

FUNCTIONAL MEDICINE/TCM DIAGNOSIS MATRIX

DR.
MH

Symptom / Pattern	Herbal Formulas	Key Supplements
Liver Qi Stagnation	Xiao Yao San	Magnesium, B-complex, adaptogens
Kidney Yin Deficiency	Liu Wei Di Huang Wan	Omega-3s, Vitamin E, L-theanine
Kidney Yang Deficiency	You Gui Wan (if cold signs)	DHEA (if indicated), CoQ10
Damp-Phlegm / Insulin Issues	Shen Ling Bai Zhu San	Inositol, Chromium, NAC
HPA Axis Dysregulation	Tian Wang Bu Xin Dan	Rhodiola, Ashwagandha, Phosphatidylserine
Sleep Disturbances	Tian Wang Bu Xin Dan	Magnesium glycinate, GABA, L-theanine
Estrogen Dominance	Chai Hu Shu Gan San (alt.)	DIM, Calcium-D-glucarate, Milk Thistle
Blood Deficiency + Fatigue	Ba Zhen Tang	DIM, Calcium-D-glucarate, Milk Thistle