

FOOD MOOD POOP CHALLENGE

track your way to better health

BY FUNCTIONAL NUTRITIONIST ANDREA NAKAYAMA

welcome



I'm Andrea Nakayama and I created this ebook as part of my mission to put you, the patient, back in the driver's seat of your own health. The pioneers in medicine realize that the era of the one-size-fits-all remedy is over, and that we need to move into a system of individualized care. I couldn't agree more!

This ebook outlines a simple yet incredibly effective tool that, when implemented, will begin to put the power back in your hands. You will learn things about yourself, your body, your symptoms, and how to steer your health back to where you want it.

I created this tool because I found that stepping back and capturing details throughout the day, for a number of days, allows us to shift the lens and enables a different level of insight. It's like

the difference between a photograph and a mental 'snapshot' of the same scene. A camera will pick up details that your mental snapshot will have missed, because the camera lens is neutral, unbiased, and makes no judgments about which details are important and which are not. In this same way, the Food Mood Poop Tracker will pick up details that your normal awareness will not. And you'll be amazed at how these details can help you connect the dots that will allow you to feel better fast.

Thank you for joining me on this journey, and this Food Mood Poop Challenge! I'll be right there with you as you move through the program. I'll be checking in with you via email for the next few weeks, giving you extra tips and letting you know how the challenge is going for ME too. So keep an eye on your inbox!

Warmly,

Andrea

who am I?



I'm Andrea Nakayama, a functional nutritionist and owner and founder of Functional Nutrition Alliance and Functional Nutrition Lab. I'm based in Portland, Oregon, where I live with my son, Gilbert, and our two Siamese cats.

Much like many of the people who I've had the privilege to work with and teach, my passion about food and nutrition was born from a personal family health crisis. In April of 2000, my husband, Isamu, was diagnosed with a very aggressive brain tumor when I was just seven weeks pregnant. The prognosis for his cancer was quite grave; he was given approximately six months to live. I've written about this often in my weekly newsletters, which chronicle the myriad ways in which that experience transformed my life then and continues to do so

now – ultimately enabling me to occupy a place of empathy and compassion with our chronically ill clients and their families.

After being met with such a diagnosis we kicked into high gear, looking for everything and anything we could do to support Isamu's health and survival. While he sat in the library at the teaching hospital researching the latest medical trials, I explored the supportive aspects of integrative treatments like acupuncture, massage, exercise and food and nutrition. This last one was somewhat of a no-brainer for me as I was already a real foodie. We were living in San Francisco at the time, buying local and organic produce and meats, savoring the good flavors of life.

I also needed my own medicine during that time of crisis. I needed it to support my body and that of my growing baby. To me, food was obviously the answer. It gave me something I could do every day, several times a day, to nurture all three of us. It was during that time that the seeds were planted for what I now call "the art of the functional practice," understanding how to best work with both the physiology and psychology of each individual to lead to the ultimate possibilities for a health and healing transformation.

Isamu died in July of 2002, over two years after his diagnosis. Our journey through his illness fuels my desire to find the answers when nobody else has. At this point in time, nearly half of all Americans live with a chronic health disease, including an increasing rate of autoimmune conditions, like Crohn's, MS and Hashimoto's – a condition I have myself. This population is grossly underserved and our current medical model has left these people behind, bouncing from doctor to doctor, never getting the help they need. Thankfully, functional and personal lifestyle medicine is disrupting the conventional norms.

As a functional nutritionist, I've now taken the idea of food as personalized medicine from a local clinical practice to guiding thousands of clients worldwide through online programs. As described in my TED-X talk on “the key and lock approach,” I aim to embody the functional approach to health in my ardent belief that one size does not fit all. To extend the reach of my philosophies and understanding of human physiology and anatomy, I've designed Functional Nutrition Lab, an educational curriculum for practitioners who're seeking the tools and depth of knowledge necessary to effect substantial changes in their own clients' lives.

I remain driven towards my main mission of applying “the key and lock approach” to change the way we do healthcare, bringing each person the opportunity to take their health into their own hands, gaining more ownership over their everyday choices in relation to their signs, symptoms and ultimate health.

In this Food Mood Poop Challenge (I'll be challenging you to use this tracker with me for the next few weeks!) we'll be using one of my top diagnostic tools. Yes, tracking your poop is part of my favorite tracking tool! Don't worry, we don't get to that until week two.

