



THE GREAT NUTRIENT Road Trip

from your plate to your cells —
a journey worth the ride.



nourish-functional health

YOUR TOP-DOWN ROADBLOCK CHECKLIST

Five checkpoints | Practical questions | A personalized roadmap

NOURISH FUNCTIONAL HEALTH



Where Does the Journey Stall?

Five roadblocks, practical questions, and testing clues to explore.

1 Fueling Up

Are you starting with enough high-quality fuel?

- ☐ Am I eating enough calories for my individual energy and metabolic needs?
- ☐ Do my meals include adequate protein, healthy fats, and quality carbohydrates?
- ☐ Am I choosing nutrient-dense, mineral-rich whole foods and organic or minimally processed options when practical?
- ☐ Am I drinking enough fluids? Is about half my body weight (lb) in fluid ounces daily appropriate for me?
- ☐ Am I replenishing electrolytes and minerals appropriately for my needs, activity, and climate?

CLUES TO EXPLORE

HTMA | METABOLIC TYPE

Oxidation pattern and the first four macrominerals: calcium, magnesium, sodium, and potassium.

HTMA | MINERAL RATIOS

Na/K, Na/Mg, and Ca/K patterns offer additional context alongside diet and symptoms.

2 The Digestion Station

Can you break food down into usable building blocks?

- ☐ Do I slow down, chew thoroughly, and eat in a relaxed state?
- ☐ Do I experience reflux, nausea, fullness, burping, or bloating after meals?
- ☐ Could H. pylori, stomach-acid changes, or medications be affecting digestion?
- ☐ Have pancreatic enzymes or bile flow been considered if I struggle with fats or protein-rich meals?
- ☐ Do I notice undigested food, greasy stools, or difficulty tolerating certain meals?

CLUES TO EXPLORE

GI-MAP | DIGESTION

Microbiome balance, H. pylori and selected infections, pancreatic elastase, and steatocrit (stool fat).

HTMA | MINERAL CONTEXT

Zinc, sodium, magnesium, and potassium patterns.

Neither HTMA nor GI-MAP directly measures stomach acid. Specific markers, together with symptoms, can help us infer possible stomach-acid patterns.



Absorb It. Move It.

Once food is digested, nutrients must cross the gut lining and travel to tissues.

3 The Absorption Checkpoint

Can nutrients pass through the intestinal lining?

- ☐ Do I experience persistent gas, bloating, diarrhea, or constipation?
- ☐ Have SIBO, dysbiosis, infections, or food reactions been investigated when appropriate?
- ☐ Could intestinal inflammation or conditions such as celiac disease affect absorption?
- ☐ Have I reviewed GI-MAP markers, such as microbial findings, calprotectin, and secretory IgA, in clinical context?

CLUES TO EXPLORE

GI-MAP | GUT ENVIRONMENT

Selected bacterial overgrowth markers, anti-gliadin IgA (when included), calprotectin, and secretory IgA.

HTMA | MINERAL PATTERNS

Calcium, Na/K ratio, copper, and measured heavy metals offer additional context; not direct tests of absorption.

4 The Nutrient Highway

Are nutrients getting where they need to go?

- ☐ Am I eating and digesting enough protein to supply amino acids for transport proteins?
- ☐ Do my food choices provide iron, copper, zinc, vitamin A, B vitamins, and other essential cofactors?
- ☐ Have liver health, inflammation, and protein status been considered?
- ☐ If nutrients remain low despite intake, have relevant blood transport markers been evaluated?

CLUES TO EXPLORE

HTMA | MINERAL AVAILABILITY

Overall low mineral levels, low phosphorus, and mineral ratios; adrenal and thyroid patterns are indirect interpretations.

GI-MAP | UPSTREAM CLUES

Pancreatic elastase, steatocrit, H. pylori, and digestive findings that may affect nutrient availability.



Your Cellular Power Plants

Even when nutrients arrive, they must support the pathways that produce ATP.

5 The Cellular Energy Bottleneck

Can your cells put those nutrients to work?

- ☐ Am I getting a variety of mineral-rich foods supplying magnesium, potassium, calcium, iron, and copper?
- ☐ Have ongoing fatigue, poor stamina, or recovery difficulties been evaluated beyond food intake alone?
- ☐ Could nutrient cofactors, cellular transport, or metabolic pathways deserve a closer look?
- ☐ Would an Organic Acids Test (OAT) add useful clues about citric acid cycle intermediates and related metabolic pathways?

CLUES TO EXPLORE

GI-MAP + HTMA | EARLIER ROADBLOCKS

Connect digestive, absorption, and mineral findings from the previous checkpoints.

OAT | CITRIC ACID (KREBS) CYCLE

Review citrate, cis-aconitate, alpha-ketoglutarate, succinate, fumarate, and malate where reported; patterns can suggest metabolic bottlenecks.

OAT | MITOCHONDRIAL CONTEXT

Consider energy-pathway organic acids and nutrient cofactor clues (including B vitamins), alongside symptoms and other testing. These are indirect markers, not a direct ATP measurement.

FINDING YOUR ROADBLOCKS

A TOP-DOWN approach brings digestive, mineral, and metabolic clues together.

Reboot: GI-MAP + HTMA

GI-MAP explores gut roadblocks. HTMA adds mineral patterns.

[LEARN MORE >](#)

Metabolic Reboot

GI-MAP + HTMA + OAT adds metabolic and Krebs cycle clues.

[LEARN MORE >](#)

YOUR ROADMAP TO HEALTH

Eating healthy food is only the first step. Digestion, absorption, transport, and cellular utilization all matter. Symptoms can appear miles downstream from a contributing roadblock.

[READ THE FULL BLOG: THE GREAT NUTRIENT ROAD TRIP >](#)

Educational checklist only. Findings are not diagnoses; interpret with symptoms, history, and appropriate clinical testing. Fluid and electrolyte needs vary.