

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

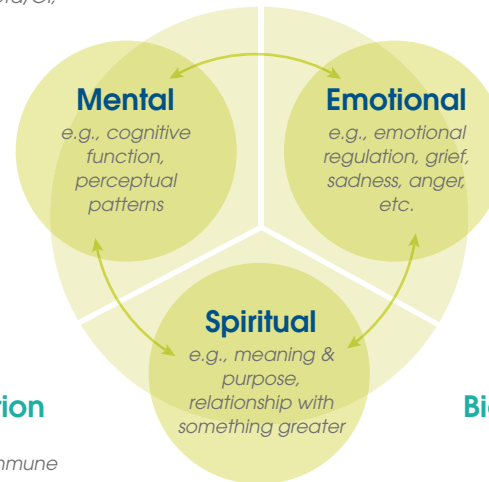
(e.g., Immune,
Inflammation,
Infection/Microbiota)

Structural Integrity

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

Energy

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



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