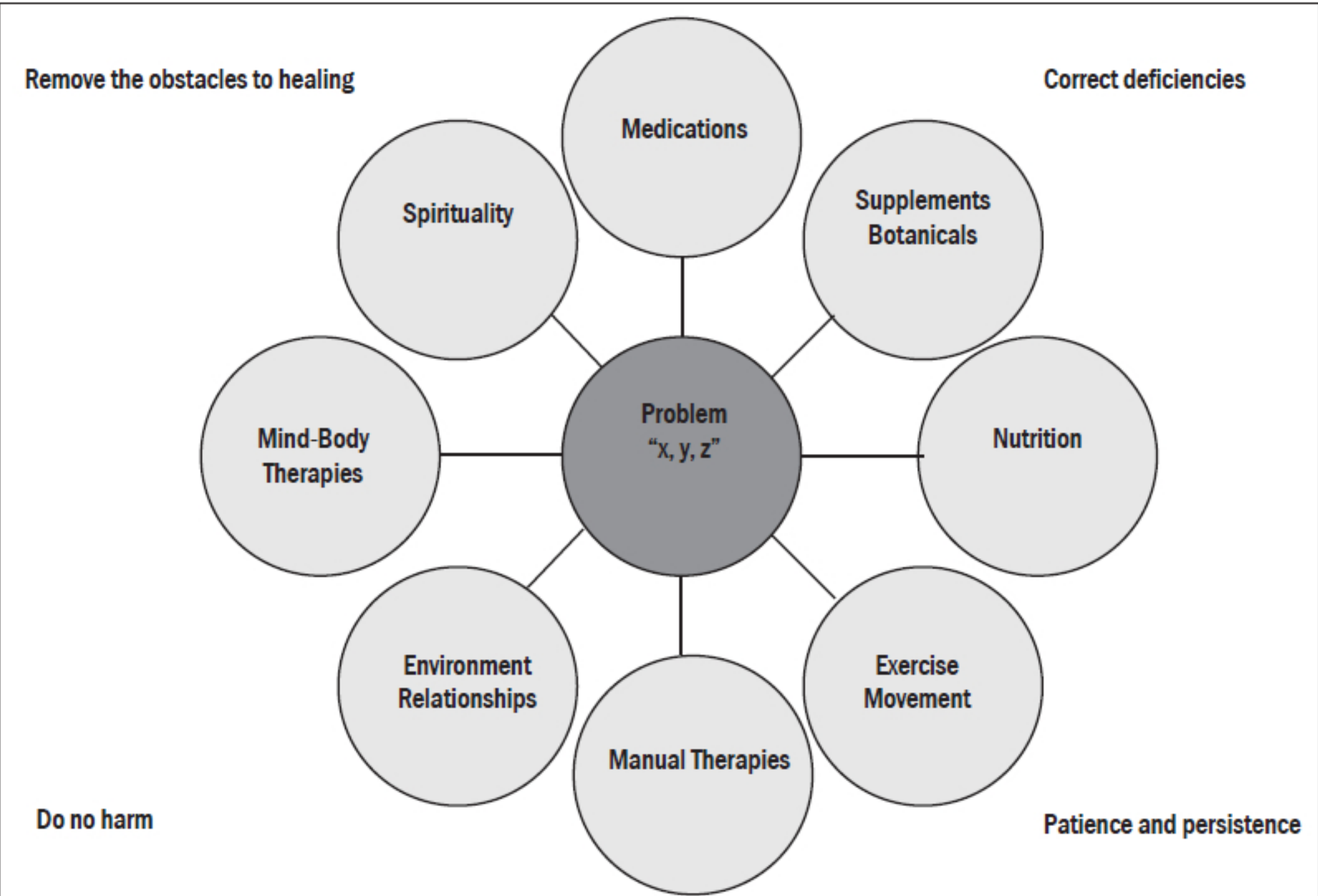


Figure 4: Integrated Eight-wheel Approach to Health and Wellness



General handout for review with patients at each visit to facilitate: 1) Awareness of the factors influencing pain, and 2) Action steps to begin reversing the symptoms of pain.

Peripheral lifestyle factors: 1) Discuss obstacles to healing such as smoking, overeating, and those factors from a patient's lifestyle that are in direct competition to his/her healing; 2) Identify and correct obvious deficiencies such as hypothyroidism, vitamin deficiencies, etc; 3) Choose therapies that are not harmful/have very low risk of iatrogenic harm; 4) Encourage the patient to be patient and persistent with lifestyle changes.

Eight integrated approaches to addressing any particular health concern (e.g., chronic pain): 1) Medications (non-opioid options for noncancer chronic pain); 2) OTC supplements/botanicals/herbs that have evidence for safety and efficacy; 3) Improved nutrition to include transition to a general healthy anti-inflammatory, whole-foods based diet; 4) Encouragement and program to increase movement, activity, and exercise in any capacity that begins gently but is progressively intensified, varied, and coached; 5) Manual therapies defined as therapies that are delivered to a patient in a receptive and passive way, which may range from surgery to gentle forms of massage; 6) Environment/relationship factors that are external to a patient but have influence on his/her health such as air pollution, abuse relationships, toxic work/home setting, etc; 7) Mind-body therapies address those factors that are internal to a patient, such as emotions, beliefs, thoughts, and memory; 8) Spirituality defined here as that which gives meaning and purpose and/or is valuable to the patient, which may or may not be religious.