This tool is here for you to take back your power, and find your own way to better health. So many answers are available to you if you just know where to look. So let's get looking!

Are you ready for a challenge?

No, this won't be *challenging* to adhere to or to execute.

I promise!

I'm going to make it easy for you to use one of the **top tools** for helping you **feel better faster**, without paying any money for your efforts , or left wondering if the next dietary fad or theory is the one that's going to *finally* do the trick for you.

Together, over the next three weeks, I invite you to join me in a **Food Mood Poop Tracking Challenge**.

Hold on! Don't run away. Let me explain more.

In our clinical practice at Functional Nutrition Alliance we see hundreds of people who just aren't getting better.

Like you, they may have niggling complaints that just don't seem to resolve - from belly fat to fatigue to nighttime waking - or they have bigger issues and confirmed diagnoses and, as a result, have felt like they have to hand themselves over to a system with some apprehension, skepticism and even fear, especially when the "fix-it" mechanisms don't seem to fix it at all.

Ironically, one thing that all of these clients have in common is that they're each unique.

One diagnosis of Crohn's is not the same as another.

Breast cancer can develop for different reasons.

Your Hashimoto's manifests with signs and symptoms that are distinct from mine.

Yeah, yeah, we mostly have the same organs in there.

But the form and function (what they look like and how well they work) of those organs is shaped by your genetics and your lifestyle and I can guarantee you that no two look exactly the same.

Given those differences, can there be a one-size-fits-all protocol?

Is there THE “healthy diet” for all?

I’m afraid not.

And that’s what brings me to our challenge.

We can get so caught up in tests and trials that we forget we have some of the best diagnostic tools **right at our fingertips!**

the FOOD you eat

your elimination patterns (yes, I’m talking POOP)

the noticeable signs & symptoms you feel throughout the day
(we’ll call this “MOOD”)

They’re telling on their own...

and have the power to take you from moving through your day like a zombie, subject to your habits and patterned behaviors, to a more heightened state of awareness.

But I’m getting ahead of myself.

For now, take the plunge.

Come play.

It’s easy! (And fun.)

This is an opportunity to engage with *yourself*.

So let’s get tracking!

Week 1: Food

We're going to start with **just one column** for 5 days.

No judgment.

No assessments.

Just tracking.

Get ready. Don't be scared.

I'm going to show you how fun and *revealing* this can be!



The image shows a 'Food Tracker' form. At the top right are three logos: a red and blue stylized flower, the text 'HCI/FxNA', and an orange and red molecular or network diagram. Below the logos is a title 'Food Tracker' in a pink font. The form has fields for 'NAME' and 'DATE'. The main tracking area is a large teal rectangle with the word 'FOOD' in white. To the left of this area, vertical time markers are listed: 'morning', 'mid-morning', 'lunch', 'mid-afternoon', 'dinner', and 'late evening'. At the bottom of the teal area, there is a row of small green circles. Below this row, the text '8 oz of water:' is followed by a series of green circles. At the very bottom, there is a line of text: 'bedtime previous night: wake time: # times I woke up through the night:'

Why Track?

Let's face it, tracking what we eat isn't always fun, right?

Many of us (myself included), have negative associations with logging food for calories or self-discipline; years spent restricting and judging or evaluating each morsel ingested.

This challenge is about so much more.

In particular it's about **taking back one of the best tools** for making associations between how we feel and what we do – the sweet spot where you actually have more impact over your signs and symptoms than you might realize.

In order to take back the tracking, we're moving into this sloooooowly.

Right now, it's just about writing down what you eat and what time you ate it.

You can do that when it happens (keeping the journal in your kitchen), or think it through at the end of the night. Either way works.

I'm thinking of this first week of our three week challenge as a laundry bin . . . just throw the items in there and walk away.

Seriously! Walk away.

No judgment. No evaluations. Not even any associations. Not yet!

Just type right on the PDF that starts on page 10, or print it out if you prefer pen and paper. What have you eaten so far today? Write it down, and let it go!

THIS WEEK'S TRACKING OBJECTIVES AT A GLANCE . . .

- This week we are just working on the FOOD column. *Don't run away with this. We're going slow for a reason and I'll be giving you instructions (and encouragement!) via email, so keep an eye on your inbox!*
- We're in the "gather" stage so that we can connect the dots. *Is tracking hard for you? Write that down – it's good data!*
- No quantity, no grams, no measurements needed. *Just the pure basics . . . what you ate and when you ate it.*

That's it!

