

# THE BRAINFOOD NUTRITION LADDER

Start Here



Nutrigenomics (Genetic Testing)

Fitness Performance



Mental Sharpness & Focus

Amino Acid & Herbal Mood Support



Testing for Food Allergies (also Glyphosate, Lyme, Mold)

Clean Living (i.e. Glyphosate, Chemicals, EMFs)



Movement (Blood Sugar Regulation)

Low Glycemic Eating (Blood Sugar Regulation)



Lab Testing for Nutrient Deficiencies

Optimize Microbiome / Repair Leaky Gut



Stool Testing for Leaky Gut? GI Pathogens?

Sleep / Recovery / Anti-Inflammation



Consume > 2000 mg Omega-3s daily

Strengthen digestion



Daily Bowel Movements (Type IV Bristol Scale)

Eat a Rainbow 9-13 servings phytonutrients/day



Water: 8 cups/day