



Vitae Mosaic  
NATUROPATHIC FUNCTIONAL MEDICINE

# Vitae Timeline

Name \_\_\_\_\_

D.O.B \_\_\_\_\_

Date \_\_\_\_\_

Preconception Prenatal Birth

Present



Predisposing Risk Factors

Causes

Worse For

Physical Examination

Medication

Pathology Results



Vitae Mosaic  
NATUROPATHIC FUNCTIONAL MEDICINE

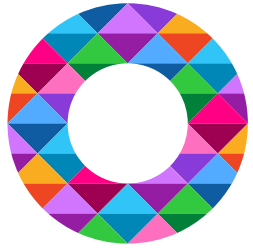
Name \_\_\_\_\_  
D.O.B \_\_\_\_\_  
Date \_\_\_\_\_



- Score each symptoms based on your perception of severity.  
1 = Low Priority  
5 = High Priority
- Tally up each segment and plot the dots on the appropriate numbered line.
- Join the dots to determine treatment priority

# Mosaic Spectrum

Mental / Emotional	Nervous
Respiration	Endocrine
Detoxification	Energy
Digestion	Inflammation
Microbiome	Cardiometaabolic
Immune	Structural Integrity / Ageing



Vitae Mosaic  
NATUROPATHIC FUNCTIONAL MEDICINE

# Mosaic Spectrum (continued)

Name

D.O.B

Date

Diet & Nutrition

Exercise & Movement

Stress

Sleep & Relaxation

Social & Spiritual Connections

Personal Development

Notes: