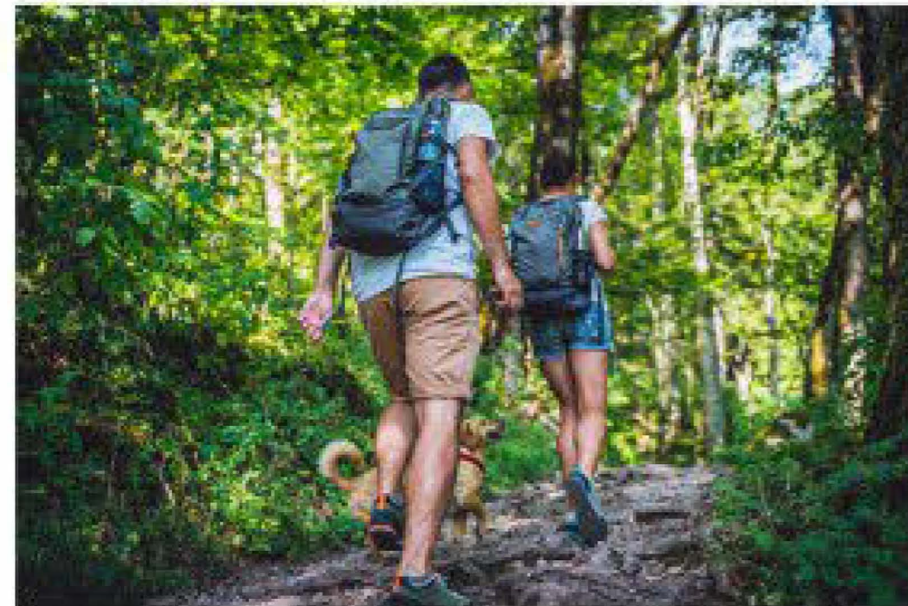
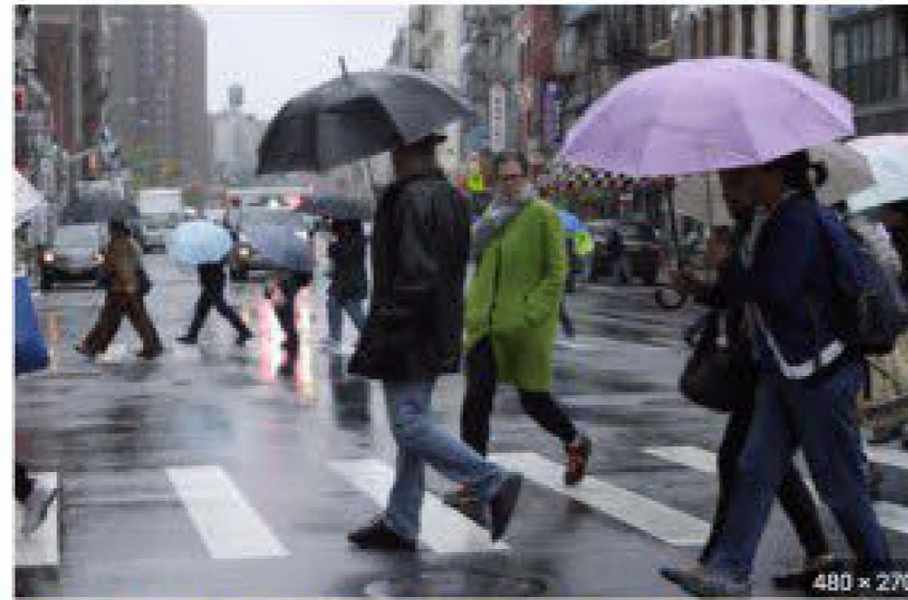
Scale in ecological investigations



