

## Forms of Attack

Endogenous pathogenic factors

Exogenous pathogenic factors TCM

Exogenous pathogenic factors Biomedical

Stress, Anxiety, Anger, Worry, Fear, Habits, Addictions, Neuroses, Physical Activity, Sexual Activity, Diet & Eating, Sleep, Work, Relationships.

Heat, Cold, Wind, Dryness, Damp, Summer Heat

Weather and Climate Change

Bacteria, Viruses, Prions  
Environmental Toxins & Allergens

## A Defensive System that leads to disease

- **Deficient qi**, especially Antipathogenic Qi = Zheng Qi (incl. Defensive Qi = Wei Qi)
- **Deficient xue**
- **Deficient essence (jing)**
- **Think: Immunity**

- Decreased ability to resist infection and/or invasion.
- Decreased metabolic functionality.
- Inability to adapt to change.
- Inability to accommodate change.

**SUMMARY of DISEASE ORIGINS**