

THE FACE OF INTEGRATIVE RHEUMATOLOGY AND FUNCTIONAL MEDICINE



Smitha Chiniga Reddy, MD

Functional Health Institute

DR. SMITHA REDDY, MD, HAS BEEN SHAPING HEALTHCARE IN SAN DIEGO FOR MORE THAN TWO DECADES.

A board-certified Rheumatologist and Institute of Functional Medicine Certified Functional Medicine Practitioner, she founded the Arthritis Care and Research Center in 2010, now widely recognized as Poway's leading rheumatology practice for its exceptional patient care.

Renowned for her expertise in autoimmunity and chronic inflammation, Dr. Reddy takes a deeper, root-cause-focused approach to complex conditions.

In October 2024, she expanded her vision with the launch of the Functional Health Institute, a pioneering center that blends traditional rheumatology with advanced functional medicine.

The Institute delivers fully personalized wellness pathways designed to address autoimmune disorders, inflammatory diseases, metabolic dysfunction, gut imbalance, and lifestyle-related chronic conditions.

By combining decades of clinical experience with an integrative, whole-person philosophy, Dr. Reddy has become a leading authority in rheumatology, autoimmunity, and functional medicine—transforming how chronic conditions are evaluated and treated.

▼ **FUNCTIONAL HEALTH INSTITUTE**

15525 Pomerado Road, Suite E6
Poway, California 92064
858-665-2339
functionalhi.com

