



Functional health institute

New Year, New You

Autoimmunity & Holistic Healing & Holistic Health



Let's Start With Your Health

A new year brings fresh intentions, renewed motivation, and the perfect opportunity to reset your health.

If you're entering 2026 feeling inflamed, exhausted, foggy, or stuck with autoimmune symptoms, I want you to know this:

your body isn't broken – it's asking for support.

At Functional Health Institute, we help patients uncover the root causes of autoimmunity and chronic inflammation using a holistic, functional medicine approach designed to restore balance, resilience, and long-term healing.

👉 This year doesn't have to look like last year.

FREE 15-MINUTE DISCOVERY CALL

CURIOUS WHETHER FUNCTIONAL MEDICINE IS A FIT? GIVE US A CALL!



Dr. Chiriga
M.D.
Immunologist

WHY AUTOIMMUNE SYMPTOMS DON'T JUST "GO AWAY"

Autoimmune conditions often develop when multiple stressors build up over time, including:

- ✓ Gut & microbiome imbalance
- ✓ Chronic inflammation
- ✓ Food sensitivities & nutrient deficiencies
- ✓ Hormonal and thyroid dysfunction
- ✓ Long-term stress & nervous system overload
- ✓ Environmental toxins & hidden infections

When these factors stack up, the immune system stays stuck in survival mode.

The good news?

When we identify and address these root causes, the body can begin to heal.



A FUNCTIONAL MEDICINE RESET FOR 2026

Instead of symptom-chasing, we focus on systems.

Our approach includes:

-  Advanced functional lab testing
-  Personalized nutrition & gut healing plans
-  Stress, sleep, and nervous system regulation
-  Targeted supplementation (no guesswork)
-  Ongoing support and progress tracking

This isn't about perfection – it's about progress, clarity, and sustainability.

 [Explore our functional medicine approach →](#)



FREE

WEEKLY PRESENTATION:

New Year, New You – Autoimmunity & Holistic Healing

To kick off 2026, I invite you to join me for a free educational presentation where we break down how functional medicine supports autoimmune healing – step by step.

 Every Friday

 9:00 a.m.

 Free Via Zoom Call to register (required) 858-665-2339.

You'll learn:

- Why autoimmunity develops
- The gut-immune connection
- What labs actually matter
- How to start a sustainable reset in 2026





Are you ready?

Is 2026 Your Year to Feel Better?

This approach may be right for you if you:

- ✓ Have an autoimmune diagnosis
- ✓ Suspect inflammation, hormone, or gut issues
- ✓ Feel unheard or dismissed
- ✓ Want answers beyond prescriptions
- ✓ Are ready to prioritize long-term healing

New year. New knowledge. New path forward.

Ready to Begin?

- ◆ Book a Complimentary Discovery Call
- ◆ Attend the Free Friday Presentation
- ◆ Explore Our Functional Medicine Programs

👉 Start here → <https://www.functionalhi.com/>

