

Functional Medicine Matrix

Retelling the Patient's Story

Antecedents
(Predisposing Factors—
Genetic/Environmental)

Triggering Events
(Activation)

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)

Mental

e.g., cognitive
function,
perceptual
patterns

Emotional

e.g., emotional
regulation, grief,
sadness, anger,
etc.

Spiritual

e.g., meaning
& purpose,
relationship with
something greater

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