



Adapted from the Institute for Functional Medicine Tree

Our Thoughts Influence our Physical Expression

Purpose & Meaning
Complex Physical Symptoms

Flexibility & Vision
Brain, Eyes & Ears

Communication
Mouth, Neck, Thyroid

Balancing Needs of Self & Others
Heart, Lungs, Breasts

Self & Responsibility
Digestion, Weight, Adrenals

Love & Money
Bladder, Reproduction, Lower Back/Hips

Safety & Security
Bones, Joints, Blood, Immune, Skin



Our Beliefs Influence our Energy

Faith and/or Meaning

Purpose

Choice & Will

Love & Compassion

Self Esteem

Personal Needs & Relationships

Identity & Belonging

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