

FUNCTIONAL MEDICINE MATRIX

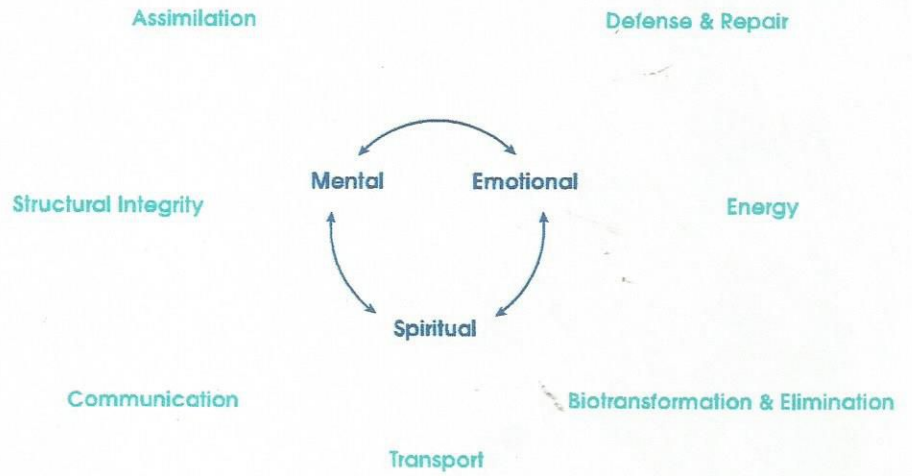
Retelling the Patient's Story

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: _____

© 2015 Institute for Functional Medicine
Version 2

