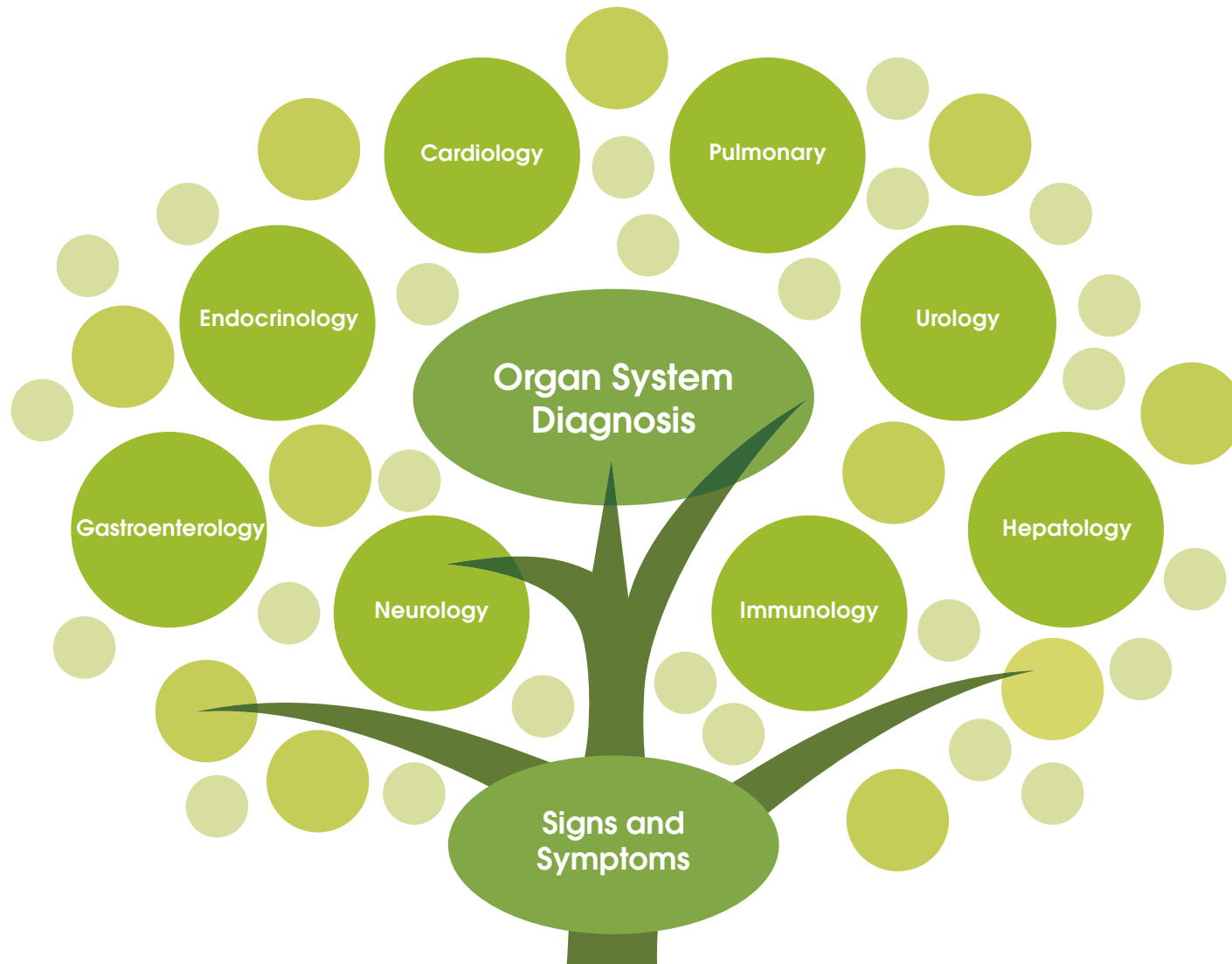
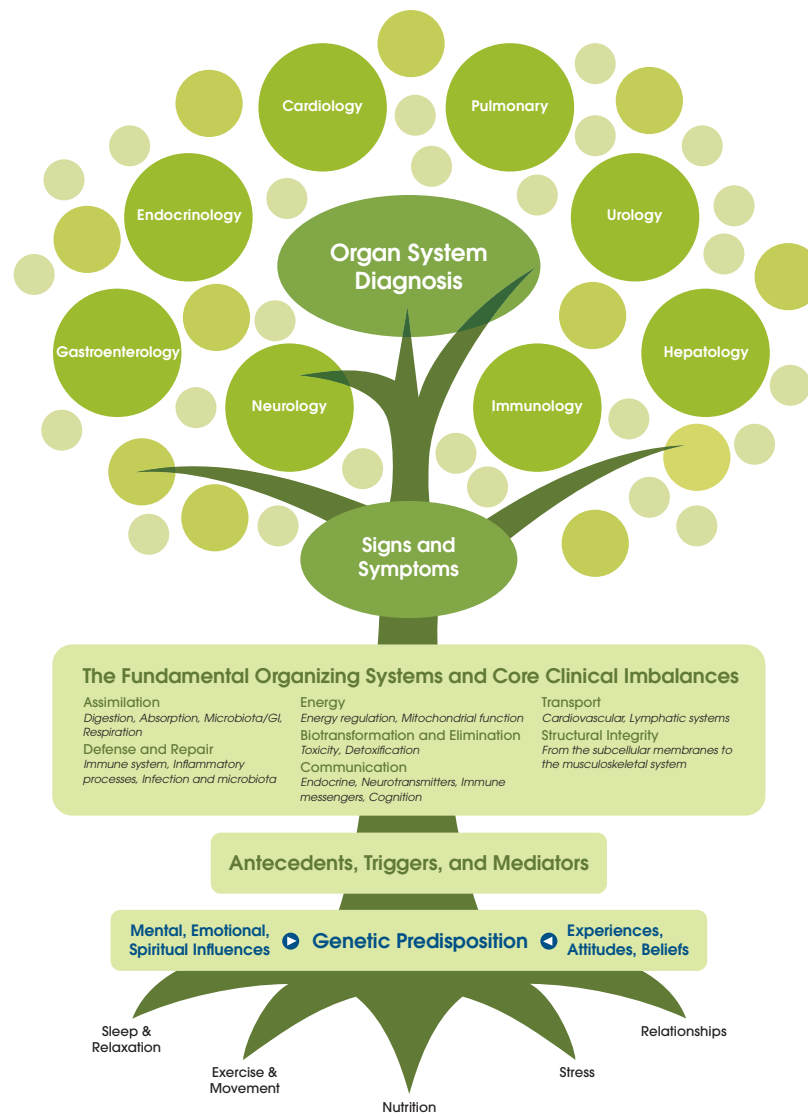




