



Functional health institute

Autoimmunity & Holistic Health

Finding & Fixing The Root Causes



A quick note from Dr. Reddy

If you're navigating fatigue, brain fog, joint pain, skin flares, gut issues, or a diagnosis like Hashimoto's, RA, Psoriasis, IBD, or MS, you're not alone. Autoimmunity happens when the immune system misidentifies your own tissues as a threat. My focus is to help you identify the why behind that immune confusion—so we can calm inflammation, restore resilience, and help you feel like yourself again.

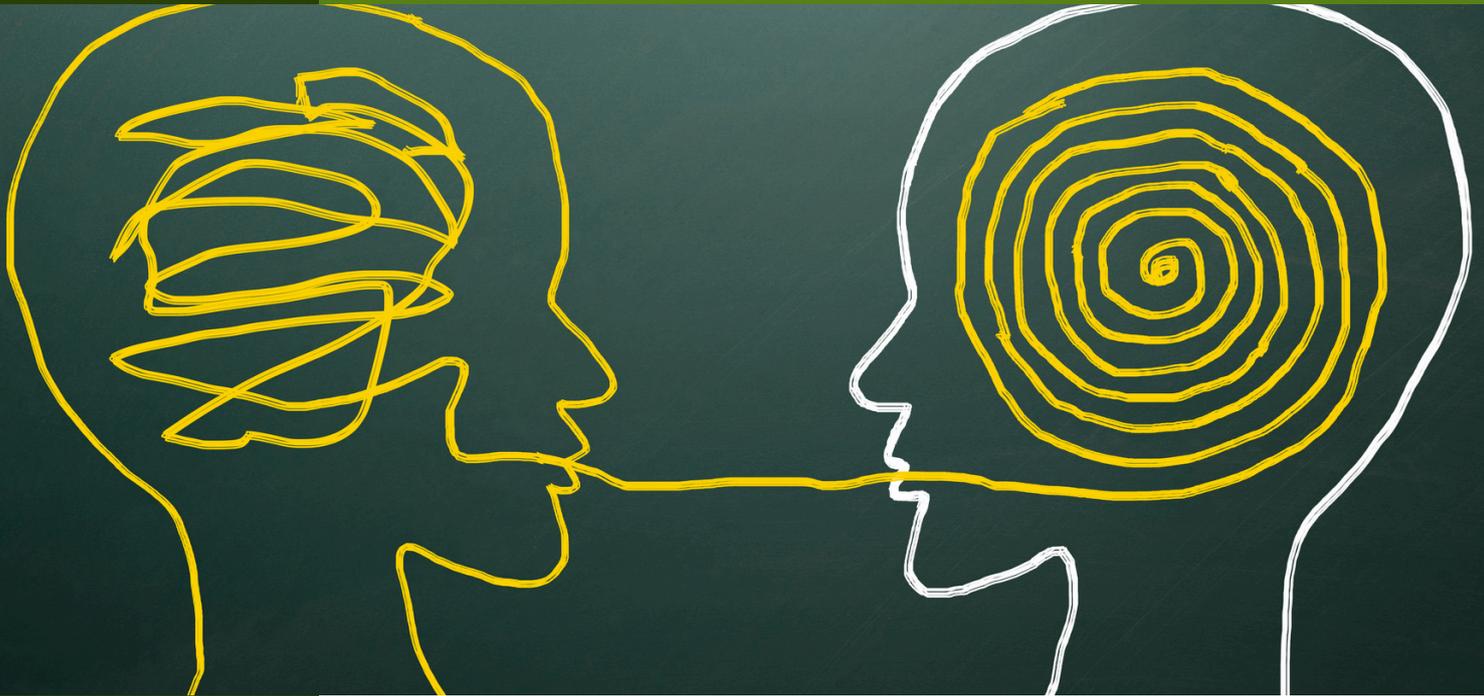
FREE 15-MINUTE DISCOVERY CALL

CURIOUS WHETHER FUNCTIONAL MEDICINE IS A FIT? BOOK
A COMPLIMENTARY CALL.
RESERVE YOUR CALL →

WHAT IS AUTOIMMUNITY IN PLAIN ENGLISH



FUNCTIONAL
HEALTH INSTITUTE



Autoimmunity is an overactive, misdirected immune response. Common contributors include:

- **Barrier breakdowns:** leaky gut, sinus/oral microbiome imbalances, skin barrier issues
- **Hidden triggers:** food sensitivities, chronic infections, environmental toxins, mold
- **Immune miscommunication:** nutrient deficiencies (vitamin D, omega-3s, zinc, magnesium), blood sugar swings, poor sleep
- **Stress load:** trauma history, ongoing stress, under-recovery

The good news? Many of these are modifiable with the right game plan.



FUNCTIONAL ROADMAP

Listen & Map

We start with your story, timeline, and symptom matrix to connect dots that are often missed.

Test–Don't Guess

Targeted labs may include thyroid antibodies, inflammatory markers, nutrient status, gut/microbiome analysis, and toxin exposure when appropriate.

Lower the Load

We reduce triggers (foods, infections, toxins) while supporting detox, gut repair, and immune balance.

Rebuild Resilience

We optimize sleep, stress practices, movement, blood sugar, and individualized nutrition.

Personalize & Iterate

You'll get a clear, stepwise plan with follow-up to track progress and adjust.

Explore our approach →



NEW

JONA NOW AVAILABLE!



Jona Microbiome Testing is an advanced new tool to help you optimize your gut, metabolic, and overall health.

What is Jona?

Jona uses cutting-edge shotgun metagenomic sequencing and AI analysis to provide the most comprehensive look at your gut microbiome available today. The results uncover key insights into digestion, metabolism, inflammation, energy, and more – empowering you and your clinician to make data-driven decisions for your health.

How to Get Started:

- Your Jona test can be purchased in office from a team member, or
- Conveniently drop-shipped directly to your home for easy sample collection.

Once complete, your results will integrate directly with your care plan, helping your clinician fine-tune nutrition, lifestyle, and performance protocols based on your unique microbiome.

If you'd like to order your Jona test or have questions, please contact your Functional Health Institute physician or supporting staff member.

[Learn more about Jona →](#)



FREE

FREE Presentation:

Autoimmunity & Holistic Healing – Every Friday at 9:00 a.m.

Join Dr. Smitha Reddy for a free weekly presentation on autoimmunity and holistic health, offered both in-person at the Functional Health Institute and virtually via Zoom.

Whether you prefer to visit us at the clinic or join from the comfort of your own home, this 45-minute session dives into the root causes of autoimmune conditions and the most effective, evidence-informed functional strategies for calming inflammation and restoring balance.

- Event Details:
- When: Every Friday at 9:00 a.m.
- Where: Attend via Zoom
- Cost: Free – registration required

[Reserve Your Spot →](#)