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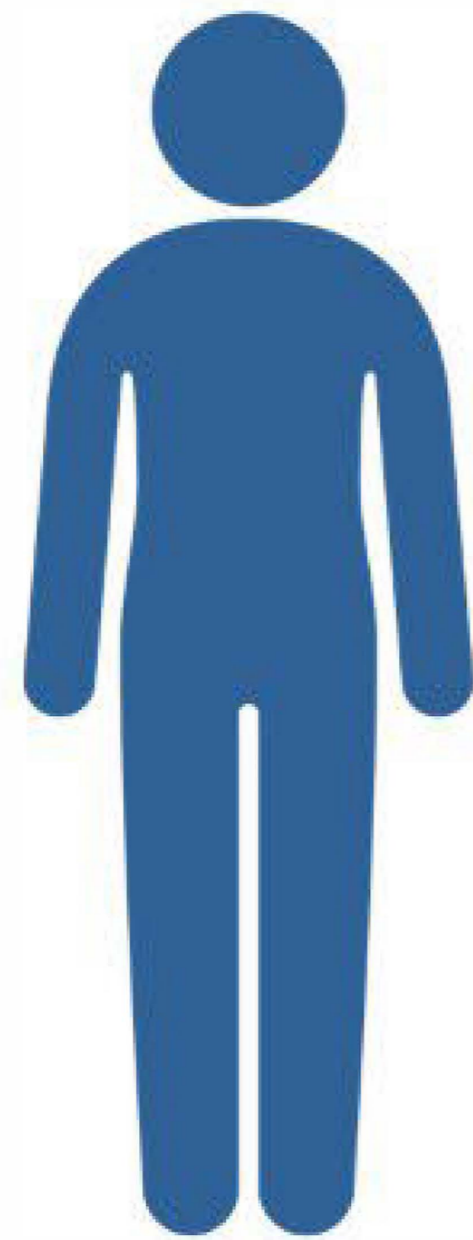


Weather Prediction Involves Integrated, Multiscale Information

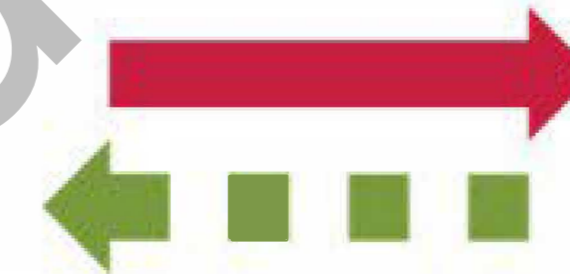


Need Similarly Integrated, Multiscale Information to Guide Health of the Whole Person

Healthy



Less Healthy



Disease

TEST	RESULT	UNIT	REFERENCE RANGE
HAEMOGLOBIN	15.8	g/dL	12.0-16.0
HAEMATOCRIT	48.0	%	37.0-47.0
HAEMOGLOBIN A1C	5.8	%	4.0-5.6
GLUCOSE	100	mg/dL	70-100
CHOLESTEROL	180	mg/dL	<200
TRIGLYCERIDES	150	mg/dL	<150
LDL CHOLESTEROL	100	mg/dL	<100
HDL CHOLESTEROL	40	mg/dL	>40
CREATININE	1.2	mg/dL	0.7-1.3
BUN	18	mg/dL	7-20
ALBUMIN	4.5	g/dL	3.5-5.0
PROTEIN	8.5	g/dL	6.0-8.5
URIC ACID	6.0	mg/dL	3.5-7.0
AMYLASE	50	U/L	30-100
ALP	100	U/L	40-120
GGT	20	U/L	0-40
AST	25	U/L	0-35
ALT	20	U/L	0-40
CPK	100	U/L	0-200
CPK MB	10	U/L	0-10
CPK TB	90	U/L	0-200
CPK BB	10	U/L	0-10
CPK GM	10	U/L	0-10
CPK MI	10	U/L	0-10
CPK CK	10	U/L	0-10
CPK MB	10	U/L	0-10
CPK TB	10	U/L	0-10
CPK BB	10	U/L	0-10
CPK GM	10	U/L	0-10
CPK MI	10	U/L	0-10
CPK CK	10	U/L	0-10

