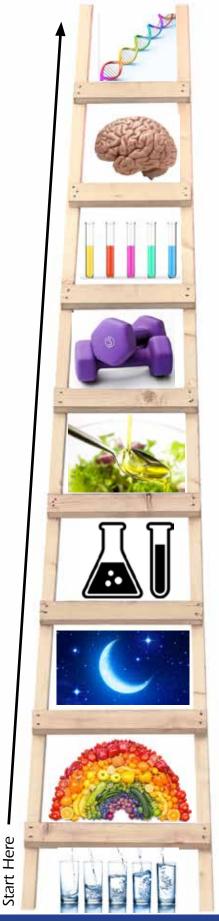
THE BRAINFOOD NUTRITION LADDER



Nutrigenomics (Genetic Testing*)

Fitness Performance

Mental Sharpness & Focus

Amino Acid & Herbal Mood Support

Testing* for Triggers: Food Allergies, Glyphosate, Lyme, Mold

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

Lab Testing* for Nutrient Deficiencies

Support Leaky Gut Symptoms / Modulate Microbiome

Stool Testing* for Leaky Gut? GI Pathogens?

Movement (Blood Sugar Regulation)

Low Glycemic Eating (Blood Sugar Regulation)

Sleep / Recovery / Anti-Inflammation

Digestive Supports: Bitters, ACV, HCI, Bile, Enzymes

Consume ≥ 2000 mg Omega3s (Grassfed meats / Wild Fish)

Daily Bowel Movements (Type IV Bristol Scale)

Eat a Rainbow 9-13 servings phytonutrients/day

Macronutrient Balance Protein: Carbs: Fats

Track food intake with Cronometer

Water: half your weight (lb) in ounces daily

NUTRITION LADDER CREATED BY ANGELA TAYLOR, MS, CNS, LDN ©2018-202