



Functional health institute

Autoimmunity 101

Calm the Flames, Feel Like You Again



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A quick note from Dr. Reddy

If you're feeling exhausted, inflamed, or dismissed by "normal" labs, you're not alone. As a board-certified functional medicine rheumatologist, I help patients find and treat root causes—not just mask symptoms. Below is a quick guide to what autoimmunity is and how anti-inflammatory protocols can calm the fire so you can get your life back.

FREE 15-MINUTE DISCOVERY CALL

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

WHAT IS AUTOIMMUNITY?



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Your immune system's job is to protect you. In autoimmunity, it misidentifies your own tissues as the "enemy," creating chronic inflammation that can affect joints, skin, thyroid, gut, brain—even energy and mood.

Common signs we see:

- Fatigue that doesn't match your day
- Joint pain/stiffness or swelling
- Skin rashes or sensitivity
- Digestive issues, bloating, food reactions
- Recurring fevers or unexplained weight change

Good news: With the right plan, we can dial down the immune confusion and help you feel better—often quickly.

WHY ANTI-INFLAMMATORY PROTOCOLS MATTER

Anti-inflammatory protocols target the drivers of inflammation—nutrition, gut health, stress, sleep, toxin exposure, infections, hormones, and more. In clinic, we personalize your plan and track biomarkers like CRP and ESR, along with disease-specific markers (e.g., ANA, RF) when appropriate.

What this looks like in practice:

- Personalized assessment – a deep-dive intake, targeted labs, and imaging where needed.
- Food-as-medicine – an anti-inflammatory nutrition plan that’s realistic and sustainable.
- Gut-immune reset – support for the microbiome, digestion, and barrier integrity.
- Lifestyle medicine – stress resilience, restorative sleep, smart movement.
- Targeted therapeutics – evidence-based supplements, medications, or biologics when indicated.

Result: fewer flares, steadier energy, better mobility, clearer skin/brain, and measurable changes in your inflammation labs.



QUICK WINS YOU CAN START THIS WEEK



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- Build your plate: $\frac{1}{2}$ colorful vegetables, $\frac{1}{4}$ clean protein, $\frac{1}{4}$ slow carbs (quinoa, squash, sweet potato).
- Swap seed-oil snacks for whole-food fats (olive oil, avocado, nuts).
- Hydration habit: 2–3 liters/day; add electrolytes if you're active.
- Sleep non-negotiables: same bedtime and wake time; dark, cool room; devices off 60 minutes before bed.
- 5-minute stress reset: Slow exhale breathing (4-7-8 or box breathing) before meals and at bedtime.
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Want a step-by-step plan? Join our programs (3, 6, or 9 months) →

**Patient
Story:**

"I finally feel like myself again. After years of joint pain, fatigue, and 'normal' labs, I worked with Dr. Reddy to identify my triggers and calm my inflammation. Three months later, I'm hiking again and sleeping through the night." – B.L.

HOW WE WORK TOGETHER AT FHI?



- Root-cause evaluation with Functional Medicine expertise
- Educational programs & memberships to keep momentum after you feel better
- On-site & telehealth options for convenience
- Two locations: Poway & Chula Vista, CA



UPCOMING EVENTS WITH DR. REDDY

- Autoimmunity & Immunity: Free Presentation – learn what drives flares and how to lower inflammation
- Learn & Lunch with Dr. Reddy – practical, doable steps you can start right away

See dates & RSVP →