

FUNCTIONAL MEDICINE TIMELINE

Antecedents?

- Family history (genetic predisposition)
- trauma, toxicity, intrauterine history, sexual abuse, intestinal permeability, medical diagnosis...

Preconception

Any known concerns, stress, meds, pregnancy problems of your parents.

Prenatal

Mediators/Perpetuators

- Biochemical or psychosocial, that contribute to pathological changes: dysfunctional states. (Example: known dietary, stress, meds, exercise... that relate to concerns)

Triggers or Triggering Events

- Physical or psychic trauma, microbes, toxins, memories, stressful event, surgery...

Birth

example: 10y/o
Write in age of event | symptoms here

parents divorced
↓
18y/o
Mond- illness

25y/o
1st child

35y/o
Current Concerns
↓
Diagnosed with...
Symptoms of...

Write
↓
correlating
symptom

Signs, Symptoms or Diseases Reported

Name: _____

Date: _____

CC: _____

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