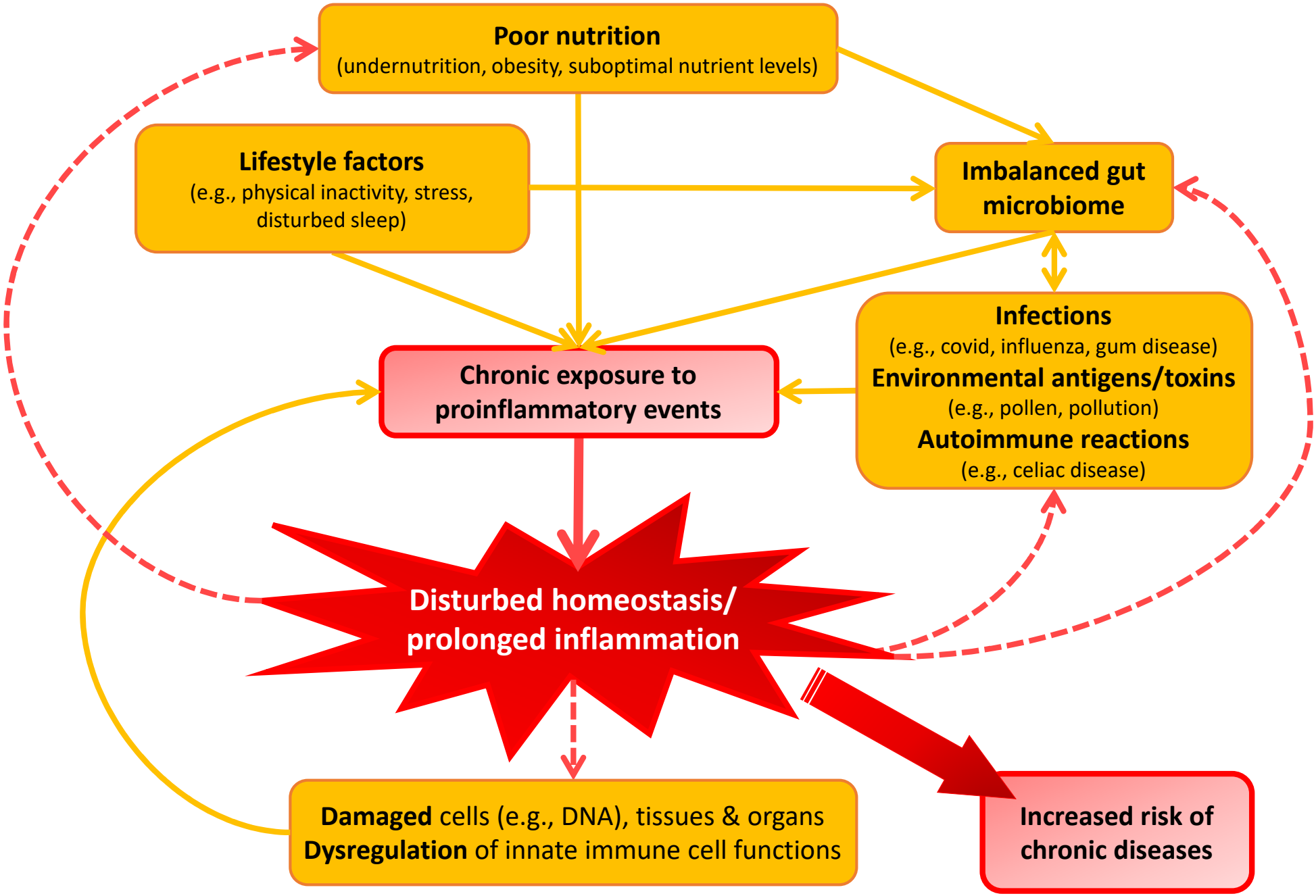
Poor nutrition
(undernutrition, obesity, suboptimal nutrient levels)
Lifestyle factors
(e.g., physical inactivity, stress, disturbed sleep)
Imbalanced gut microbiome
Infections
(e.g., covid, influenza, gum disease)
Environmental antigens/toxins
(e.g., pollen, pollution)
Autoimmune reactions
(e.g., celiac disease)
Chronic exposure to proinflammatory events
Disturbed homeostasis/ prolonged inflammation
Damaged cells (e.g., DNA), tissues & organs
Dysregulation of innate immune cell functions
Increased risk of chronic diseases