functional
nutrition alliance
alliance 🔭

## functional nutrition matrix

Name: \_\_\_\_\_\_ Date: \_\_\_\_\_

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