

# FUNCTIONAL MEDICINE MATRIX

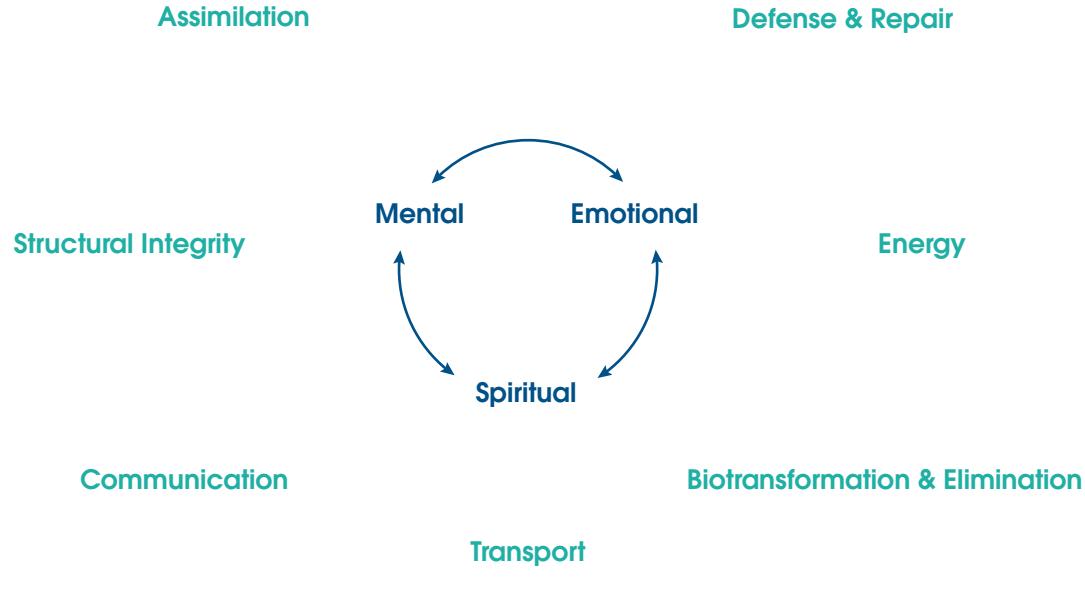
## Retelling the Patient's Story

Antecedents

Triggering Events

Mediators/Perpetuators

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



## Modifiable Personal Lifestyle Factors

Sleep & Relaxation

Exercise & Movement

Nutrition

Stress

Relationships

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

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

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

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