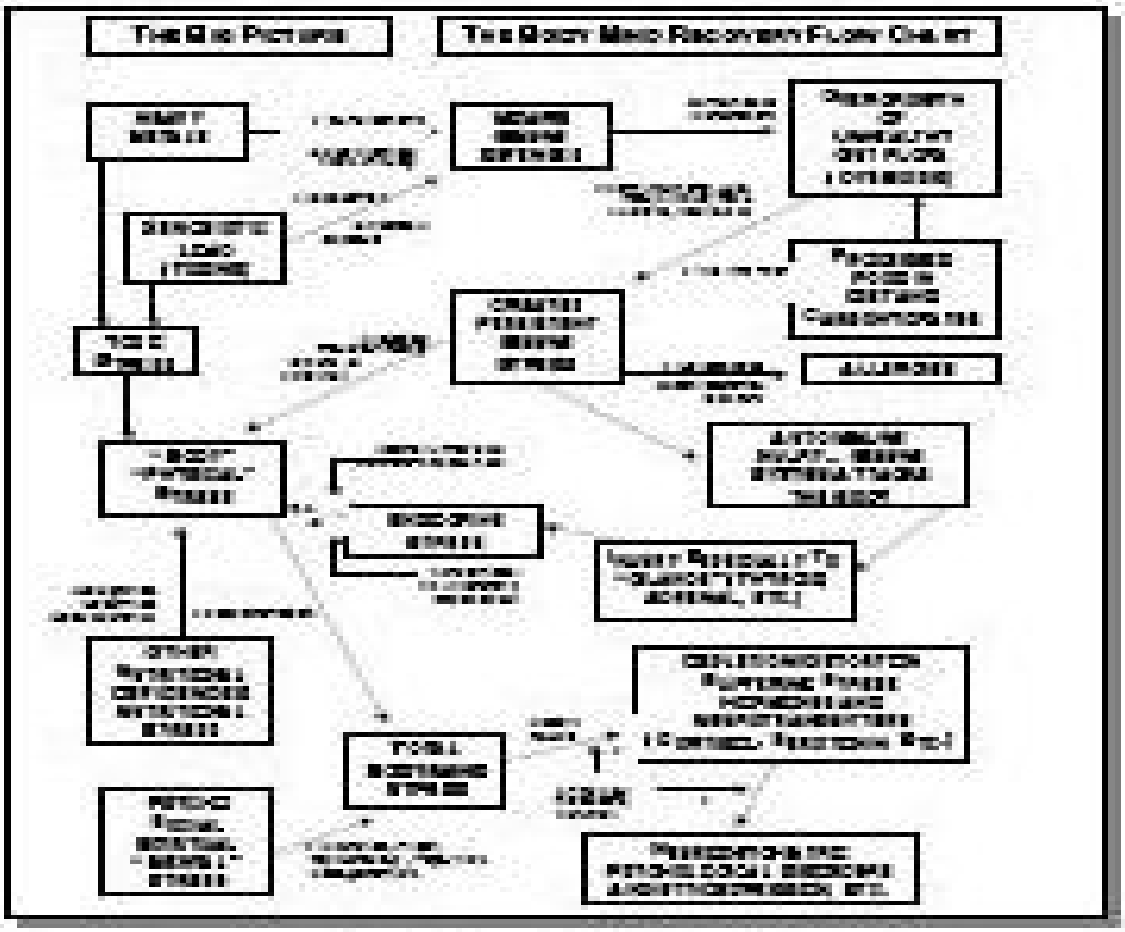

[illegible]

Starting at the top of this figure, note that toxicity [e.g., heavy metals] and injuries are a cascade of physiological imbalances eventually leading to the symptoms of "mental disorders." The nutritional supplements [e.g., heavy metal detox, gut ingredients and nutritional supplements for neurotransmitter support] and possibly other components of twelve steps will [hopefully] then eventually results in a balance of neurotransmitters and brain biology [usually not permanent]. If access to a full panel of functional medicine testing is limited, due to economic constraints or an inability to find a healthcare provider trained to complement psychotherapy [CBT] or biological medicine, as the only basic measurements to keep consistent pursue a way to obtain a basic metabolic panel [usually about $80] and a vitamin test for gut dysbiosis [about $100]. Note the mentioned treatments & psychological options [mostly on the lower left side of the diagram] lessen the impact of gut and environmental toxicity, and conversely, chronic gut and environmental toxicity impede psychological and spiritual progress. [From a communication by Claudia Sanz, M.D., August 2008]