



## BODY SYSTEMS SYMPTOM TRACKER



**INE** INSTITUTE OF  
NUTRITIONAL  
ENDOCRINOLOGY

CHANGING LIVES WITH  
ROOT CAUSE HEALTH CARE

# Nutritional Endocrinology Blueprint for Getting to the Root Cause

## Step 1: Connection, Visions, and Story

Use the “Mastering the Nutritionally Oriented Client History” guidelines to make sure nothing is missed as you ask your client the questions that guide you to getting to the root cause. Be fluid; follow the breadcrumbs. Fill in the “Health Story: Past, Present, and Future” chart. Be sure to spend sufficient time exploring their values, visions, and goals, so you can refer back to them as you guide the client to commit emotionally to the journey. For each of the key lifestyle areas, ask them what are their best habits and what are their worst habits.

## Step 2: Time Line Creation

Use the “Symptoms and Conditions Timeline” chart to create a detailed time progression story for your client’s key symptoms and diagnosed conditions. Add status updates to this every time you meet with your client, using the “date/update” columns. Mapping out the origin and history leading up to the evolution of the symptoms and conditions allows you to have a clear picture of potential underlying causes, predisposing factors, palliative and provocative events, environments, and current behaviors and exposures that are preventing resolution.

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## Step 3: Body Systems Mapping

Use the “Body Systems Symptom Tracker” chart to map symptoms and conditions of the involved body systems. For each presenting complaint and for each symptom uncovered during the consultation, ask yourself which body system or organ can this symptom be related to. Write the symptom in the box for that system. Symptoms can have an origin in several systems, so be sure to think through all possibilities. A deep knowledge and understanding about physiology, biochemistry, nutrition, and endocrinology is important in doing a thorough mapping.

## Step 4: Nutrient Deficiency and Foundational Diet and Lifestyle Enhancements

Prioritize the lifestyle habits that need attention, based on the key stressed organ and gland systems and your evaluation of stressors in each lifestyle area. Provide nuggets of education and empowering tools that help them develop a skill set that enhances health. Offer recipes, exercises, videos, checklists, and tools that help them overcome resistance and get into action. Guide them through a gentle food- and lifestyle-based cleanse. Address any obvious nutrient deficiencies and toxic exposures right from the start.

## Step 5: Rebalance and Repair

If there are any indications of digestive imbalance, guide your client through a digestive repair and rebalance program first. Then proceed up through the functional hierarchy and address each system that’s showing signs of imbalance. If there are acute symptoms, use natural therapies to manage them, while you are working on the root cause imbalances.

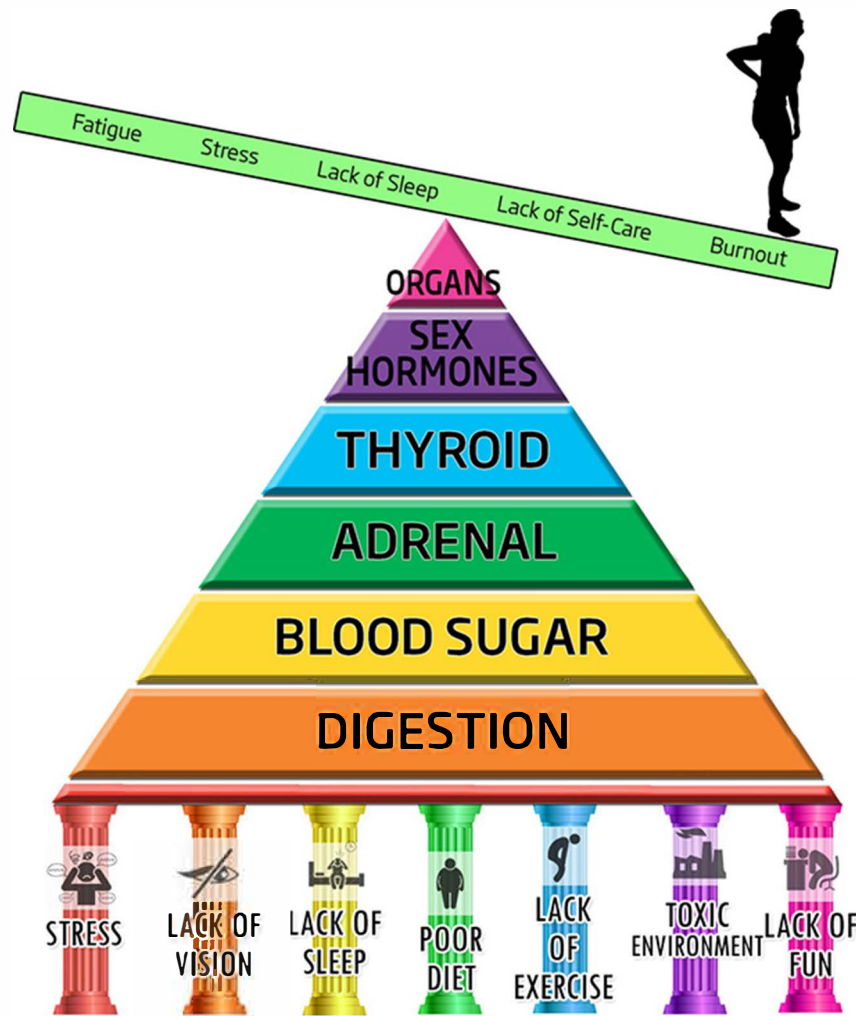
## Step 6: Use Functional Testing to Optimize a Plan

