

## functional nutrition matrix

Adapted from The Institute for Functional Medicine & Funmc

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

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Healthy Body 🎍 Healthy Voice			
ANTECEDENTS			SLEEP/RELAXATION
	IMMUNE AND INFLAMMATORY BALANCE	ENVIRONMENTAL INPUTS	
	GASTROINTESTINAL	OXIDATIVE STRESS, ENERGY	EXERCISE/MOVEMENT
TRIGGERING EVENTS		PRODUCTION	NUTRITION/HYDRATION
	STRUCTURAL INTEGRITY	DETOXIFICATION	STRESS/RESILIENCE
MEDIATORS			
	MIND, SPIRIT, EMOTIONS, COMMUNITY	HORMONES, NEUROTRANSMITTERS	RELATIONSHIPS/NETWORK