The New Era of WHOLE Medicine: The Healing Path of Integrating Ancient Wisdom in Modern Times

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Integrative & Personalized Medicine
June 20, 2026





The Fundamental Organizing Systems and Core Clinical Imbalances

Assimilation

Digestion, Absorption, Microbiota/GI, Respiration

Defense and Repair

Immune system, Inflammatory processes, Infection and microbiota

Energy

Energy regulation, Mitochondrial function

Biotransformation and Elimination

Toxicity, Detoxification

Communication

Endocrine, Neurotransmitters, Immune messengers, Cognition

Transport

Cardiovascular, Lymphatic systems

Structural Integrity

From the subcellular membranes to the musculoskeletal system

FUNCTIONAL MEDICINE MATRIX

Retelling the Patient's Story

Antecedents
(Predisposing Factors—
Genetic/Environmental)

Triggering Events
(Activators)

Mediators/Perpetuators
(Contributors)

Physiology and Function: Organizing the Patient's Clinical Imbalances



Modifiable Personal Lifestyle Factors

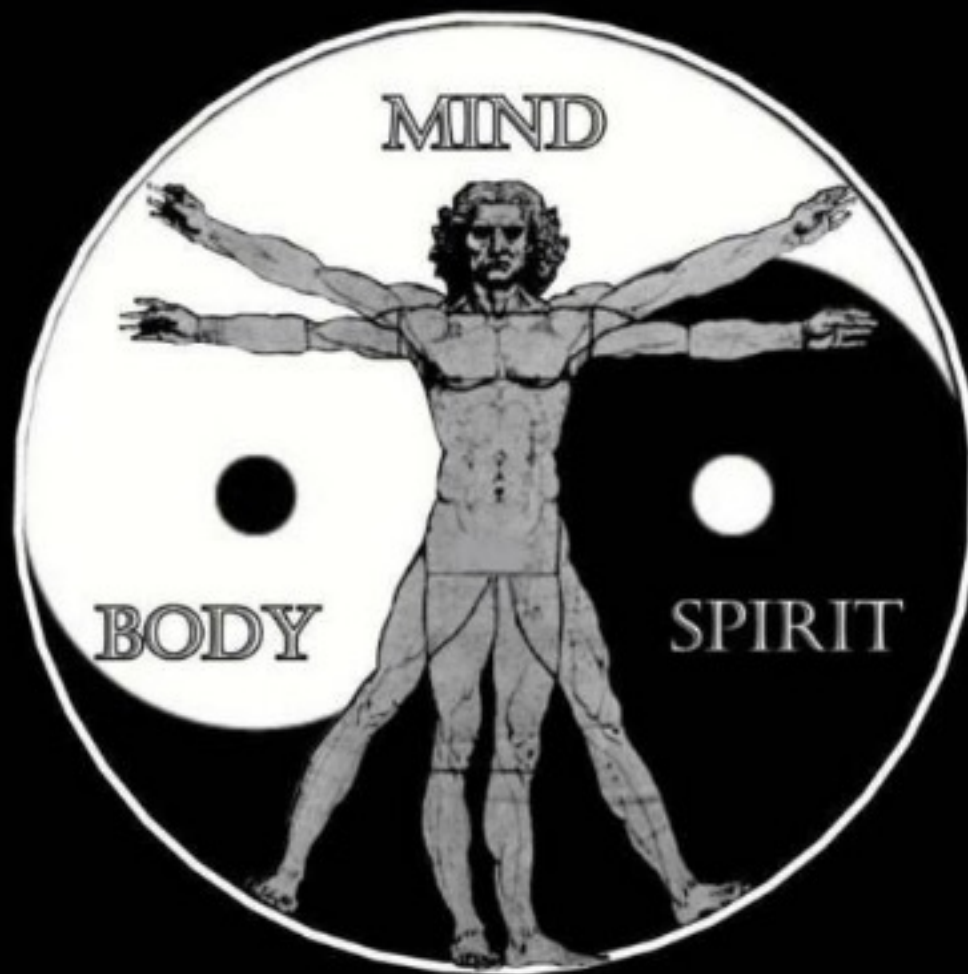
Sleep & Relaxation

Exercise & Movement

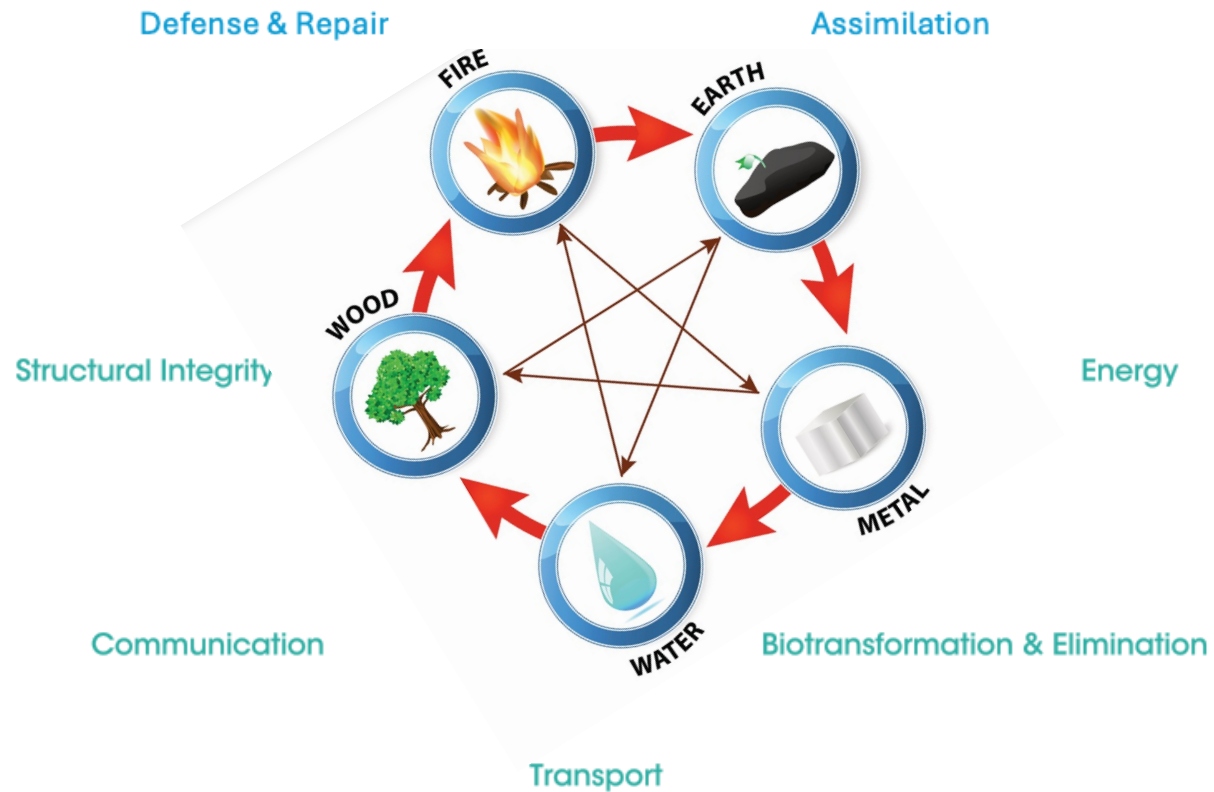
Nutrition

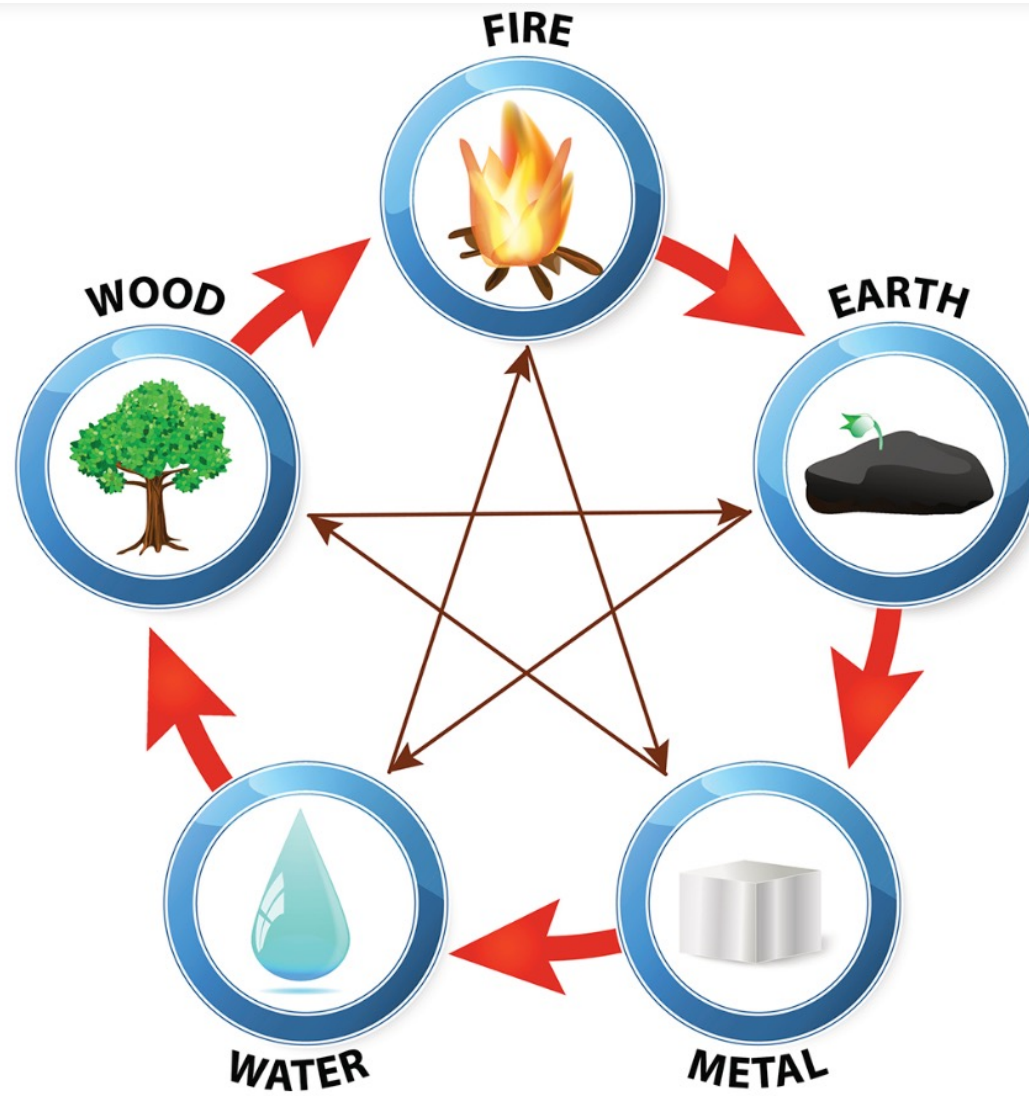
Stress

Relationships



Physiology and Function: Organizing the Patient's Clinical Imbalances





PARADIGMS

The manner in which we understand a problem
is *shaped* by the way in which we
conceptualize the problem!

Three Paradigms of Relating with the Patient

The Complicated Machine

Molecular Biology

Linear Pathways: Simple cause and localized physical effect.

Component Fixation: Repairing or suppressing isolated biological circuits.

Biomarker Control: Direct exogenous regulation of metrics.

Symptom → Pathway → Drug
Symptom → Pathway → Supplement

The Complex Ecosystem

Systemic Terrain

Non-Linear Webs: Multi-directional networks.

Environmental Shifts: Modulating internal cellular conditions to promote adaptation.

Self-Regulation: Supporting immune/digestive feedback loops.

EcoSystem adaptation through
a systems-biology perspective

The Sacred Alliance

Spiritual Connection

Gratitude and Prayer: Reciprocity and exchange are needed for 'right relationship'

Form and Essence: Plant people are living mentors, not chemical agents.

Relationships, not concepts: We are all connected to every divine expression. We need each other to survive.

