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functional nutrition matrix

Name: ______ Date: _____

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