

FUNCTIONAL MEDICINE MATRIX

Retelling the **Patient's Story**

Antecedents

(Predisposing Factors— Genetic/Environmental)

Triggering Events

(Activators)

Mediators/Perpetuators

(Contributors)

Physiology and Function: Organizing the Patient's Clinical Imbalances

Mental e.g., cognitive

function,

perceptual

patterns

Assimilation

(e.g., Digestion, Absorption, Microbiota/GI, Respiration)

Structural Integrity

(e.g., from Subcellular Membranes to Musculoskeletal Structure)

Communication

(e.g., Endocrine, Neurotransmitters, Immune messengers)

Defense & Repair

(e.g., Immune, Inflammation, Infection/Microbiota)

Energy

(e.g., Energy Regulation, Mitochondrial Function)

Spiritual e.g., meaning &

Emotional

e.g., emotional

regulation, grief,

sadness, anger,

etc.

purpose, relationship with something greater

Biotransformation & Elimination

(e.g., Toxicity, Detoxification)

Transport

(e.g., Cardiovascular, Lymphatic System)

Modifiable Personal Lifestyle Factors

| Sleep & Relaxation Exercise | e & Movement Nutri | tion Stress | Relationships |
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