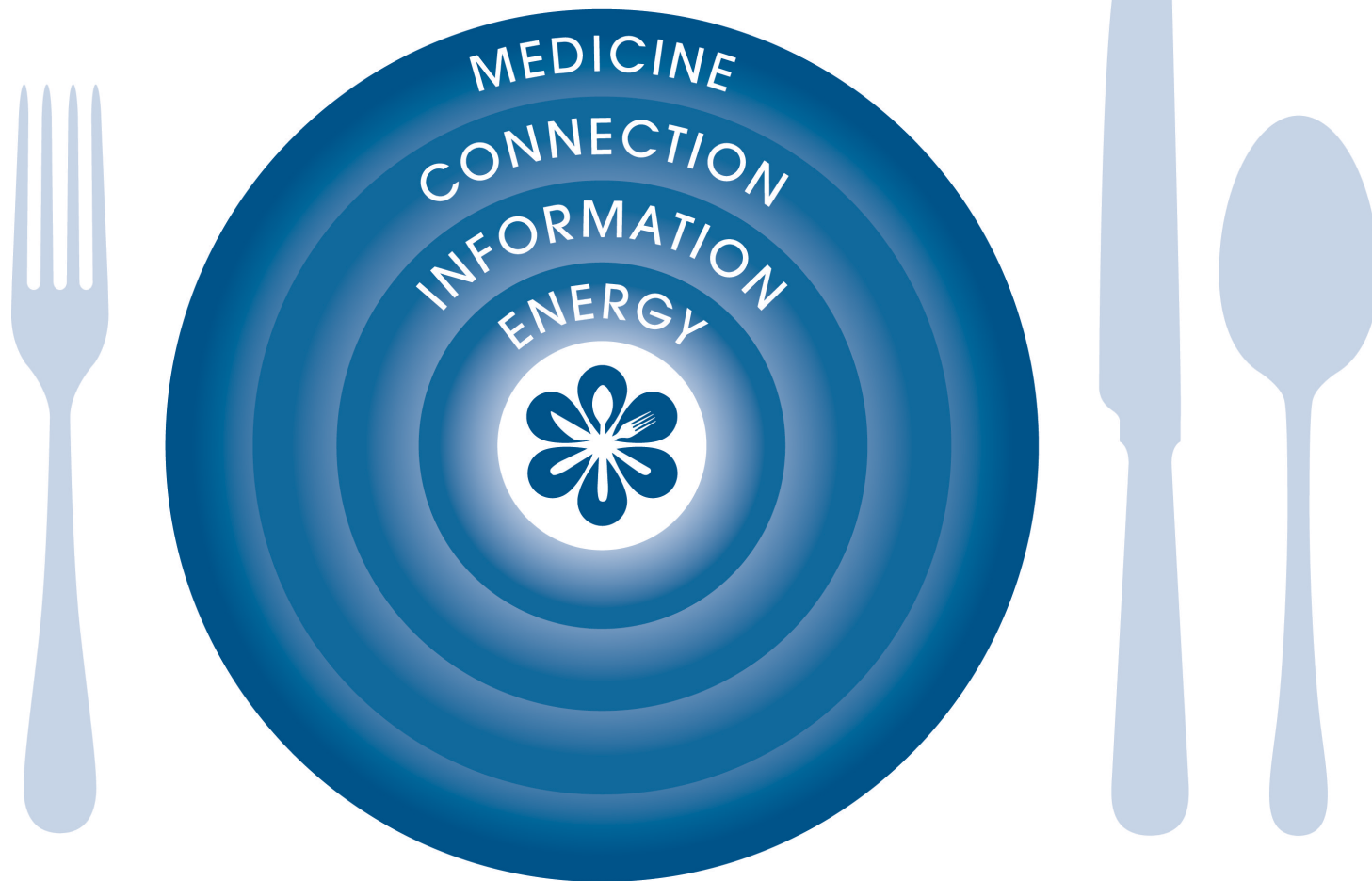
Awareness → Practice →
Embodiment

e.g. Dysbiosis . . . Three Paradigms

Case Study: Severe microbiome disruption, alongside profound stress-induced sympathetic overdrive.

Avenue	Reductionist Medicine	Root-Cause Medicine	Ancient Wisdom Medicine
Intervention	Herbal antimicrobials + adaptogenic extracts + DHEA.	Circadian sync + vagus nerve tuning + nutritional support.	Connecting to Mother Earth (Yurienake). Offering gratitude and asking for help.
Primary Focus	Exogenous chemical signaling to force pathway response.	TerraForming the microbiome ecosystem to foster re-balance.	Rebuilding sacred spiritual connection and coherence.
Intended Outcome	Symptom reduction (temporary)	Resilience: Enduring homeodynamic recovery.	Finding Balance: Focusing on right relationships with life.

Food Is...



Phyto [plant] + Biome [distinct unit] → *PhytoBiome*

InterRelationship between Soil/ Root PhytoBiome and
MicroBiome →→→ SUPER-ORGANISMS

PhytoBiome vs. MicroBiome

- Complex Networks
- Dynamic Inter-Relationship of Elements/ Components
- Essential connection with Host (Earth v. Human)
- Balance and Diversity of organisms is Essential for wholeness/ wellness

CURRENT Food Consumption . . . and RELATIONSHIPS

UltraProcessed Foods →

increased risk of adverse health outcomes

- ~ 60% of daily calories in US adults
- ~ 70% of daily calories in kids and teenagers

