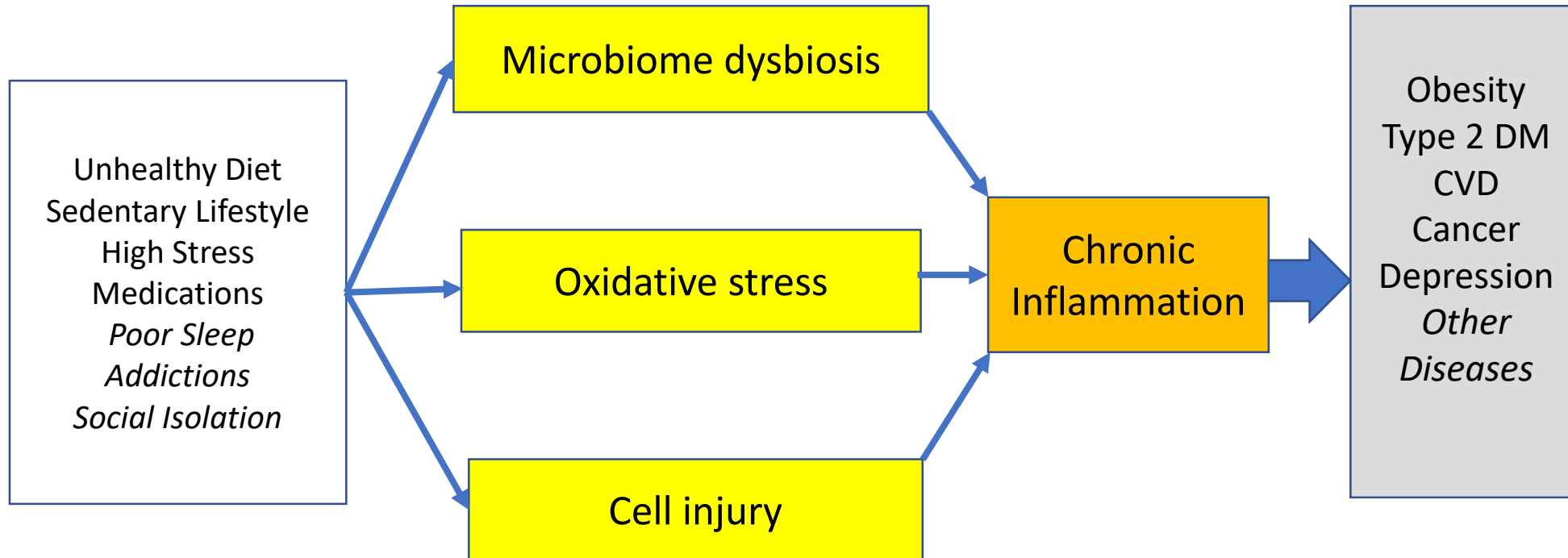


Lifestyle Medicine is the use of a whole food, plant-predominant dietary lifestyle, regular physical activity, restorative sleep, stress management, avoidance of risky substances and positive social connection as a primary therapeutic modality for treatment and reversal of chronic disease.

American College of Lifestyle Medicine

Steps in the Pathogenesis of Inflammation Progressing to Chronic Disease*



*Adapted from Bodai et al. Lifestyle medicine: A brief review of its dramatic impact on health and survival. PermJ 2018;22:17-025 (*Italics added*)

Perspective Intersection to Produce High Value Innovative Research in Lifestyle Medicine Science, Practice & Impact



Analysis Methodology



Biology / Physiology

Nutrition

Physical Activity

Mindfulness/Stress/Resilience

Social Relationships

Addictions

Sleep



**Lifestyle Medicine
Domains**

Perspective Intersection to Produce High Value Innovative Research in Lifestyle Medicine Science, Practice and Impact

**Epigenetics/
Biology/Physiology
Clinical Outcomes**

