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

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

Defense & Repair
(e.g., Immune, Inflammation, Infection/Microbiota)

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

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

Mental
(e.g., cognitive function, perceptual patterns)

Emotional
(e.g., emotional regulation, grief, sadness, anger, etc.)

Spiritual
(e.g., meaning & purpose, relationship with something greater)

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

Biotransformation & Elimination
(e.g., Toxicity, Detoxification)

Transport
(e.g., Cardiovascular, Lymphatic System)

Modifiable Personal Lifestyle Factors

Sleep & Relaxation  Exercise & Movement  Nutrition  Stress  Relationships

Name: ___________________________  Date: ___________  CC: ___________________