Current farming methods →

Depletion of Minerals and
Modification of MacroNutrients

→ increases in:

- ✓ Obesity
- ✓ T2DM
- ✓ CardioMetabolic Syndrome

AGRO-BIO-DIVERSITY

Plants comprise 84% of the total calorie intake world-wide
... and 63% of dietary protein.

- 300,000 plant species – 4% are edible (12,000)
- Farmers see 75% of plant genetic diversity lost over the last 100 years
- 150-200 species are currently used by humans
 - 75% of world's food is generated from 12 plants and 5 animal species
 - 60% of calories (& proteins) are generated by ... corn, wheat and rice

Source: The Food and Agriculture Organization of the United States. 1999.

Changes in the Gut Microbiome . . .

- Hadza hunter-gatherers eat 600 species of plants that vary with the seasons and have 730 different species of microbiota
- Californians eat 22 species and have 277 unique species in their microbiome

**SOIL DIVERSITY → PLANT DIVERSITY →
MICROBIOME DIVERSITY → HEALTH & LONGEVITY!**

Sonnenburg JL et al. Ultra-deep sequencing of Hadza hunter-gatherers recovers vanishing microbes. *Cell* 2023 Jul 6;186(14):3111-3124. e13.

A Bigger Paradigm

"We do not truly heal once we substitute drug for herb, but when we choose to honor our relationship with spirit through prayer and gratitude."

Stop asking: "Which pathway does this chemical (drug, herb, supplement) fix?"