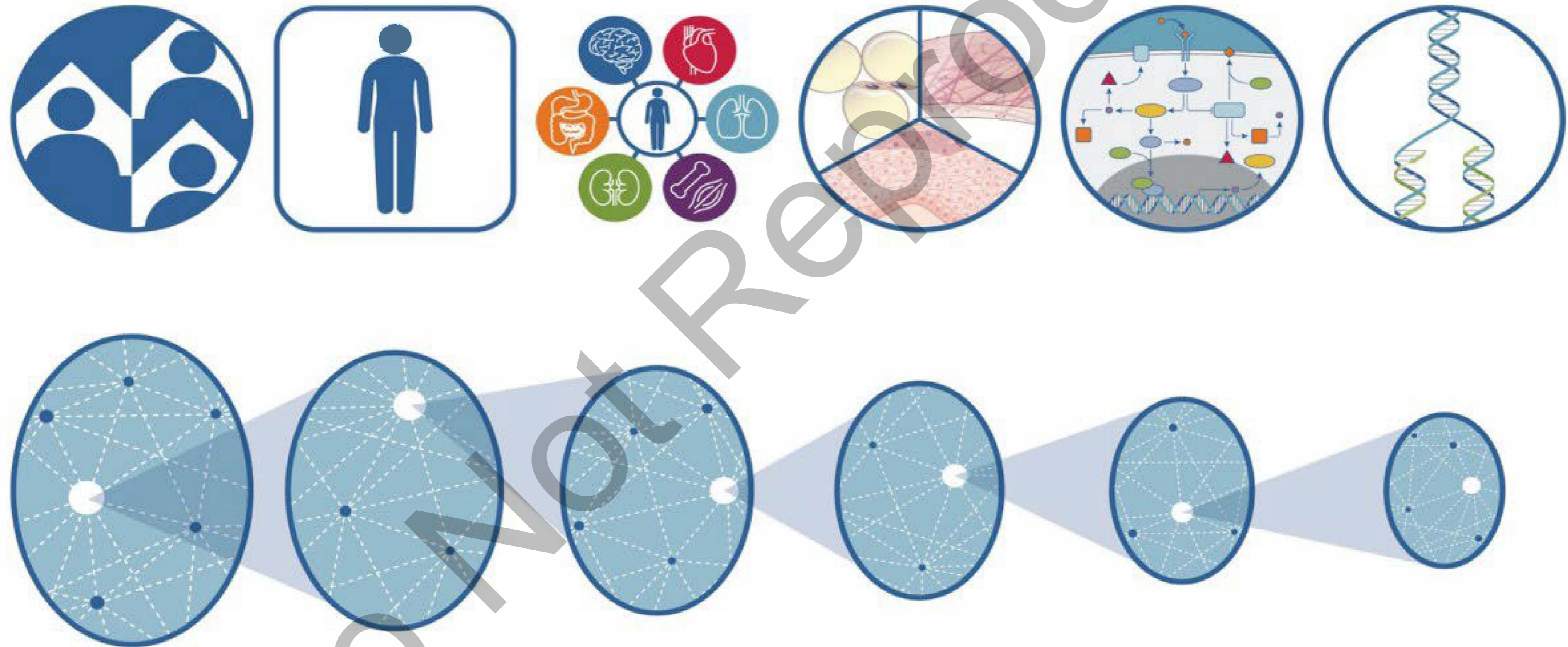
Need to Move Beyond Thinking About “Co-occurring” Diseases One Organ at a Time...



