



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



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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	Cardiometa-bolic
Immune	Structural Integrity / Ageing



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# Mosaic Spectrum (continued)

Name

D.O.B

Date

Diet & Nutrition

Exercise & Movement

Stress

Sleep & Relaxation

Social & Spiritual Connections

Personal Development

Notes:

# Mosaic Spectrum Review



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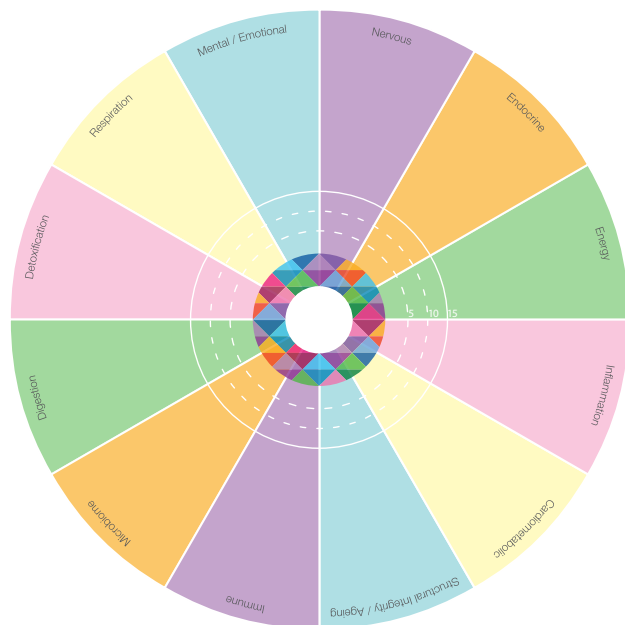
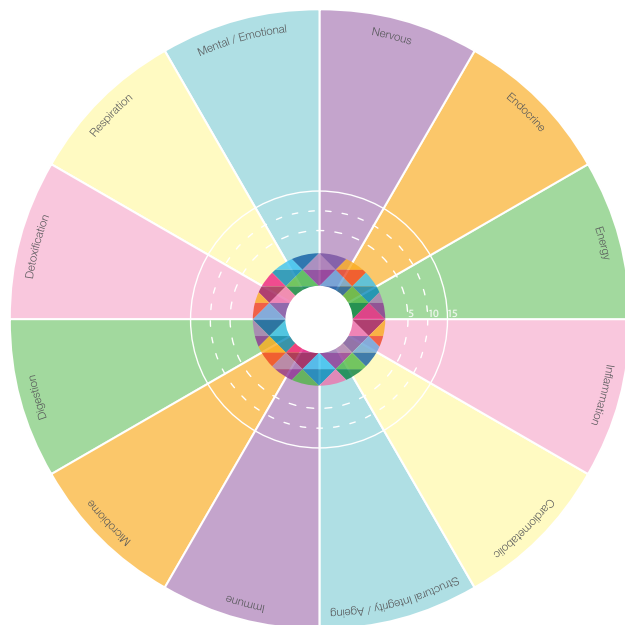
Name \_\_\_\_\_

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

Date \_\_\_\_\_

Consult # \_\_\_\_\_

Notes:



Date \_\_\_\_\_

Consult # \_\_\_\_\_

Notes:





