#### THE FUNCTIONAL PERSPECTIVE

### **QUICK STRATEGY GUIDE**

## **OPPORTUNITIES FOR REGAINING HEALTH**

NOTES

Quality of Sleep	
Quantity of Sleep	
Quality of Food	
Quantity of Food	
Activity Balanced	
"Self" time	
Toxic Exposures	
Chemicals?	
Molds?	
Pathogens?	
Relationships/Emotional?	
Laughter	
Permission to make mistakes?	
Put together a timeline	
Compile history and symptoms	
Identify patterns	

### THE FUNCTIONAL PERSPECTIVE

## **QUICK STRATEGY GUIDE**

# **OPPORTUNITIES FOR REGAINING HEALTH**

SLEEP STRATEGY	FOOD STRATEGY	
ACTIVITY STRATEGY	TOXIN STRATEGY	
STRESS STRATEGY		