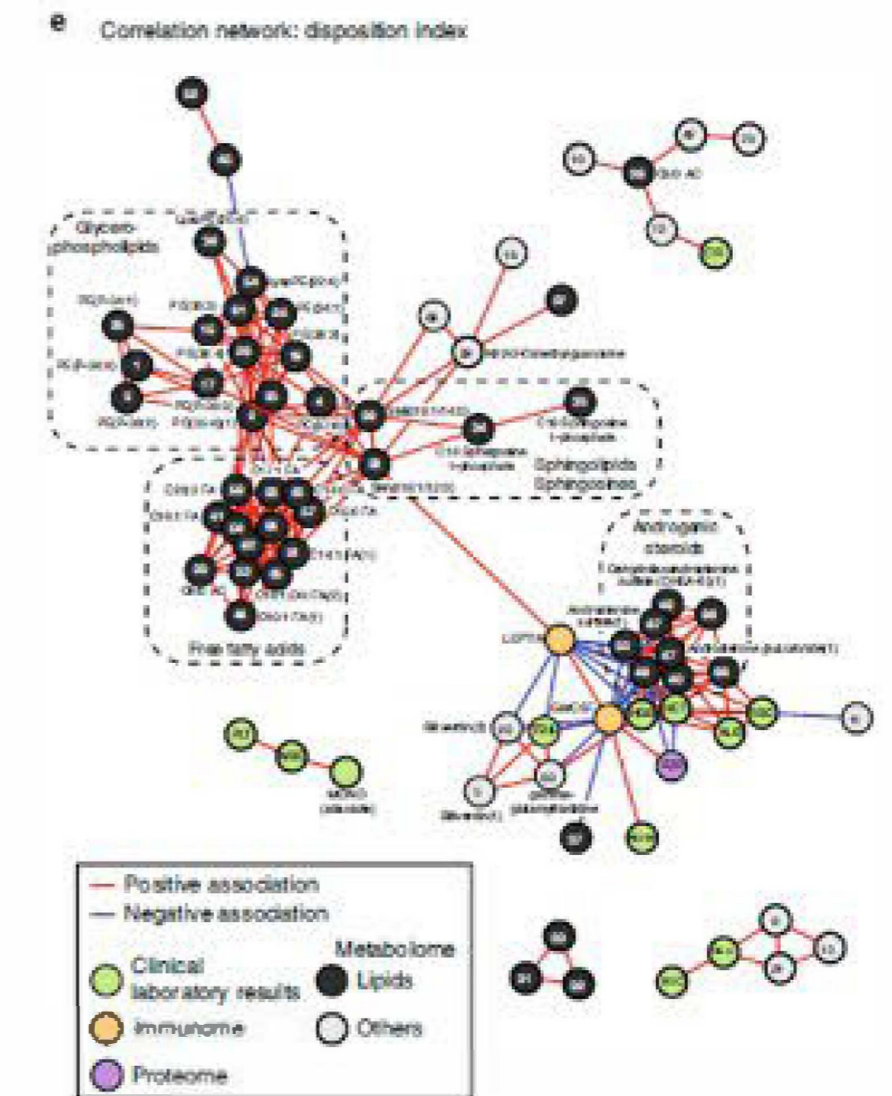
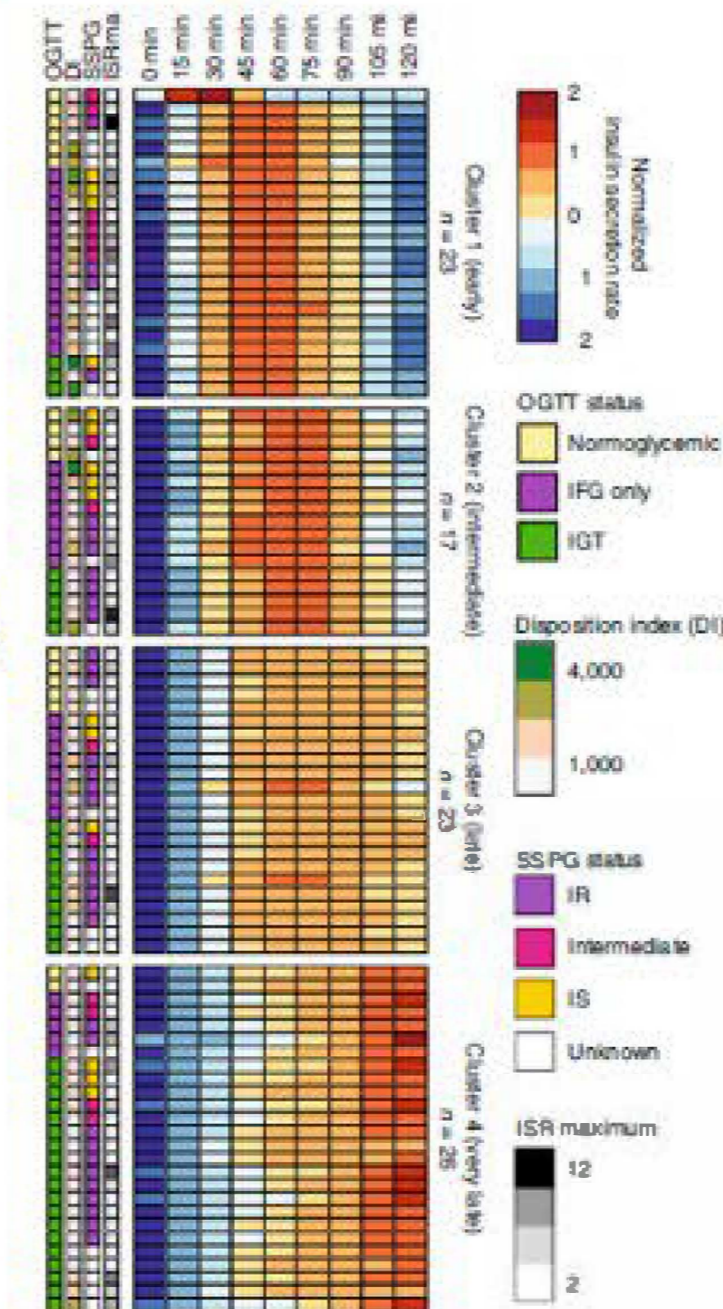
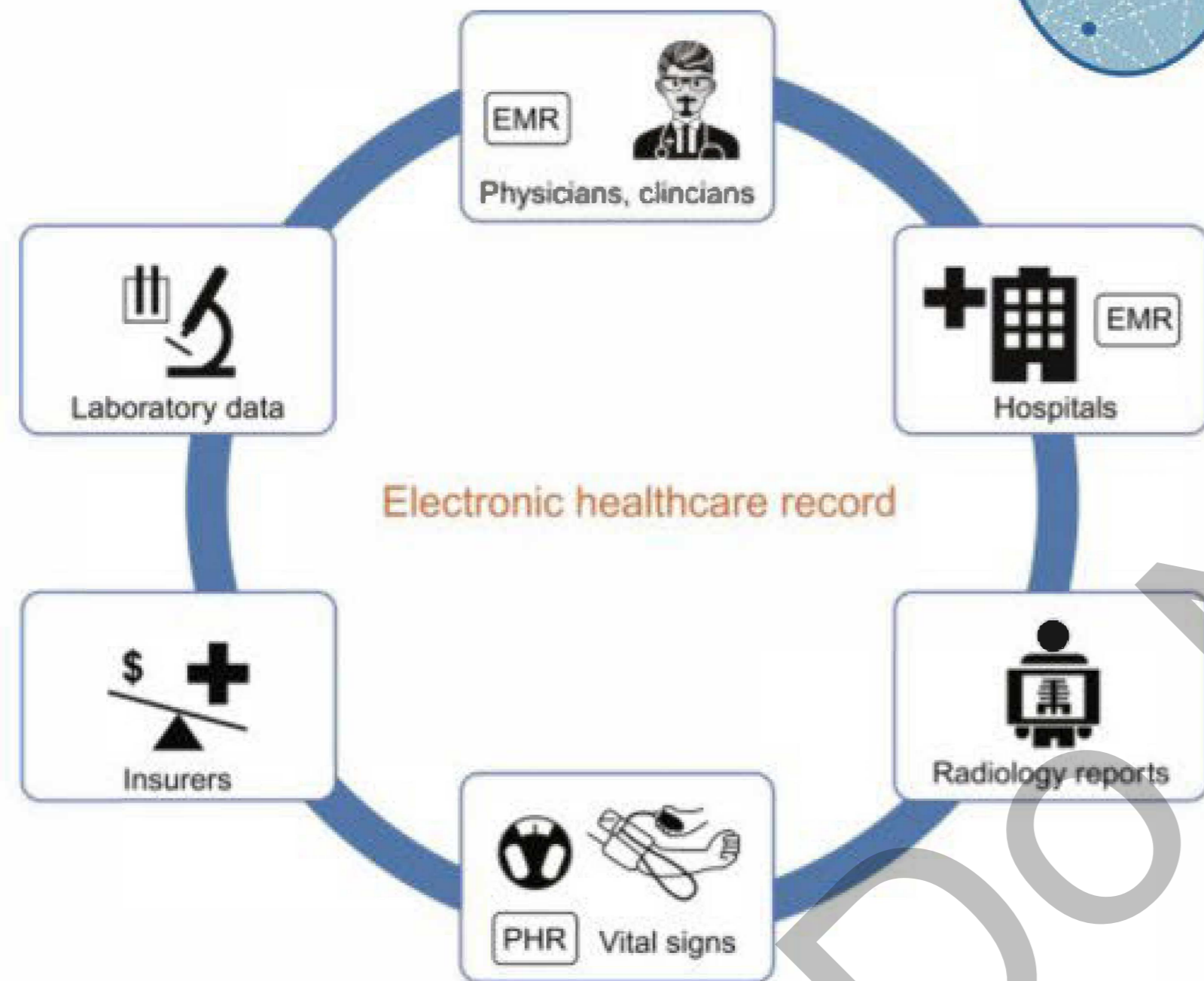
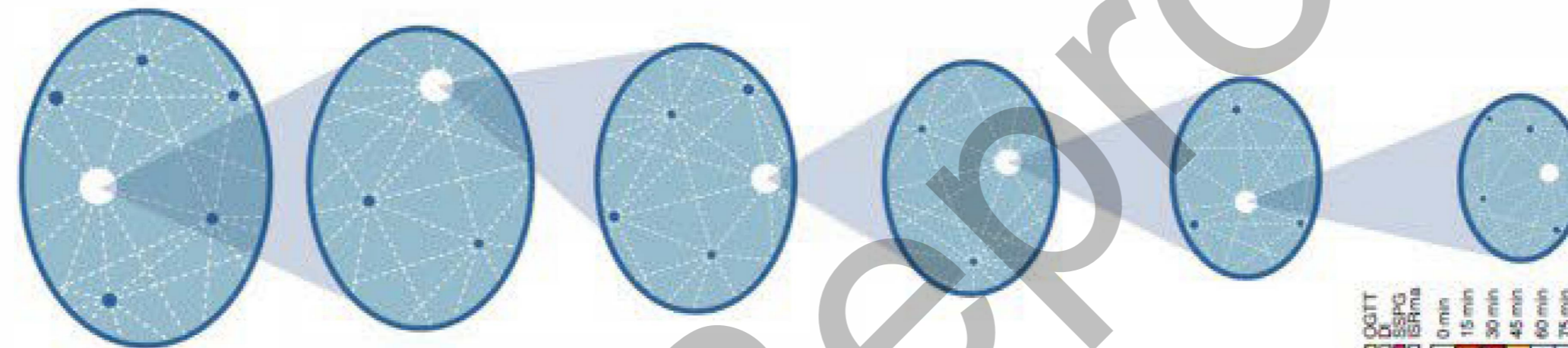
