

# FUNCTIONAL MEDICINE MATRIX

## Retelling the Patient's Story

Antecedents

Triggering Events

Mediators/Perpetuators

## Physiology and Function: Organizing the Patient's Clinical Imbalances

Assimilation

Defense & Repair

Structural Integrity

Energy

Mental

Emotional

Spiritual

Communication

Biotransformation & Elimination

Transport

## Modifiable Personal Lifestyle Factors

Sleep & Relaxation

Exercise & Movement

Nutrition

Stress

Relationships

Name: \_\_\_\_\_

Date: \_\_\_\_\_

CC: \_\_\_\_\_