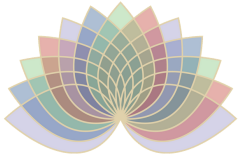


philadelphia functional nutrition

INTRODUCTION TO FUNCTIONAL WELLNESS
FUNDAMENTALS

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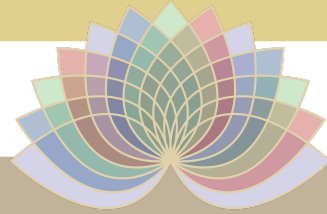
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Task: Write down your goals and take note of what influences your health the most.

Tip: Keep tabs on how prepared you are for making changes in your diet and lifestyle habits. Write a list of at least 3 daily personal or health goals you want to work on and where you struggle with them.

1.) Do you stress about your health? If you feel like your health is out of your control, it is important to make the effort to make the necessary changes and adopt a compassionate mindset. This means taking notes when you work with healthcare practitioners while you are consulting with them and during your regular habits.

2.) Functional nutrition focuses on a harmony of optimal body processes through mindset, lifestyle and dietary management.

3.) Pick one of the following areas of diet:

water, fiber, vegetables or sugar and make a goal to take notes on how it influences you during the day.

Goals:

A large, light brown rectangular area intended for writing goals, featuring three white circular markers on the left side to indicate bullet points.

NEW CLIENT QUESTIONS

DATE

WRITE TOP 3 QUESTIONS TO ASK IN YOUR CONSULTATION:

PLEASE HAVE YOUR RESPONSES READY BEFORE YOUR SESSION. THE NEXT TWO PAGES ARE THE ONLY PART OF THE CHALLENGE THAT IS RECOMMENDED FOR YOU TO COMPLETE BEFORE YOUR FREE 20 MINUTE CONSULTATION.

IMPORTANT
HEALTH HISTORY INFO:

WRITE YOUR TOP THREE GOALS
IN WORKING TOGETHER:

FUNCTIONAL MEDICINE TIMELINE

Mediators/Perpetuators

Triggers or Triggering Events

Birth

Current Concerns

Signs, Symptoms or Diseases Reported

Antecedents

Preconception

Prenatal

Name: _____

Date: _____

CC: _____

OTHER TOPICS YOU CAN LEARN ABOUT

If you want access to more information about functional nutrition wellness fundamentals, follow these steps:

1. Join the Newsletter:

<https://mailchi.mp/OeOa1a177ad6/newsletter>

2. Download the Philly Functional Fundamentals 5 day challenge.

3. Join the Monthly Membership (coming soon!)

Some challenges and information you can access right now while membership details are in development:

Food Prep/ Mindful Eating

Pantry Staples

Working with Spices



**TO GET INSTANT ACCESS TO THESE
TOPICS, GO TO:**

www.phillyfunctional.com/fundamentals