Go ahead and get tracking. [Click here for a quick video](#) with more details about FOOD tracking. In the video, you'll hear me say, "share your comments below." Meet me over on [Facebook](#) to let me know how you're doing with your tracking . . . I really do want to hear from you!

Food Tracker

NAME DATE

FOOD	
morning	
mid-morning	
lunch	
mid-afternoon	
dinner	
late evening	

8 oz of water:

bedtime previous night: wake time: # times I woke up through the night:

Food Tracker

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LET'S LOOK AT WHAT YOU'VE GATHERED!

Now that you've tracked your food for a week, it's time to gather a bit of data...

- First, get out some colored markers or pencils in the following colors-red, orange, yellow, green, blue, and purple.
- Next, go through your first week of tracking and circle the meals in green that include Fat/Fiber/Protein all in one meal.
- Lastly, go through each day and use your colored markers to make a dot at the bottom of each column to note if you ate that color that day. Yes, even *purple*!

Just make those marks and let it go! We'll connect the dots later.

Week 2: The real scoop on poop

Week 1 of our Food Mood Poop Challenge was all about collecting data.

Data about ourselves!

I love data. It's a beautiful thing. And so darn revealing.

One thing I often notice when I do the Food Mood Poop Challenge (yes, I do it often!) is that I'm not always eating what I *think* I'm eating. I have an idea of how my days go, and it's not until I track my meals (and my mood and poop!) that I realize how different my habits are from my perceptions of them.

Are you noticing that too?

That's one of the gems in our Food Mood Poop Challenge— it allows you to slow down, pay attention, and most importantly connect the dots, which helps you to determine which patterns are serving you and which might be getting in the way of feeling your best.

This challenge helps you gather data from one end to the other.

The first week we focused on food. We circled the meals that included fat, fiber and protein. And we pulled out our colored markers and highlighted our food journals noting the rainbow of foods we ate, capturing which color foods we might be missing in our daily diet.

The biggest question I often get for Week 1 is about *blue* foods! Are you getting yours?

While we're continuing on with the Food column this week, our next focus may not be so colorful.

It also may not be too *comfortable* to discuss, but I'm going there anyway...

I hope you're coming along.

Are you ready to talk Poop?

Yes, I'm really going to talk to you about poop!

(Welcome to the Functional Nutrition Alliance! We like to talk about every aspect of health here.)

I realize this isn't a pleasant topic.

Yet it's one that comes up a lot in my practice. For me, poop is an indicator of your health and it's an important focus while we restore your body's balance.

In fact, as I like to remind people, especially when we get all caught up in the complexities of functional testing, poop may be one of your best diagnostic tools!

What that means is that your poop has something to tell you.

Yet, the kids giggle. (I regularly have the chance to teach 7th graders on the topic of digestion and boy does the topic make them uncomfortable!)

The adults try to hide their unease. Or they worry that it's "TMI."

Ultimately we all get over it so we can discuss down and dirty details without discomfort.

The digestive system starts with the thought of food before it's even consumed. It ends with the elimination of waste.

"Top to bottom," as we like to say.

As we move into this next chapter of our Food Mood Poop Challenge, I'm turning our attention to the role of the large intestine and the signs of our own health that we leave behind in the toilet each day.

In fact, I invite you to develop a new diagnostic appreciation of your poop, which I'll share with you below....

The large intestine, or colon, is one of your major channels of removal and detoxification.

The colon has a significant role in digestion and in your overall ability to thrive.

Its essential function is often grossly overlooked. (And often dismissed because we think it's gross!)

From the perspective of digestion, the colon is the last place for your body to absorb water and vital minerals and vitamins.

A healthy large intestine is well-populated with friendly bacteria that act as gate-keepers. Those microbes allow the important nutrients to pass into your bloodstream, while ushering the toxins and other unneeded rubbish toward excretion.

An unhealthy colon is not so well-equipped to do this careful weeding out.

While we tend to focus more keenly on what we put into our body rather than what comes out of it, the elimination of undigested particles and other elements that we take in through our food, water, and environment is just as important as the digestion and assimilation of our meals.

Failure to excavate toxic wastes causes some obvious health challenges as well as some that you might not otherwise connect to the health of your colon.

What are the obvious signs of a colon in need of support or repair?

