

To address the many possible factors that can influence health, we use a Home Run Formula model as a way of generally categorizing areas that may need to be addressed.

1st Base- Emotional/stress

2nd base- Toxic influences

3rd base- Nutritional needs

4th base- Physical/ structure

We know any problem can include multiple factors from any of the other bases, and it is important to address all factors related to one's health to reach our optimum health potential.

'Body-oriented' practitioners may often start with a 4th base (Physical/structure) approach and then check 1st base (Emotional/stress) when a stress-related component is suspected to be a factor. Of course, 2nd base (Toxic factors) can influence how we think and feel, and 3rd base (Nutrition) is clearly an essential piece for balanced mind and body health. For example, it is well known that there is a link between physiological and behavioral interactions related to stress, food intake and emotional state.

Visit <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4843770/> for a paper titled *Stress Exposure, Food Intake, and Emotional State*.