

# What are the Underlying Factors that Affect Health?



At Heart Spring Health, our naturopathic healing practices focus on the [whole person](#) and address the various root causes of disease. The five underlying factors that affect [health](#) include stress, genetics, lifestyle, environment, and nourishment.

## ⇒ Stress

Mild, consistent stress is natural; in modern society moderate to severe stress is common for many people to experience on a regular basis. After decades of chronic stress, our bodies may suffer from extreme exhaustion and overproduction of cortisol, which can lead to hormonal imbalances, muscle pain, anxiety, depression, and even cancer. Learning how to manage stress is an important component to whole-body healing.

## ⇒ Genetics

Our [family history](#) can provide us with information regarding medical conditions and other health problems that may be genetic. Health patterns among family members help doctors determine if a person has an increased risk for certain conditions. Some hereditary disorders include autoimmune diseases, cancer, heart disease and more.

## ⇒ Lifestyle

Lifestyle plays a critical role in a person's physical health and wellbeing. An [unhealthy lifestyle](#) can be the culprit for various health conditions including digestive issues, skeletal problems, hypertension, and obesity as well as metabolic and cardiovascular diseases. Incorporating healthy habits into your lifestyle will allow you to [prevent diseases](#) with the help of naturopathic methods to bring you more vitality.

## ⇒ Environment

[Environmental conditions](#) (including pollution, and air quality, water quality, temperature, humidity levels, and climate change) play a big part in the quality of our health. The World Health Organization estimates that preventable environmental causes contribute to 13 million deaths per year. In the Pacific Northwest, mold and pollen can have a dramatic effect on the quality of our lives by affecting our immune system. There are options, most people do not have to live with conditions such as asthma and allergies, which can be treated with natural medicine. Naturopathic medicine can offer therapies that help to protect, strengthen, and restore our ability to deal with these environmental stressors.

The naturopathic physicians at Heart Spring Health are here to help you find the [underlying cause](#) of an illness and learn how to heal through a better understanding of the 5 primary factors of health. **To find out more, [contact](#) a member of our Portland naturopathy team today.**



**Heart Spring Health**

Serving individuals, their families, and communities with radiant health

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