- constipation
- diarrhea
- diverticular diseases
- irritable bowel syndrome
- Crohn's disease
- ulcerative colitis
- hemorrhoids
- colon polyps
- colon cancer

Less than obvious symptoms of colon imbalances are indicated by anything from eczema to sinus headaches to kidney and adrenal challenges.

Constipation and diarrhea are a cry for help from your colon.

What's your Poop telling you?

Ready to Start Tracking?

let's look at what's a healthy bowel movement...

Many people ask me this, and you may be wondering yourself. Here's the list of what I look for in the toilet, as I check-in with my release:

- * *Stools should be relatively soft and easy to pass.*
- * *Bowel movements should occur from one to three times a day.*
- * *Gas, bloating and skin eruptions are indicators that the colon needs some support.*
- * *Poop should be brown or golden brown (and sometimes green or red if you've eaten certain foods).*
- * *Eliminations should be sausage-shaped, with a smooth nut butter-like consistency - there should not be visible food particles, especially if you've chewed your food well.*

If you change your diet, can you see the results in your elimination?

Absolutely!

The first step is awareness. Yup, you've gotta start looking in the bowl and getting real about what's going on down there.

The first week you noted your food. Keep doing that. Now it's time to pay attention to your poop! Just like we did with food, the poop tracking is all about collecting data.

No judgments.

No assessments.

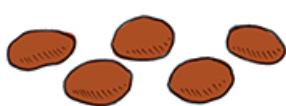
Just tracking.

Get more guidance regarding this realm of tracking: [click here for short video](#) where I reveal more about poop (yes, there's more!).

Here's how:

Glance in the bowl before you flush and match your poop with a number on this Bristol Stool Chart:

functional
nutrition
alliance 

BRISTOL STOOL CHART		
1		Separate, hard lumps; hard to pass; constipated; nuggets; pebbles; rabbit droppings
2		Sausage-shaped but lumpy; somewhat difficult to pass; bunch of grapes
3		Sausage with cracks on the surface; near-perfect poop; corn on the cob
4		Sausage; snake; banana; smooth; soft; nut butter consistency
5		Soft blobs with clear-cut edges; easily passes; chicken nuggets
6		Fluffy pieces with ragged edges; mushy with ragged edges; mushy stool; porridge
7		Watery; no solid pieces; liquid; gravy

Note the number on your Food Mood Poop Journal.

Also note anything unusual – color, texture, ease or difficulty passing...

Flush away and let it go!

That's it!

THIS WEEK'S TRACKING OBJECTIVES AT A GLANCE...

- This week we are concentrating on the POOP column. Keep tracking your FOOD, and add your POOP.
 - Like last week, we're in the “gather” stage so that we can connect the dots later. Just write down what you see and let it go!

Food/Poop Tracker

NAME DATE

	FOOD	POOP
morning		
mid-morning		
lunch		
mid-afternoon		
dinner		
late evening		

8 oz of water:

bedtime previous night: wake time: # times I woke up through the night:

Food/Poop Tracker

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Week 3: It's time to get moody!

Our Food Mood Poop Challenge always raises great questions, if not an eyebrow or two!

Documenting your food is easy.

Eat it. Write it down!

Reporting on your poop isn't so hard, once you remember to look before you flush.

The Bristol Stool chart helps keep your reporting “clean.” (And I shared some of my charting reports in last week’s email to help you get in the swing.)

But what's “mood” got to do with it?

And why the heck do I keep putting “mood” in quotes?

(Are those air quotes, by the way? Yup. They are!)

The “mood” portion of the **Food Mood Poop Tracker** is my favorite.

When I say “mood”, I don’t just mean how you feel emotionally. I mean how you feel up and down, inside and out, and in all parts of your body.

If you think it, track it.

aches

pains

sleepy

gains

bloating

gas

feeling like everyone around you is a pain in the a** (ie. irritable)

If you feel it, reveal it!

headaches

cramps

sore throat

itchy skin

forgetfulness

swollen fingers

sore feet

You get the picture, right?

The reason I love this area so much is that it helps me to get in tune, not only with the subtleties of how I'm feeling, but also where I might be able to shift my behaviors to alleviate some of the not-so-welcome "feelings" in my body or brain.

Let me present myself as a case study . . .

Lately, I've been on the road *a lot!*

A week in California.

A quick stop in Denver.

And back to California.

(Repeat.)

