

ANTECEDENTS

Nutrient density - how many nutrients are in a food; Quantity or Variety

Look back to ancestral eating habits

TRIGGERING EVENTS

Digestive health (compromises abilities to take-in nutrients)

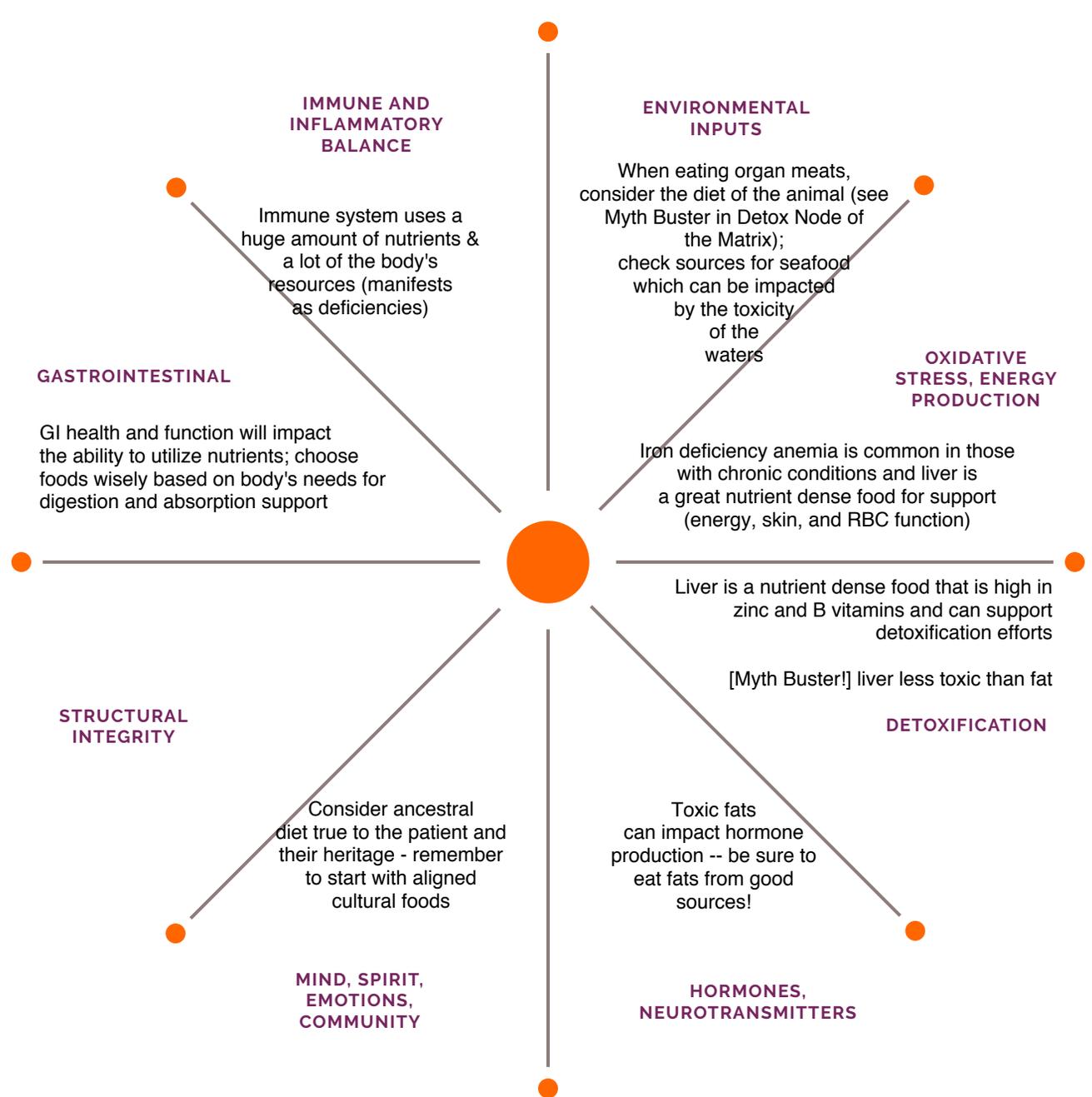
Autoimmune (compromises abilities to take-in nutrients)

MEDIATORS

Autoimmune issues often manifest as the symptoms of nutrient deficiency as the misaligned system is "hungry" for balance

+ Focus on high quality foods
+ Choose animals that have been pastured raised, no hormones, antibiotics

Organ meats are very affordable (even the highest quality meats!)



SLEEP/RELAXATION

EXERCISE/MOVEMENT

NUTRITION/HYDRATION

Top nutrient dense foods:
#1 - liver
#2 - seafood
#3 - bright, vibrant colored fruits and vegetables
+ Consider bone broth, organ meats, sardines, oysters

STRESS/RESILIENCE

When you make a choice to eat a low nutrient dense food or diet, you are lowering your opportunity to choose a high nutrient dense food and receive those benefits

RELATIONSHIPS/NETWORKS