As needed, to identify biochemical imbalances, order and analyze the functional assessment indicated by the history, including blood chemistry with analysis from a functional perspective. Use the results to tailor nutritional protocols and lifestyle interventions.

## Step 7: Reassess Regularly

Use questionnaires, labs, and observations to reassess at regular intervals, at least every 3 months. Adjust protocols as indicated. Remember - healing is like peeling an onion. There are many layers; as you remove one, the layer beneath that was obscured becomes apparent. It’s possible for someone to appear to get worse before they get better. It’s possible for new symptoms to pop up as you’re healing others. Be prepared to explain this to your client and to be able to differentiate between a temporary healing crisis and a true bad reaction to a part of the plan.

# OUT OF BALANCE



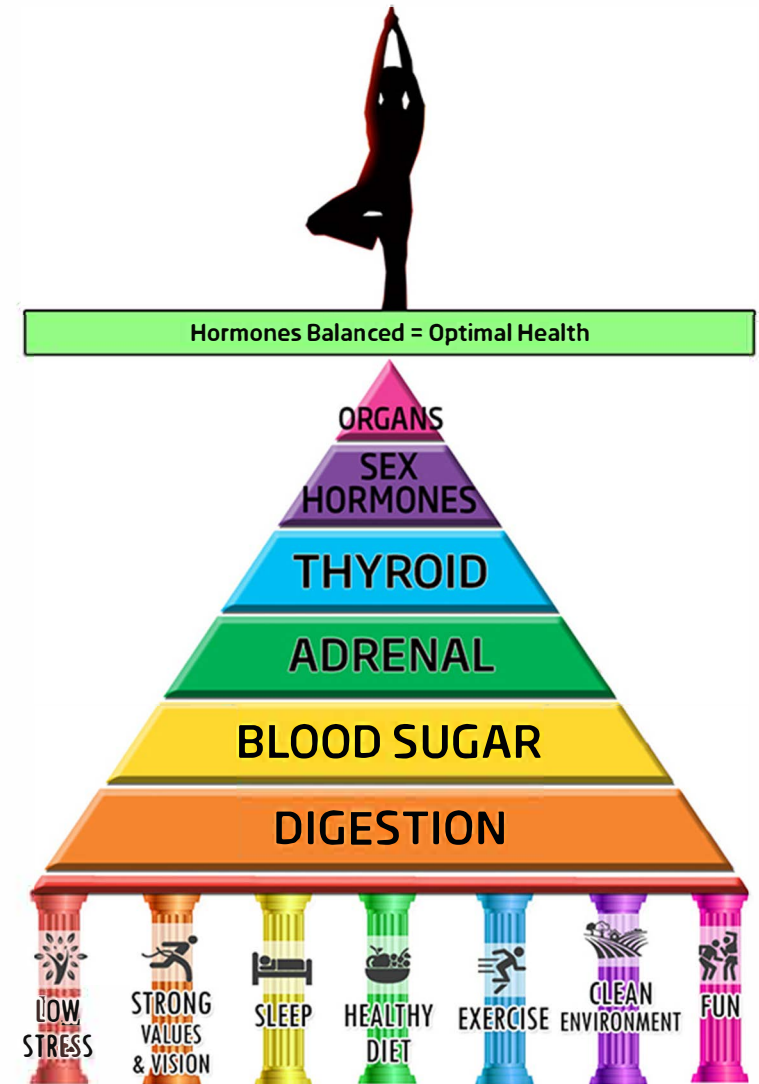
**CHRONIC SYMPTOMS**

**ROOT CAUSE**

**SYMPTOMS ARE  
AFFECTED BY THE  
SELF-CARE PILLARS**

**SELF CARE PILLARS**

# BALANCED YOU



DIGESTION

BLOOD SUGAR

ADRENAL

THYROID

SEX HORMONES

DETOXIFICATION

STRUCTURAL

BODY SYSTEMS  
SYMPTOM TRACKER



**GETTING TO THE ROOT:**  
Where the Symptoms  
Meet Systems

URINARY

RESPIRATORY

CARDIOVASCULAR

IMMUNE &  
INFLAMMATORY

NEUROTRANSMITTER