functional
nutrition alliance
alliance 🔭

functional nutrition matrix

Name: ______ Date: _____

ANTECEDENTS		SLEEP/RELAXATION	
	IMMUNE AND INFLAMMATORY BALANCE	ENVIRONMENTAL INPUTS	
	GASTROINTESTINAL	OXIDATIVE STRESS, ENERGY PRODUCTION	EXERCISE/MOVEMENT
TRIGGERING EVENTS			NUTRITION/HYDRATION
	STRUCTURAL		
MEDIATORS	INTEGRITY	DETOXIFICATION	STRESS/RESILIENCE
	MIND, SPIRIT, EMOTIONS, COMMUNITY	HORMONES, NEUROTRANSMITTERS	RELATIONSHIPS/NETWORKS
	Adapted from The Institute for Functional Medicine	www.functionalnutritionalliance.com	