

# THE BRAINFOOD NUTRITION LADDER

Start Here



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, HCl, Bile, Enzymes

Consume  $\geq 2000$  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