



Case Study Worksheet

How a Functional Nutrition Professional Thinks Through a Case

As you watch the case study walk-through, use this worksheet to follow the clues, organize your thinking, and begin seeing symptoms through a more connected, functional lens.

1. Meet Maya

Maya is 38 years old. She works full-time, has two kids, and feels exhausted.

Her symptoms include:

- Brain fog
- Afternoon energy crashes
- Bloating after meals
- Trouble sleeping
- Anxiety
- Sugar cravings
- Constipation alternating with loose stools
- Coffee throughout the day just to function

Reflection:

When you first see this list, what symptom stands out to you most?

What would you naturally want to focus on first?



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2. Shift the Question

A common approach asks:

What supplement or protocol fits these symptoms?

A Functional Nutrition Professional asks:

What kind of internal environment could create these symptoms at the same time?

Reflection:

How does that second question change the way you think about Maya's case?



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3. Start Connecting the Clues

In the video, Maya's symptoms are explored as possible connected patterns rather than separate problems.

For example:

- Blood sugar instability may contribute to energy crashes and sugar cravings.
- Chronic stress may affect digestion and sleep.
- Poor digestion may reduce nutrient absorption.
- Low nutrient availability may affect energy production.
- More caffeine may place additional stress on the nervous system.

Reflection:

Choose 2–3 of Maya's symptoms and draw a possible connection between them.

Symptom 1:

Symptom 2:

Possible connection:

Symptom 3:

Possible connection:



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4. Back It Up

Functional Nutrition Professionals learn to look upstream.

Instead of only asking what is happening downstream, they ask what patterns may be driving the symptoms.

Reflection:

What are 3 possible upstream patterns that could be worth exploring in Maya's story?



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5. Think in Foundations First

Inside the Functional Nutrition Professional Certification, students learn to organize their thinking through the 3 Tiers of Nutrition Mastery.

The first question is not:

What should we add?

The first question is:

What obstacles need to be removed?

Foundational questions to consider:

- Is sleep sufficient?
- Is digestion working well?
- Is blood sugar stable?
- Are daily habits supporting health?
- Is stress affecting the body's ability to function?

Reflection:

Which foundational area feels most important to explore first in Maya's case?

Why?



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6. Pattern Recognition Practice

Functional nutrition is not about memorizing protocols. It is about learning how to recognize patterns.

Reflection:

What pattern do you notice in Maya's case?

What does this case help you understand about the Functional Nutrition Professional approach?

7. Your Takeaway

After watching this sneak peek, complete this sentence:

A Functional Nutrition Professional does not just look at symptoms. A Functional Nutrition Professional learns to...

Final Reflection

What part of this way of thinking feels most exciting or meaningful to you?