FUNCTIONAL MEDICINE MATRIX

Retelling the Patient’s Story

Antecedents
(Predisposing Factors—Genetic/Environmental)

Triggering Events
(Activators)

Mediators/Perpetuators
(Contributors)

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)

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

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

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

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

Modifiable Personal Lifestyle Factors

Sleep & Relaxation | Exercise & Movement | Nutrition | Stress | Relationships

Name: ____________________________  Date: ______________  CC: ______________

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