



## BIOPSYCHOSOCIAL FACTORS

**The Physical Component** – Degeneration, tight and/or strained muscle, shortened fascia, knots, change in posture, pinched nerve, muscle weakness, spasms, loss of balance, trigger points, etc.

**The Psychological / Mental Component** – Our thoughts, our belief system and our story.

**The Social Component** – How we interact with stress, our family, our environment and our life skills.

**The Emotional Component** – We now know that the parts in the brain that handle the emotional center (Amygdala) and memory center (Hippocampus) can turn up the volume to pain and has so much to do with the pain we feel.

**The Spiritual Component** – Man's search for meaning and purpose. Do you know that when you have meaning and purpose in your life you are almost impervious to pain, aging and disease?

*All factors must be addressed and unified for genuine healing to take place.*