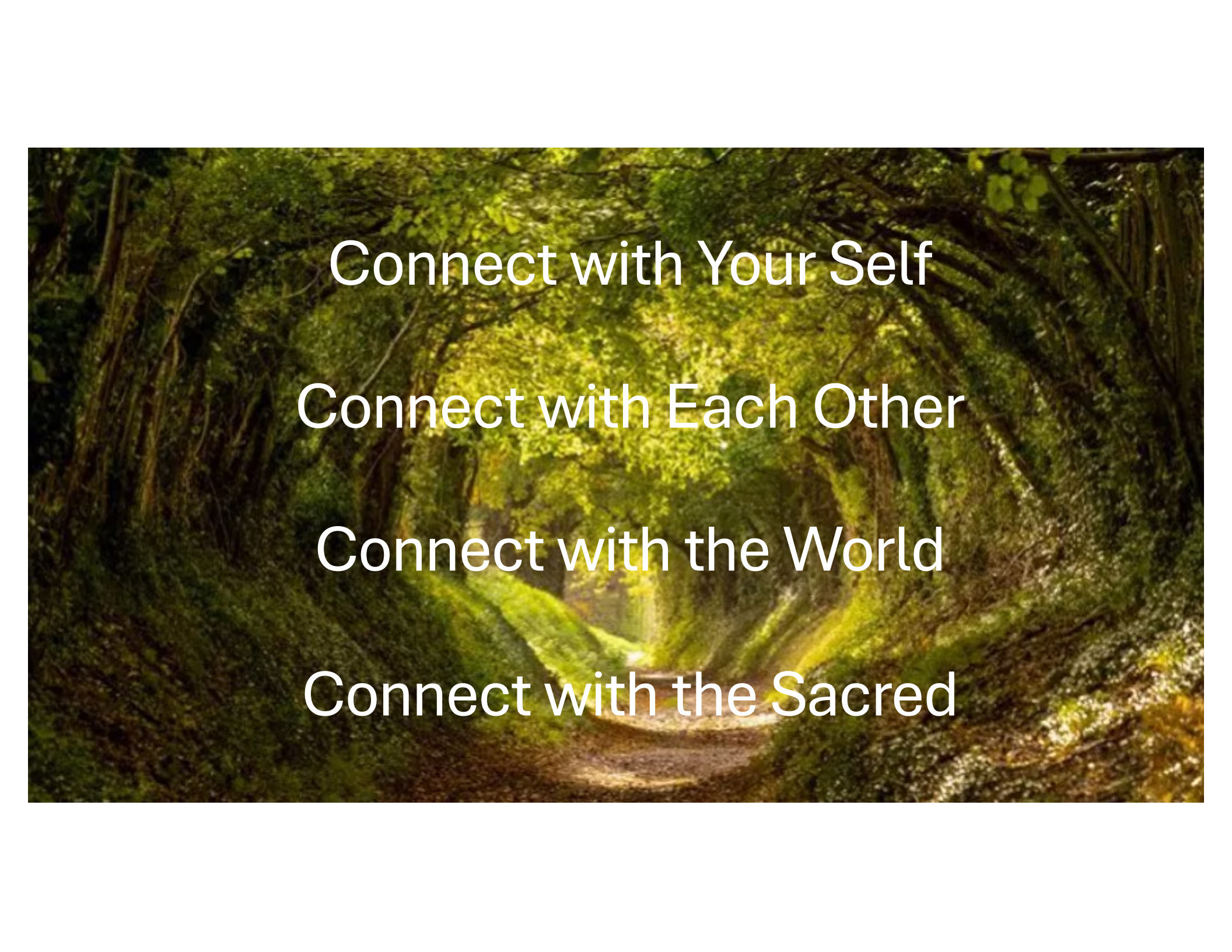
Start asking: "How do I listen to my 'heart voice' and deepen my relationship with life?"



An aerial photograph of a lush green valley. In the foreground, a dirt road winds through a grassy field. The middle ground is filled with dense green forests covering rolling hills. In the background, more distant hills are visible under a sky filled with large, grey clouds.

PLANT SPIRIT MEDICINE

You're always connected...

A photograph of a dirt path winding through a dense forest. Sunlight filters through the green canopy, creating a dappled light effect on the path and surrounding foliage. The path leads towards a brighter area in the distance, possibly a clearing or a body of water. The overall mood is peaceful and serene.

Connect with Your Self

Connect with Each Other

Connect with the World

Connect with the Sacred