

Functional Medicine Matrix (Teaching)

Retelling the Patient's Story

Antecedents

(Predisposing factors)

- **Inherited (examples):** family history, genetics, maternal preconception, pregnancy environment/experience
- **Acquired (examples):** birth history, infant nutrition, ACEs, antibiotics, diet, lifestyle, SDOH, stress, environment

Triggering Events

(Activation)

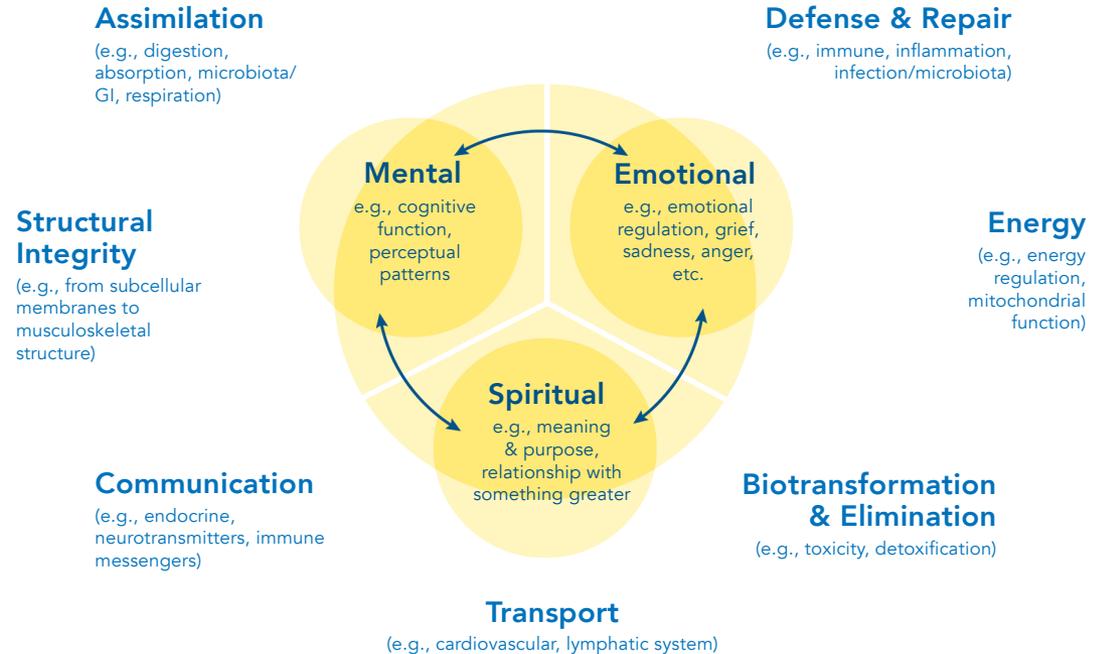
- **Description:** significant event with distinct start/end; onset of effect within seconds to days; transient or permanent effect; health never the same since
- **Examples:** injury, trauma, procedure, biochemical exposure

Mediators/Perpetuators

(Contributors to dysfunction)

- **Description:** current factors that perpetuate dysfunction/effects of disease; may be ongoing or recurring
- **Examples:** lifestyle, dietary pattern, medication, environmental exposure, stressful event, emotional state

Physiology and Function: Organizing the Patient's Clinical Imbalances



Modifiable Personal Lifestyle Factors (With Examples)

Sleep & Relaxation

- **Sleep quality:** time it takes to fall asleep; snoring/sleep disruption; wake up feeling rested?
- **Sleep quantity**
- **Sleep hygiene**
- **Sleep disorders:** insomnia, OSA, RLS, etc.

Exercise & Movement

- **Goals for movement**
- **Obstacles for movement:** environment, pain, time, etc.
- **FITT:** main types include cardio, strength, flexibility, balance

Nutrition

- **When you eat**
- **How you eat:** family meals, mindful eating, overeating, undereating
- **What you eat:** pattern, nutrients, phytonutrients, probiotics, fiber, processed foods, eliminated foods

Stress

- **Stressors:** money, work, family, etc.
- **Coping methods:** self-care, nature, deep breathing, visualization, meditation, journaling, spiritual or religious practice

Relationships

- **Support system:** loving, supportive friends and family
- **Communication:** ability to say no? ask for help?
- **Community:** social time, group activities, loneliness