All this followed by a weekend where I had to take a final exam and attend an event at my son's school (an awesome event, but, nonetheless, taking me away from home)!

My weekdays are packed pretty solid, so there's no room for a pretend weekend day hidden in there.

And, I typically need to support myself with good food, good rest, and some time to "drink from my own pool," to replenish. Nothing fancy, just a pause. (If it helps to know, I'm a Cancer, and also like my "shell," my home time.)

These past few days I've been noticing that I'm more tired than usual.

More cold than usual.

And one of my old telltale signs (swollen and painful breasts at not any time of the month that would seem logical), was cropping up with some steady consistency.

Tracking these “mood” swings on my **Food Mood Poop Tracker** made me sit up and take notice.

Are these niggling signs and symptoms taking me down?

No.

Might I otherwise just plow ahead and “suffer” the consequences as an annoyance?

Yes.

But not this week!

This week I took note of those things and stopped for a moment, getting curious. . .

What's my food been like?

Well, in all honesty, with all the travel, there had been a few more drifts into the “bike lane” or “shoulder” as my east coast friends like to call it.

What's my poop been like?

A bit more difficult to pass. Come to think of it, I've been out of Magnesium for a few days. It's likely time for a refill!

Plus, based on my “mood” (or signs and symptoms), I took the steps to make a few other changes, or upgrades, if you will, in my daily routine:

- rein in the food, incorporating more fiber and more anti-inflammatory superfoods
- restock the Magnesium and incorporate a bit more adrenal support
- rekindle my relationship with “listening in” more deeply, being kind, gentle and tuned in – what I like to call “nonviolent communication with self”

Have you been tracking, too?

What's your tracking telling you?

Can you find a place or two to invite an upgrade or switch gears based on the evidence?

Let's Get Tracking!

THIS WEEK'S TRACKING OBJECTIVES AT A GLANCE...

- This week we are concentrating on the MOOD column. Keep tracking your FOOD, and your POOP, and now add your MOOD with all of your signs and symptoms. Take this opportunity to really tune in to your body. Just like all of us, your body appreciates being listened to!
- Like the last two weeks, we're in the "gather" stage so that we can connect the dots later. Just write down what you feel or think and let it go!
- Remember that your "mood" is more than your emotional state – it's any thoughts, feelings, pains, or anything else that grabs your attention. Write them all down, as they may be key pieces of your puzzle!

Remember to stay objective (no judgment, please).

Next week we'll begin to look at the evidence, and with compassion, begin to connect some dots about what your body might be trying to tell you through your signs and symptoms.

Together in awareness...

Food/Mood/Poop Tracker

NAME DATE

	FOOD	MOOD	POOP
morning			
mid-morning			
lunch			
mid-afternoon			
dinner			
late evening			

8 oz of water:

bedtime previous night: wake time: # times I woke up through the night:

Food/Mood/Poop Tracker

NAME DATE

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Week 4: Let's connect some dots!

Phew! You made it through three weeks of tracking in and out, from top to bottom (literally!)

You noted your inputs (food), your outputs (poop) and all the signs and symptoms in between (mood.)

Nice work!

Now it's time to GET CURIOUS.

We are going to tread into Sherlock Holmes territory now, but one reminder first- please bring your compassion and tools of non-violent communication *with yourself*. The gems in your Food, Mood, Poop journal aren't revealed with force or condemnation, but rather with gentle curiosity.

With that settled, grab your detective's hat and your pipe (well, maybe not the pipe) and let's connect some dots!

Here's how:

Start by looking in the MOOD column. When and where did you have interesting signs and symptoms? And by interesting, I mean either something you'd like to have more of, or something you'd like to have less of. For me, I'd like to have more of the energy that I felt on Day 10, and less of the breast tenderness I felt on day 14.

Stay CURIOUS, and begin to look at the other columns. What is in the FOOD and POOP columns on that day you felt fatigued? How about the day you felt energized? And what about the day you felt irritable?

Are there patterns? Is your body trying to tell you something? Write any messages you get, dots you connect, and patterns you find on the following NOTES page. You'll likely find you return to it time and time again. I know I do!

At FxNA, we find this tool to be so illuminating that we ask every client to use it, just as you have. [Click here for a video](#) about how we use it with our clients!

My hope is that through this process, you've connected more deeply with your body and learned a few things about how you can make some simple changes to reduce your signs and symptoms.

And remember, keep listening in!

NOTES



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