

THE SOLUTION TO AUTOIMMUNITY: TEST, REMOVE, REPAIR

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If you've been living with an autoimmune condition—or even just navigating vague, chronic symptoms—you may have been told that your only option is to “manage” it. Maybe you've been offered medications to suppress the immune system, or bounced from specialist to specialist, each treating a different body part but never addressing the whole.

And while conventional medicine has its place, what's often missing is a framework—a way to understand what's driving the immune system to misfire in the first place.

In functional medicine, we don't treat autoimmunity as a mystery. We follow a clear, step-by-step process to uncover the root cause. It's not a magic cure, but it is a map. And for many people, that map becomes the missing link between surviving and actually healing.

Here's the foundational approach I use in practice: **Test, Remove, Repair.**

Let's walk through what that really means.



Step 1: Test—Stop Guessing, Start Investigating

Autoimmune conditions don't show up overnight. They often develop over years of immune stress, inflammation, and subtle warning signs. That's why the first step is to test intelligently and thoroughly.

This doesn't just mean checking standard labs or antibody levels. It means looking deeper, asking better questions, and understanding your full story.

Some of the tests I often run include:

- Comprehensive stool testing (to assess gut health, infections, and inflammation)
- Food sensitivity panels

- Toxin and mold exposure tests
- Predictive autoantibody testing
- Micronutrient and hormone panels

Testing isn't about finding one villain. It's about identifying all the hidden stressors that are pushing your immune system into overdrive. Once we know what's causing the inflammation, we can start making targeted changes that matter.

Step 2: Remove—Take the Burden Off the Immune System

Once we've identified the triggers, the next step is to remove them.

This doesn't mean your life has to become restrictive or complicated. But it does mean getting serious about clearing out the things that are keeping your body in a state of alarm.

Common triggers to remove include:

- **Inflammatory foods** (like gluten, dairy, soy, and processed seed oils)
- **Chronic infections** (bacterial, viral, parasitic, or fungal)
- **Toxins** (mold, heavy metals, pesticides, plastics)
- **Unmanaged stress** or emotional trauma
- **Medications** that may be harming gut health (when appropriate alternatives exist)

This part of the process is often where people feel the biggest shifts—less bloating, more energy, fewer flares. Why? Because the immune system finally gets a break. It's no longer being bombarded with triggers, and it starts to recalibrate.

Step 3: Repair—Rebuild the Foundation

Removing the problem is only part of the equation. The next step is to repair the damage that's been done—especially in the gut, the nervous system, and the immune barriers.

This is where real healing begins.

We do this by:

- **Supporting gut lining repair** with nutrients like L-glutamine, zinc, collagen, and omega-3s
- **Restoring microbial balance** with probiotics, prebiotics, and sometimes targeted antimicrobials
- **Rebuilding nutrient stores** that may have been depleted from chronic inflammation
- **Nourishing the nervous system** with stress support, sleep, and nervous system regulation
- **Re-establishing immune tolerance**, so the body stops attacking itself

This step is deeply individualized. There's no single “protocol”—there's your plan, built for your root causes.





It's Not About Perfection. It's About Progress.

Healing from autoimmunity isn't about finding the one right supplement or perfect diet. It's about removing the things that harm and restoring the things that heal. And it takes time, consistency, and curiosity.

The truth is, your body wants to heal. It is wired for balance. But sometimes, it just needs help remembering how.

When we follow the "Test, Remove, Repair" approach, we move from chaos to clarity. We stop chasing symptoms and start creating real shifts. And we give the immune system the chance to come back into alignment—gently, gradually, and sustainably.

Final Thoughts: There Is a Way Through

Autoimmunity is not the end of the road. It's a sign that the body is out of balance—but it's also an invitation to come back to the root.

You don't have to live in reaction mode.
You don't have to stay stuck in survival.
You can test. You can remove. You can repair.

And in doing so, you can write a new story with your health—one that's guided by clarity, compassion, and deep respect for your body's innate wisdom.

**To Your Health,
Hiba Georges, MD**