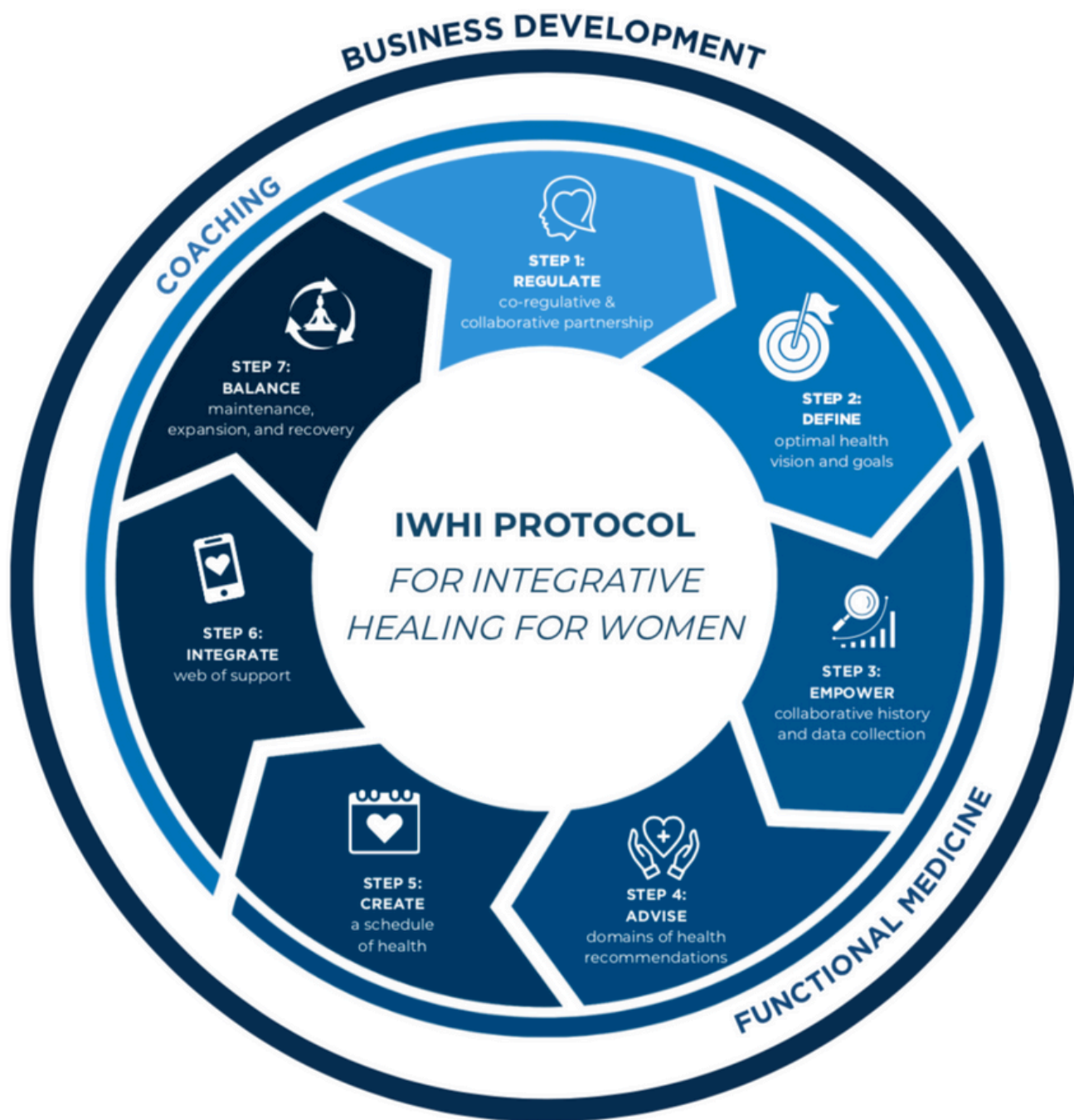




# The Functional Nutrition Blueprint for Women's Health and Wellness Professionals

## WORKBOOK





# Consider A Client or Yourself



List their current struggles:

- fatigue/ energy crashes
- digestive issues
- pain
- weight loss resistance
- exercise intolerance
- low libido/ overwhelm
- etc...

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# Regulate



She's 35 years old and **STRESSED**.

- Infertility
- Work stress
- Relationship stress
- Of course she has headaches and gut issues - constipation, bloating.

First, how regulated are you right now?

Are you using regular practices of nervous system regulation?

