



FUNCTIONAL MEDICINE MATRIX

Retelling the Patient's Story

Antecedents

(Predisposing Factors—
Genetic/Environmental)

Triggering Events (Activators)

Mediators/Perpetuators (Contributors)

Physiology and Function: Organizing the Patient's Clinical Imbalances



Modifiable Personal Lifestyle Factors

Sleep & Relaxation

Exercise & Movement

Nutrition

Stress

Relationships

Clinical Integration And Functional Medicine Matrix Model

Michael Hoelscher



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