

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
INTEGRITY

DETOXIFICATION

STRESS/RESILIENCE

MEDIATORS

RELATIONSHIPS/NETWORKS

MIND, SPIRIT,
EMOTIONS,
COMMUNITY

HORMONES,
NEUROTRANSMITTERS