

Physiology and Function: Organizing the Patient's Clinical Imbalances

Retelling the Patient's Story

Antecedents
(Predisposing Factors—
Genetic/Environmental)

Triggering Events
(Activators)

Mediators/Perpetuators
(Contributors)

Assimilation

(e.g., Digestion,
Absorption, Mitochondrial
Respiration)

Defense & Repair

(e.g., Immune
Inflammation,
Infection/Mutations)

Structural Integrity

(e.g., Bone, Substrate
Membranes, To
Musculoskeletal
Structure)



Mental

e.g., cognitive
function,
perceptual
patterns

Emotional

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

Spiritual

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

Communication

(e.g., Endocrine,
Neurotransmitters, Immune
messengers)

Bioremediation & Elimination

(e.g., Toxins,
Detoxification)

Transport

(e.g., Cardiovascular, Lymphatic System)

Energy

(e.g., Energy
Regulation,
Mitochondrial
Function)

Modifiable Personal Lifestyle Factors

Sleep & Relaxation

Exercise & Movement

Nutrition

Stress

Relationships

Clinical Integration And Functional Medicine Matrix Model

Puja Mehta



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