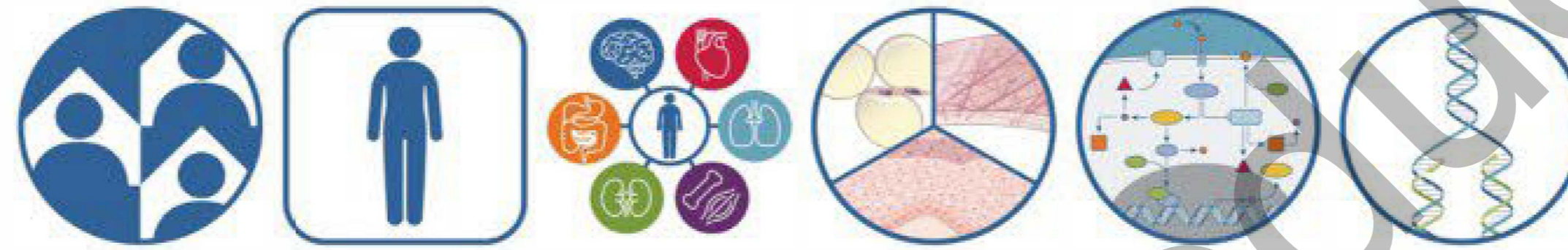
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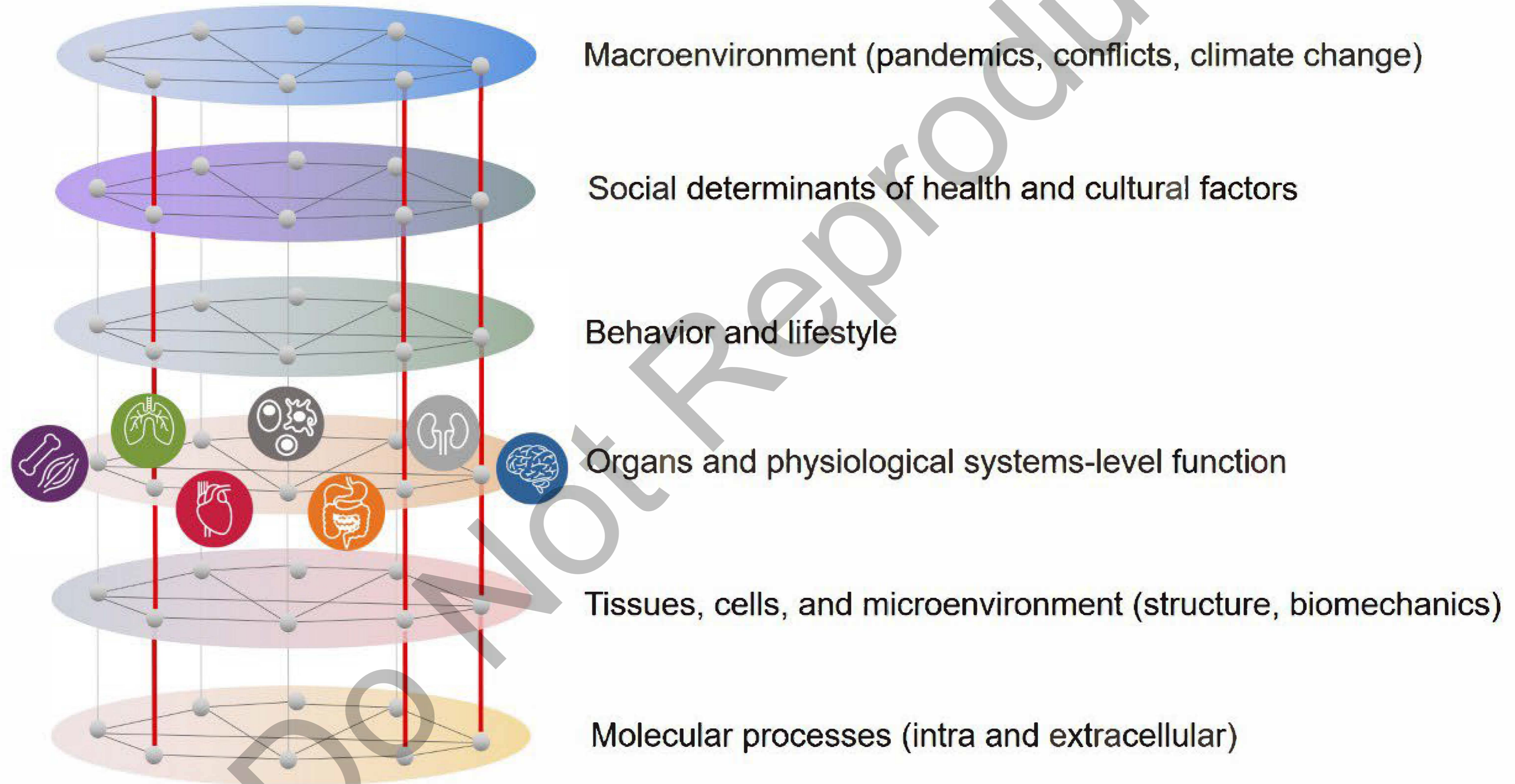
...And Start Thinking of Human Health In Terms of the Whole Interconnected Person.



Bridging Across “Scale Silos” is Challenging



An Integrated Multiscale Network Across the Whole Person starting with Healthy Physiology is Needed



Questions?



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