Using a functional nutrition approach, we'll consider **WHY** she's living in chronic freeze and/or fight-flight.

- Medical trauma from migraine/ infertility treatment
- Elevated cortisol most of the day. (We'll use a wearable to track stress/ HRV)
- Morning coffee - run to work. Not calming or nourishing.

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# Regulate



Then we consider ALL of the available functional nutrition tools and collaborate with her to develop her unique protocol, for example:

- Morning sunlight, nature walk.
- BREAKFAST and hydration before coffee: high polyphenol, protein, healthy fats.
- Afternoon breathwork
- Supplemental nutrients
- Late afternoon exercise/ recovery
- Circadian rhythm supportive evening routine

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## 2

# Define



- What is your client's definition of health?
- How will she feel?
- What does healthy look like to her?
- When will she know she is healthy?
- What feels easy for her?
- Where would she like to begin?

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# Define



## Her vision and goals:

- Headaches less than 1-2 per month, and well managed
- Digestion feels good.
- Healthy pregnancy, mother and baby within 1 year (willing to use IUI, unsure about IVF)

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# Empower



Based on her **health story**, priority symptoms, vision and goals, start with the **most impactful testing**.

- GUT: GI MAP (dysbiosis)
- NEUROIMMUNE: Urinary OAT (yeast, low serotonin, low mito fxn)
- HORMONES (ENDOCRINE): DUTCH (previous: high cortisol, low progesterone and low-normal estrogen, low testosterone)
- Low vitamin D

**Also and concurrently...**

- HRV, sleep, and stress tracking using a wearable (Garmin vivosmart 4 in this case)

*Health story + data collection is key to your client's understanding of her health challenges and the path to healing.*

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# Advise



- What are her priorities?
- Where does she feel ready to begin?
- What feels easiest to her?
- What is she willing to give up to make these changes?
- What are her motivators?
- How does she like to be held accountable?

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# Create



Start building out her health behavior changes into her schedule.

- What is non-negotiable?
- How will she navigate changes in her schedule?
- What happens when life gets in the way and she skips a day? (What is her RESTORE plan?)

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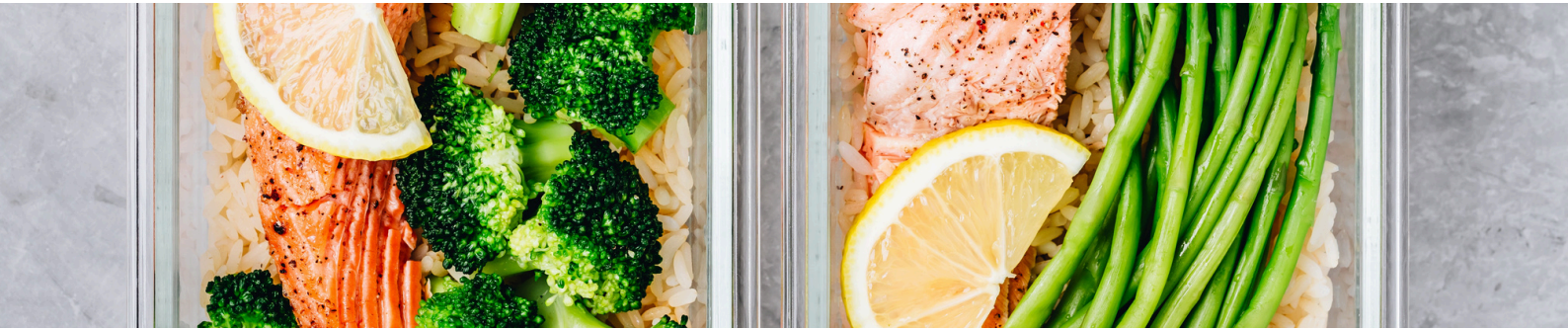
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# Integrate



What support will she need to be sure that she consistently implement the behavior changes that she commits to?

- Meal prep
- Morning walk buddy (neighbor with dog.)
- Husband is on the journey with her to optimize sperm health and to reduce risk of miscarriage, preterm labor, and preeclampsia.

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# Balance



After her first program (3, 6, 12 months?), does she feel ready to maintain these behavior changes?

Has she truly transformed?

*We worked with this client for 6 months, and then 2 months of follow up, then pregnant without ART and new goals...*

- *What will your follow-up plan be?*
- *She may have new goals at this point.*
- *She may want to solidify her gains and then follow up in a few months to re-vision at her new level of health.*

*Make a plan. (This is one key to building a successful practice over time. Repeat clients.)*

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# Notes



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